

DOING IT ...

Here it is the "Doing It ..." Factsheet, for another session of great Adventure; Discovery and Exploration. As every single diver out there will testify, there is simply only one way to get Good, and that is to get out there "Doing It ..."

So here's your chance to be out there "Doing It ..." and gaining that all important experience, and of course enjoying a some great diving. Of course as with all our "Doing It ..." events, our training team will be right there with you, just in case you need a little bit of extra help or guidance along the way ...

THE DATE:- Sunday 25th and Monday 26th May 2008
THE LOCATION:- ST ABBS - Shore / Hard Boat Diving
THE TEAM:- DAVE SIMKISS (S+O Store Manager - Newcastle)
THE COST:- £42.00 (Exc Accomodation)

With the sun on our backs and the breeze in our hair (well assuming the start of the summer season comes around on time !!), this Doing It Weekend "up north" should be superb.

The weekend will be a mix of superb shore diving, within the St Abbs Voluntary Marine Reserve, on the Sunday and off shore boat diving on the Monday. On previous trips this entire area has ranked up there as literally our best dive site, anywhere in the UK, with masses and masses of life absolutly everywhere.

As the whole area is protected you are pretty much guaranteed great sightings of almost everything you could ever want, including Wrasse; Lobsters (big un's !); Crabs; Pipefish; Scorpionfish; Blennies; Pollock; Cuttlefish; Octopus; Dog Fish; Stunning Soft Corals and the areas resident Wolf Fish. All this life is set amongst the spectacular backdrop of the local underwater gullies; crags and reefs. If the weather is kind, it is even possible to dive the famous Cathedral Rock, and pass through its arched tunnel, during one of the Sunday shore dives.

Our boat diving portion of this trip is ideal for "boat-novices", as it is a very stable craft, and also has its own hydraulic diver lift to help us out of the water. The Mondays boat diving will include 2 dives, again within the Marine Park, with depths planned to be at approx 16 - 20m.

To help you out; offer safety support and introduce you to the joys of "proper" UK sea diving, our "Doing It" team will be on hand throughout the weekend. They will however, due to logistics, not be acting as underwater guides but there will be lots of other buddies around, so don't worry. This will be a great wekends diving, and is sure to fill up really fast, so come on Dive In !

DIVER LEVEL:-

This Doing It ... is suitable for divers with PADI ADVANCED / BSAC SPORT DIVER qualification, with minimum 20 LOGGED DIVES, and is unescorted.

As with all "Doing It ..." events our team will be on hand to offer you all the help and support you could require. So if this is going to be your first (of many) UK diving trips then relax, we still remember what its like to take your first few steps away from your Instructor, and our team will be right there with you. Of course if you're already happy to look after yourself then no worries, we won't interfere, and this is just another chance for you to meet some new buddies and enjoy a great days diving ...

Ok, you've got the details, and you know the date so all you need to do now is give us a call, let us know you're going, and (if you need it) book your hire equipment. After that you just need to get yourself ready to get out there "Doing It" !

THE DIVE CLUB

HOW TO FIND IT:-

This one is a bit of a long one to explain, but here's the basics, oh and don;t forget your Fruit Pastels, because you're in for about 5 - 6 hours of in-car time:-

- ~ M1 North
- ~ M18 North
- ~ A1(M) North
- ~ Through Chester Lee Street
- ~ Continue North (Direction Edinburgh)
- ~ Over Scottish Border
- ~ Approx 4 - 5 miles see signs for St Abbs
- ~ Hooray you're here !

Once you're into St Abbs, head down to the harbourfront, and look for the S+O Van, and get set for your adventure.

ACCOMODATION:-

We've tracked down a few options for you in the local area, just in case you don't fancy the long drive down (or back):-

- ~ Mill Rafe - 01890 771 346
- ~ Spring Bank - 01890 771 477

EQUIPMENT REQUIREMENTS / AIRFILLS:-

Standard air fills are available on site, through the local centre, although we would recommend that you arrive with your first days air ready to go (to avoid wasting time in a queue and missing the tides on the Sunday).

All normal personal diving safety equipment, ie. Knife; Whistle etc applies. The marine life here makes an underwater camera a great piece of extra kit, especially now the eyeMAGINE 2008 competition has been released. If you fancy your hand at trying to win one of the top prizes then log onto www.eye-magine.co.uk to find out more !

ANY EXTRA INFORMATION:-

The diving on this "Doing It" will be planned to ensure the best experience for all, and is not a tech-based trip. Maximum dives time limits will be applied, to not exceed 1 hour.

DIVE-CHECK TO ALLOW FINAL CONFIRMATION OF WEATHER AND TIDES BEFORE ANY COASTAL "DOING IT" PLEASE CALL US FOR "DIVE-CHECK" 24 HOURS PRIOR !