

KILSBY

2026/2027
EDITION

SINKHOLE

POWERED BY THE PRESSURE PROJECT
x SALT SESSIONS



FREEDIVE AUSTRALIA'S MOST ICONIC SINKHOLE
IN MOUNT GAMBIER, SOUTH AUSTRALIA

An underwater photograph showing a diver in silhouette against bright sunlight filtering down from the surface. The water is clear and blue, with some bubbles visible.

THE LIMESTONE COAST

MOUNT GAMBIER

Tucked into farmland near Mount Gambier in South Australia, Kilsby Sinkhole is one of the most unique underwater sites in the country. From the surface it is a quiet opening in a paddock. Below it, the limestone drops away into more than 60 metres of crystal-clear water.

It is South Australia's top freedive destination to learn, train and experience world-class conditions. No swell, no currents and no ocean unpredictability. Just calm, clear water waiting for you, all year round.



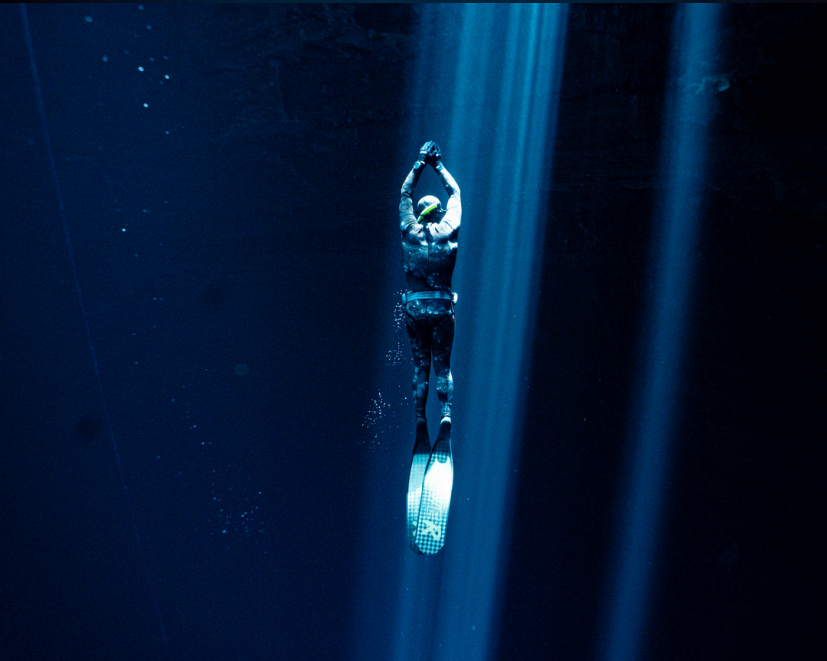
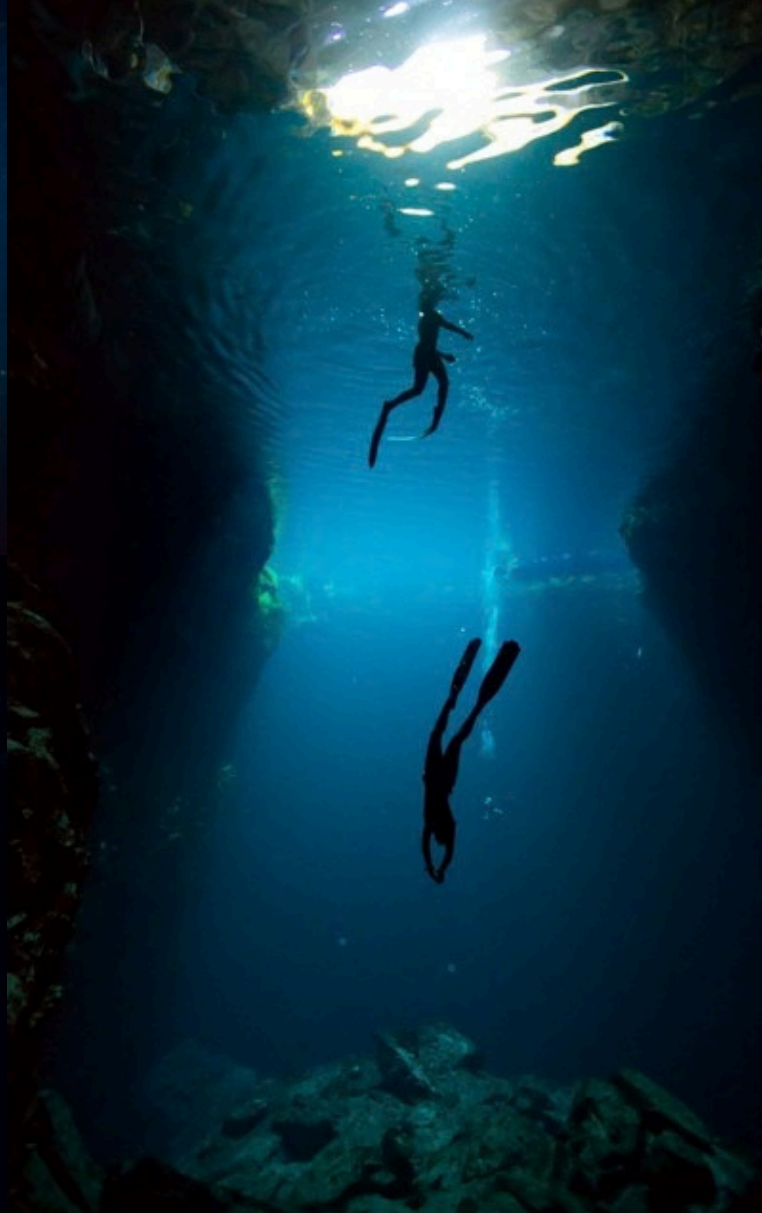
A vertical photograph of two divers in a deep, narrow sinkhole. The divers are silhouetted against the bright, turquoise water at the top. Sunlight rays stream down from the surface, creating a dramatic, ethereal atmosphere. The diver on the left is holding a rope, and both are facing upwards.

KILSBY

THE SINKHOLE

Kilsby Sinkhole is known for its vertical limestone walls, its stillness and its light. Visibility often exceeds 40 metres, so you can see the line, the walls and your buddy the whole way down.

With 25+ metres of dive depth to work with and water that sits around 14 to 15 degrees, it is the perfect natural environment to take your freediving to new depths. Whether you are learning the basics or chasing new personal bests, the sinkhole meets you where you are.



An aerial photograph of the Kilsby Sinkhole at night. The sinkhole is a large, dark, circular opening in the ground, surrounded by rugged, rocky terrain. A bright light source, possibly a spotlight or a small fire, is visible at the bottom of the sinkhole, illuminating the water and the surrounding rocks. A diver is visible in the water, and a small platform or structure is visible on the left side of the sinkhole.

KILSBY SINKHOLE RETREAT

OVERVIEW

Over five days, we combine freediving, spearfishing (with a catch & cook dinner) and meditation at one of Australia's most iconic dive sites. The retreat is designed for both beginner and advanced freedivers, with theory, a pool session and depth sessions in the sinkhole matched to your level.

Around the diving, we add yoga, ice baths, breathwork and meditation to help you relax, equalise and dive with confidence. You will be coached by Adam Sellars from The Pressure Project and Eckart Benkinstein from Salt Sessions.



Kilsby Sinhole, Mount Gambier



Dec 4th-8th 2026 | Jan 29th-Feb 2nd



Beginner to Advanced Freedivers



The Pressure Project x Salt Sessions



**5 Days | Freedive, Spearfish,
Meditation & More**

5 DAYS

AT THE SINKHOLE

WHAT TO EXPECT?

Here is a taste of what your five days might look like. Depth sessions run in groups at the sinkhole, and we adjust each day to the conditions and the group.

Day 1 - Arrive (Example)

- Meet around lunch time at the gates
- Welcome and Briefing
- Afternoon theory session for your level
- Catch & Cook seafood dinner

Day 2 - Example

- Morning pool session
- Afternoon dive session in the sinkhole
- Ice Bath

Weather permitting, we also explore optional spearfishing in the open ocean, and you can add a night dive in the sinkhole.

The itinerary may vary between retreats. We adjust each day based on the conditions to give you the best possible experience.



DETAILS

GOOD TO KNOW

WHERE WE STAY

We stay at the Old Mount Gambier Gaol in dormitory style bunk rooms, with separate dorms for girls and guys. Bedding is provided and there is a fully equipped kitchen. Want a private room? Contact the Gaol directly on 08 8723 0032 (extra cost).

FOOD

Basic breakfast provisions and the fresh seafood dinner on the first night are included. Woolworths and Coles are both in town for everything else.

WETSUIT

The water is around 14 to 15 degrees, so you need at least a 5mm wetsuit. Hire gear is available for \$129 for the retreat.

GETTING THERE

We meet at the gate at 525 Sisters Road, Kongorong, South Australia 5291.

S U M M A R Y

KILSBY SINKHOLE FREEDIVE RETREAT

INCLUDED

- 5 days/4 nights of freediving, meditation, yoga, spearfishing and more
- Two days of Kilsby Sinkhole entry fees
- PADI E-Learning and course materials
- Pool confined water session
- Introduction to spearfishing
- Yoga sessions designed for freediving
- Meditation and breathwork sessions
- Dorm accommodation at the Old Mount Gambier Gaol*
- Basic breakfast provisions
- Catch and Cook seafood dinner on day 1

NOT INCLUDED

- Wetsuit | hire available for \$129
- Travel to and from Mount Gambier
- Meals other than breakfast and the first dinner
- Night dive in the sinkhole | optional extra \$99

PRICE

\$1190 with accommodation | \$999 without accommodation
A \$500 non-refundable deposit secures your spot.

**Dorm accommodation is part of the \$1190 option. Prices shown are for the 2026/27 retreats. Contact the gaol directly for private accommodation options.*

