

# Dahab Freediving Taster Course at the Blue Hole

Your first taste of freediving, at one of the sport's spiritual homes

Duration: 5

From: 50 USD per person

## Overview

Dahab is one of the world's best-known freediving destinations, and the Blue Hole is where many divers take their first breath-hold dive. This taster course introduces breathing technique, safety, and equalization basics with a certified instructor, followed by supervised practice dives in open water.

## Itinerary

1. Pickup from your Dahab hotel
2. Freediving theory and safety briefing
3. Breathing and relaxation technique practice
4. Supervised practice dives at the Blue Hole
5. Drive back and drop-off at your hotel

## Included

- Hotel pickup and drop-off in Dahab
- Mask, fins and weight belt
- Certified freediving instructor
- Bottled water

## Not Included

- Official certification fee (optional add-on)
- Gratuities

Book online: <https://tutvoyages.com/en/tours/dahab-freediving-taster-course>

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