



## TRIP DESCRIPTION

This swimming holiday was prepared, in detail, so that you can enjoy Madeira Island in a way that you never had the opportunity to experience. In our company, you will be taken to swim in the most beautiful places in the region. The Desertas Islands Nature Reserve, Ponta de São Lourenço and Garajau Nature Reserve are just some of them.

Over 8 unforgettable days you will swim in the most different panoramas that this tropical island has to offer, far from the crowds.

A great trip for enjoying swims in the turquoise sea and exploring the caves and archways of the Desertas craggy, uninhabited island, this swimming adventure is perfect for those who want to discover a quiet, beautiful part of Portugal.

Our accommodation is situated in the heart of Garajau Natural Reserve whose bay also provide another great swim spot.

The adventure will end with Oceanman Madeira, the biggest event for long distance open water swimmers in Portugal, where you can race in 6 different distances: 0.5km (Oceankids), 1.5km (Sprint), 3.5km (MIUS Swim), 5km (Half Oceanman), 10km (Oceanman) and 30km (Ultraoceanman).

Are you ready to embrace this adventure by the pearl of the Atlantic?





## ITINERARY

### DAY 1

We will meet you at Madeira Airport. Then we'll drive you to Caniço, where you will check-in at the hotel. During a pleasant lunch at the hotel restaurant, you will meet your swim guides and other swimmers for a safety briefing and a Q&A session about the adventure we are embarking on. Then, we will do an acclimatization swim in the Lido Galomar Bathing Complex to feel the crystal clear waters of the Atlantic Ocean.





## DAY 2

This day marks the beginning of our expedition through the pearl of the Atlantic, which is bound for the Ponta de São Lourenço Nature Reserve. An excellent and exciting way to start our journey, as we are surrounded by the imposing cliffs that dominate the volcanic landscape of this area. In the morning, we will swim along the coast, passing by the impressive Gruta dos Pombos. This first dive ends at the wonderful bay of Cais do Sardinha, where we will have lunch overlooking the Atlantic. During the afternoon, you can take the opportunity to relax and get to know the surrounding area, with a short walk through the São Lourenço peninsula, from where we will continue our journey to the other side of the steep and isolated Morro do Furado.





### DAY 3

We leave the Quinta do Lorde Marina, on a small boat towards the Desertas Islands Nature Reserve. As we approach the Deserta Grande, one of the three small islands that make up the nature reserve, we will start our emblematic adventure, where you will become one of the few swimmers who have the unique opportunity to swim in this place. We will anchor in the bay in front of the research center and the watchman's house, both heritage of Madeira Natural Park. A pleasant and traditional lunch will be served, followed by an interesting guided tour to the island. We will then return to Madeira, in the company of dolphins, whales and turtles, who might accompany us along the entire route.





## DAY 4

We will start exploring the south coast of the island, connecting the iconic Calhau da Lapa to the Fajãs of Cabo Girão, passing by of the imposing Fajã dos Padres. It is known as the “paradise on earth” to express the dimension of the steep cliffs, as well as the stacked rocks that dot this stretch of coast. In this unique place, far from everything and yet close to the most important, the silence and tranquility that its isolation represents, you will live an unforgettable swim. After a typical lunch in Caniçal you will have the rest of the day free to relax and recharge batteries for the next adventures.





## DAY 5

On this day we will explore the southwest corner of the island. During the morning we will connect Ponta do Pargo to Fajã da Ovelha. A regional lunch will be served in Calheta. The afternoon takes us to the highest cape in Europe: Cabo Girão.





## DAY 6

The sixth day of our excursion is the last day of adventure. During the morning we will swim at Praia do Garajau, a beach integrated in the stunning Garajau Partial Nature Reserve. The water here is even calmer and more crystalline than in previous days, which makes it seem magical for our connection crossing to Praia dos Reis Magos. Lunch will be served in the restaurant with the best view of the north coast. In the afternoon, after visit the typical houses of Santana, an ex-libris of the county, we will make the preparations for Oceanman Madeira and return to Lido for the race briefing.





## DAY 7

To end our trip, nothing better than taking part in the biggest event for open water swimmers in Portugal. This Saturday will be marked by distances of 5k (Half Oceanman), 10k (Oceanman) and, for the more ambitious, 30k (Ultraoceanman).

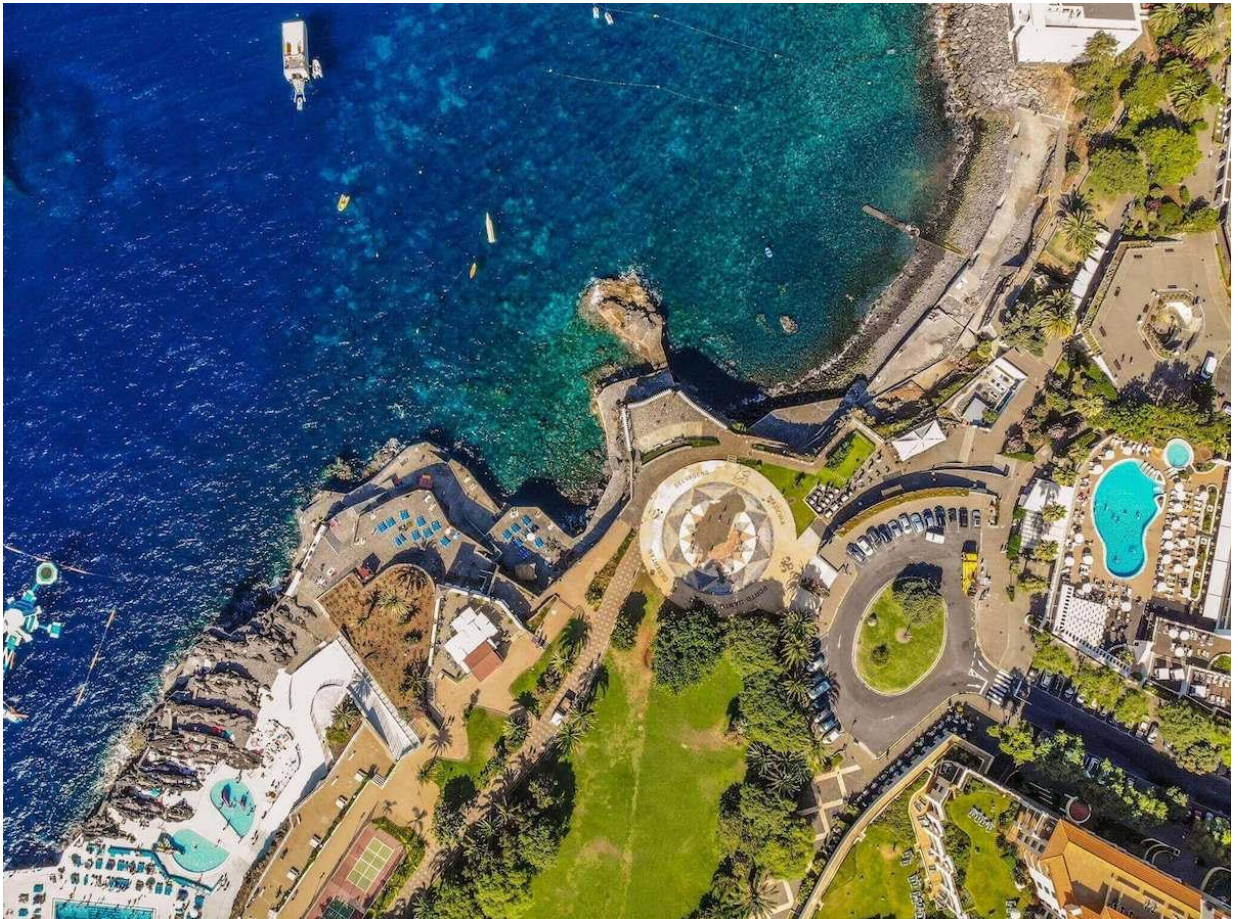






## DAY 8

On the second day of competition, you can choose distances of 1.5k (Sprint) or 3.5km (MIUS Swim). After the race, we will have the last group lunch and say goodbye to the island.





## WHAT IS INCLUDED?

- **Safety:**
  - Personal Accidents Insurance
  - Accompanied by experienced guides
  - Open water sessions are accompanied by one boat and 1 kayak
- **Food:**
  - Breakfasts
  - Lunches<sup>1</sup>
  - Waters bottles, dry fruits, bananas and honey cake during swimming moments
- **Accommodation:**
  - 7 nights at Hotel Sentido Galosol<sup>2</sup>
  - Twin rooms for all customers. Upgrade to single (extra cost)
- **Transfers:**
  - During all trip in a 9-seater van or similar
- **Others:**
  - Oceanman Madeira Registration (one only entry in the following distances: 10km, 5km, 3.5km, 1.5km or 0.5km)
  - Photos

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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>
- COVID-19 test
- Extra Activities
- UltraOceanman Madeira 30km Registration

## 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 (Optional)	<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

Sentido Galosol is a sustainable 4-star hotel located in the heart of Garajau Natural Reserve. The views from almost anywhere in the hotel overlook the sea and Desertas Islands. At the Galo Resorts private beach you can also enjoy access to the sea or saltwater swimming pool. It is located 20 minutes from Madeira Airport, 25 minutes from Ponta de São Lourenço and 55 minutes from Porto Moniz.

### Facilities of your room:

- Twin room w/ single upgrade
- Cable TV with plasma display
- Minibar
- Free WiFi
- Air conditioning
- Towels
- Safe
- Hairdryer





## SWIMMING DISTANCE

This swimming holiday takes place in Madeira Island and is approximately 28km (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 22°C and 24°C (72°F and 75°F), reason why the use of wetsuit is optional.





## 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 9 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 Lido will be accompanied by a boat and 1 kayak. During the open water swims you can get out of the water or ask for something to eat or drink.





## MEETING POINT

**Location:** Madeira Airport

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

**Drop Off Time:** 5.30pm on Day 8

