

SWIM CAMP

# ALGARVE

**SWIM**<sup>®</sup>  
TOGETHER

UNFORGETTABLE SWIMS



## TRIP DESCRIPTION

Explore the best preserved places in the Algarve, enjoy secluded beaches, immerse yourself in local traditions, and relax in a charming local fishing Village. There's a lot of swimming involved too in an undiscovered region, in the south of Portugal!

This trip is popular for its combination of clifftop walks and coastal swims, giving you a taste of both worlds. Swim into Praia da Marinha and see for yourself why it's constantly voted one of Europe's best beaches. Marvel as we swim past sinkholes, sea stacks, through tunnels, caves and sea arches, and visit unspoiled areas inaccessible by land.

Along with our experienced swimming guides, who know the area like no one else, you'll have all the safety support you need to enjoy this odyssey to the fullest, witnessing this unique part of the Algarve.

Are you ready for the Atlantic Swimming Adventure?





## ITINERARY

### DAY 1 | WELCOME TO THE ALGARVE

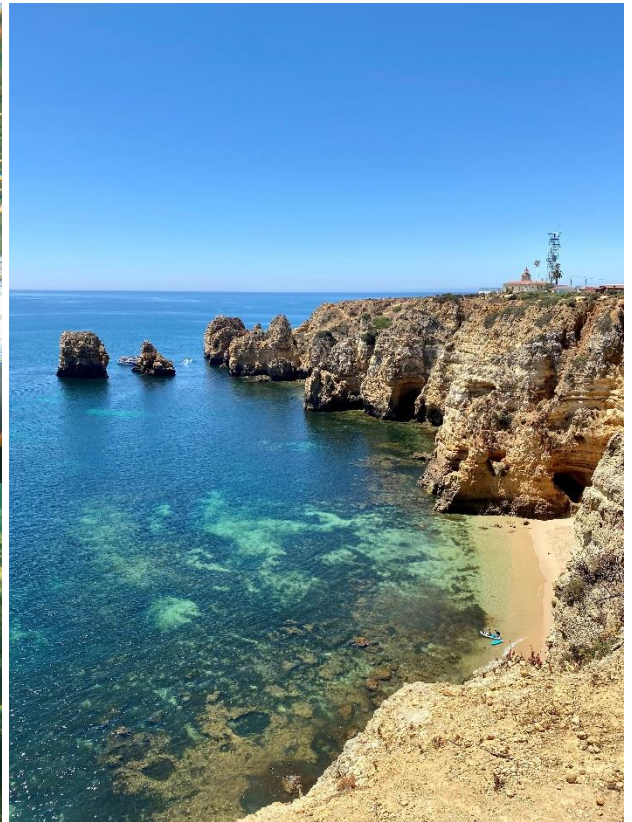
After your arrival you will have a chance to meet your swim guides and other swimmers who will embrace this week. A delicious welcome lunch will be waiting for you in the hotel's restaurant. Following the briefing we head down to the nearby Praia de Rocha for a short acclimatisation swim.





## DAY 2 | ISOLATED BEACHES

The first day of the adventure along the Algarve coast will be spent in Lagos. Leaving by boat from Praia da Salema, we will head out east to Praia do Burgau, from where we will start our swim towards Praia da Luz. The return will be made by boat for the next stop, a traditional portuguese lunch. After lunch, we will walk around one of the ex-libris that characterizes the region, Ponta da Piedade.





### DAY 3 | CAVES, SEA ARCHES AND UNSPOILED AREAS

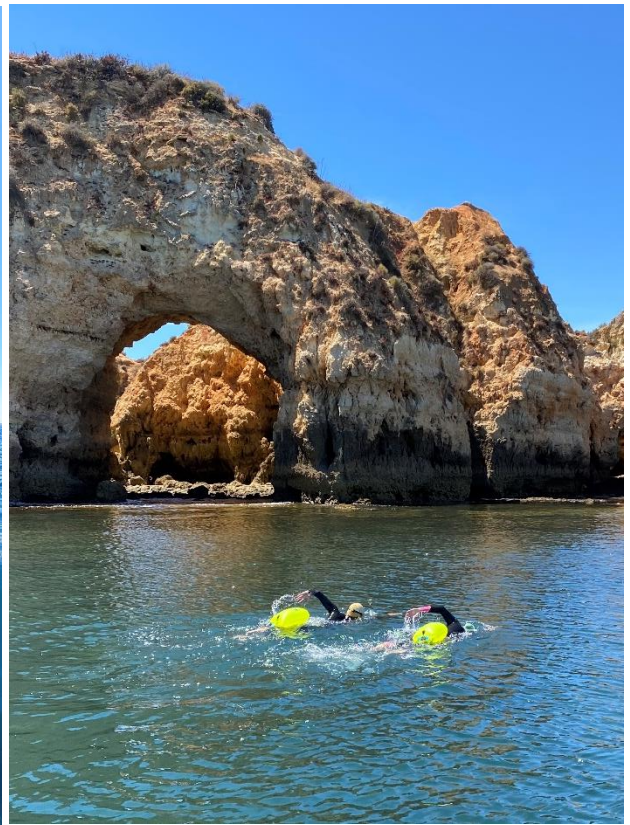
After breakfast, we'll start exploring the coast of Portimão. We will leave the Portimão Marina in a small boat to our starting point, Praia da Senhora da Rocha. From there, we will swim around breathtaking rock formations, including the Arco de Albandeira. We will swim through inland caves which has under cliff access to the beaches. After a stunning pass under a double sea arch we arrive at Praia de Marinha where we will board our support boat again. Returning to the city of Portimão, we will visit the highlight of this tour, the famous "Cathedral" or Cave of Benagil, which we will only visit by boat. After tasting the local gastronomy, we will walk by Algar Seco, along the Seven Hanging Valleys cliff path.





#### DAY 4 | BREATHTAKING ROCK FORMATIONS

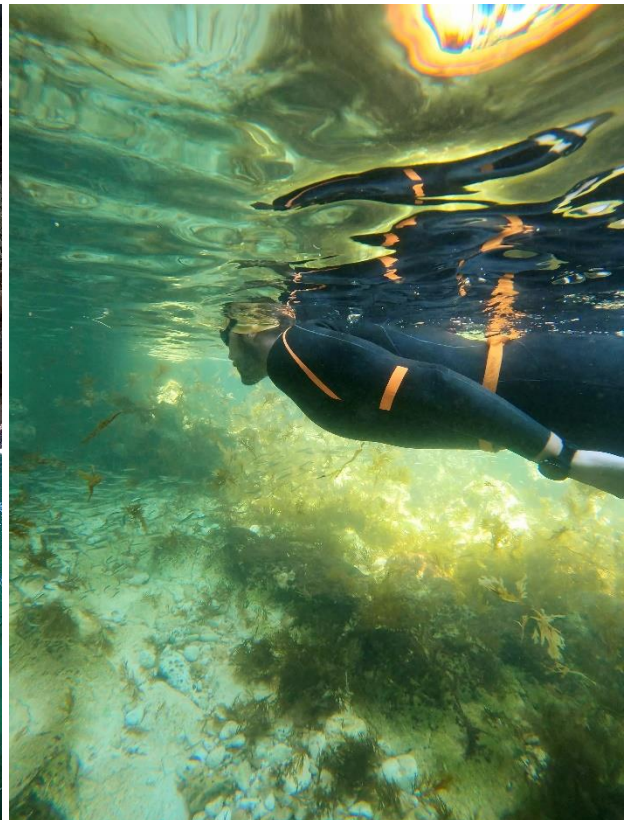
This morning will start in Portimão for an unforgettable swim along the Ponta de São João de Arens, full of small rocky islets that decorate the landscape. After a leisurely meal, you will have time to relax and recover for the last adventure of the trip.





## DAY 5 | DISCOVER THE EXTREME SOUTHWEST OF PORTUGAL

The last day of this expedition will be spent getting to know Sagres, a charming fishing village that you will never forget. With a mandatory visit to Ilha do Martinhal and Praia da Ingrina, we will swim through caves and some secret passages that dot part of the coast. In the afternoon we will visit Cabo de São Vicente, well known for its lighthouse.





## DAY 6 | GOODBYE ALGARVE!

After breakfast at the hotel and check-out, you will be transferred to Faro airport.







## WHAT IS INCLUDED?

- **Safety:**
  - Personal Accidents Insurance
  - Accompanied by experienced swim guides
  - Open water sessions are accompanied by one boat and one kayak
- **Food:**
  - Breakfasts
  - Lunches<sup>1</sup>
  - Water, dry fruits and oranges during swimming moments
- **Accommodation:**
  - 5 nights at Jupiter Algarve Hotel<sup>2</sup>
  - Twin rooms for all customers with city view. Upgrade to single and/or sea view available
- **Transfers:**
  - During all trip in a 9-seater van or similar
- **Others:**
  - Photos
  - Special discount at the hotel Spa

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<sup>1</sup> Only waters included. Other drinks with extra cost. **NOTE:** Vegetarian option included.

<sup>2</sup> The accommodation is subject to availability and may change to a similar alternative.





## WHAT IS NOT INCLUDED?

- Equipment
- Flights
- Personal extras, gratuities for local guides
- Anything not mention in the up section
- Evening meals<sup>3</sup>
- Personal travel insurance
- City Tourist Tax at accommodation
- Extra activities

## EQUIPMENT CHECKLIST

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Small Daypack
<input type="checkbox"/>	Wetsuit (Advised)	<input type="checkbox"/>	Sweater / Fleece
<input type="checkbox"/>	Swim Buoy	<input type="checkbox"/>	Waterproof Jacket
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Walking Shoes / Sandals
<input type="checkbox"/>	High Factor, Water Resistant Sun Cream	<input type="checkbox"/>	Waterproof Camera

\* Try to bring one clear lens and one tinted lens for different light conditions.

**Extra:** If you need some equipment to carry out the Swim Camp you can rent at the meeting point. Wetsuits can be rented. For this, we need your request until 24 hours before the start of the swim camp.

<sup>3</sup> Special conditions with the hotel. **NOTE:** Vegetarian option included.





## ACCOMMODATION

Júpiter Algarve is a recently renovated 4-star hotel located beside Praia da Rocha Beach on the Portimão seafront. The views from almost anywhere in the hotel overlook the Atlantic Ocean. Here you can relax at the sauna and enjoy a massage or a steam bath. The hotel also features a fitness centre with a free of charge gym and has a bar featuring live music and dancing every night. It is located 60 minutes from Faro Airport, 35 minutes from Lagos and 15 minutes from Portimão Train Station.

### Facilities of your room:

- Twin room w/ single upgrade
- Flat-screen TV
- Minibar
- Free WiFi
- Air conditioning
- Towels
- Tea/Coffee maker
- Hairdryer





## SWIMMING DISTANCE

This swimming holiday takes place in the Algarve and is approximately 16km (average of 3.5km / day). Please note that the below daily itineraries are an example of the swims that may take place during the course of your trip, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTogether guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

## SEA CONDITIONS

Swimming in the sea is a unique experience, however, you should be aware of marine life such as jellyfish, sea urchins and seaweed. In addition, the sea and weather conditions may make the swimming more challenging.

## WATER TEMPERATURE

The average temperature during this time of the year is between 18°C and 22°C (64°F and 72°F), reason why the use of wetsuit is advised.





## WHO CAN PARTICIPATE?

The experience of outdoor swimming can be challenging, but extremely out of the ordinary. Having a natural self confidence to swim in open waters is an asset. The minimum required swimming speed that you can achieve is 30min/km, and the minimum required swim distance you can do nonstop is 2km. This swim camp can be accompanied by adult family members or friends who travel with you and are not participating in the swimming.

## GROUP SIZE

This swimming holiday has a maximum of 10 participants. According to the speed of the swimmers we can make 2 groups. Each group is escorted by a safety team.

## SAFETY

The whole Swim Camp will be accompanied by 2 experienced guides who will stay with you in the water and at your hotel. Whenever you need you can ask them for information and assistance. All open water swimming sessions that are not performed in front of the hotel will be accompanied by a boat and one kayak. During the open water swims you can get out of the water or ask for something to eat or drink.





## MEETING POINT

**Location:** Faro Airport

Your SwimTogether guides, dressed in a fluorescent orange t-shirt, will be waiting for you at the airport gate, next to the location indicated in the image below. Before they head to the airport, they will contact you via Whatsapp (in the group created with all participants in the trip) to make sure you are at the airport at the meeting point.



**Pick Up Time:** 10.30am on Day 1

**Drop Off Time:** 10.30am on Day 6

