

Bermuda Spearfishing Guide

Rules, species, offshore dive sites, seasons and freediving safety — the companion guide to Spearfishing in Bermuda.

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This guide is educational. Regulations change — always confirm current rules with the Bermuda Department of Environment and Natural Resources (DENR) before diving.

1. The Rules That Matter

Resident licence required. Spearfishing in Bermuda requires a resident spearfishing licence from DENR. Visitors cannot spearfish.

One nautical mile offshore. Spearfishing is only permitted at least one nautical mile from the shore. Inside that line is strictly off-limits.

Pole spears only. Hawaiian slings and pole spears are allowed. Spearguns (rubber- or air-powered) are prohibited.

Freediving only. Spearfishing on SCUBA is prohibited — you must be breath-hold diving.

Protected areas and species. No-take marine reserves, seasonally protected areas and protected species must be left alone. Parrotfish and other grazers keep the reef alive — never take them.

Lobster. Spiny lobster requires its own recreational lobster licence, is taken by hand or approved snare only (never speared), and is seasonally closed. Check current dates with DENR.

Bag and size limits. Minimum sizes and daily limits apply to many species. Carry a measuring device and know the current limits.

Apply and verify: Bermuda Department of Environment and Natural Resources — see the Licence page on spearfishingbermuda.com for the official application link.

2. Species You'll Meet

Typical offshore Bermuda species, where they hold, and how to treat them.

Species	Habitat	Notes
Ocean Triggerfish	Reefs and wrecks, 10–60 ft	Fast, wary; classic pole-spear target
Grey / Lane Snapper	Shallow flats and patch reefs	Schooling; approach slowly
Red Hind (grouper)	Rocky bottom and ledges	Ambush predator; look under structure
Wahoo	Blue water edges and banks	Very fast; seasonal (spring/autumn runs)
Blackfin / Yellowfin Tuna	Deep channels and banks	Pelagic; chum and patience
Lionfish	Wrecks and ledges	Invasive — take encouraged; handle with care
Spiny Lobster	Reef holes and grass beds	Licence + season; hand/snare only, never speared
Stoplight Parrotfish	Everywhere on the reef	PROTECTED — never take; reef grazer
Southern / Eagle Rays	Sand flats and channels	Protected — admire, never spear
Green / Spotted Moray	Wreck and reef crevices	Leave in the hole; not a target

3. Offshore Dive Sites

Somerset Long Bay

Depth: 10–25 ft

Sheltered shallow bay on the west end. Grass beds and patch reef — snapper, hind and lobster. Good first legal dive once you are past the one-mile line.

North Rock

Depth: 15–40 ft

The northern rim's most iconic mark. Coral heads, triggerfish and lionfish; current can run — plan around slack water.

Constellation Wreck

Depth: 30–60 ft

Famous wreck site. Triggerfish, morays, snapper and schooling bait. Watch for fishing line and sharp metal.

Eastern Blue Cut

Depth: 40–70 ft

Deep channel between reef and blue water. Tuna, wahoo and jacks pass through — pelagic hunting on the drop-offs.

Challenger Bank

Depth: 50–80+ ft

Offshore bank southwest of the island. Serious blue-water ground for wahoo and tuna. Boat required; weather window essential.

Always dive with a buddy, fly a dive flag, and tell someone your plan. Charts on this site are illustrative — not for navigation.

4. Seasons, Weather and Tides

Summer (Jun–Sep): Warmest, calmest water; best visibility. Peak season for reef species.

Autumn (Oct–Nov): Wahoo and tuna runs pick up; watch for late-season storms.

Winter (Dec–Mar): Cooler water and swell; wetsuit recommended. Lobster season typically runs Sep–Mar.

Spring (Apr–May): Warming water; pelagics return to the banks.

Tides: Plan reef and wreck dives around slack water for the least current. Use the tide planner on the site (powered by Open-Meteo marine data) before you go.

Weather: Never dive in thunderstorm or small-craft conditions. Check the Bermuda Weather Service marine forecast.

5. Freediving Safety

Never freedive alone — one up, one down, always.

Learn blackout and rescue basics before hunting deep.

Don't hyperventilate excessively; two or three calm breaths are enough.

Use a float and flag; boats may not see a lone snorkeler.

String fish on a float line, not your belt — keep blood away from your body.

Know your limits. The fish will be there tomorrow.

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