

SWIM CAMP

SESIMBRA

An aerial photograph of a small, rocky island in the middle of a vast, turquoise ocean. The island is elongated and features a mix of dark rocks, sandy patches, and green vegetation. The water around the island shows varying shades of blue and green, indicating different depths and seabed compositions. The overall scene is serene and scenic.

SWIM[®]
TOGETHER

UNFORGETTABLE SWIMS



TRIP DESCRIPTION

This swimming holiday was prepared, in detail, so that you can enjoy Sesimbra 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 Arrábida Natural Park, Cabo Espichel and Ribeira do Cavalo Beach are just some of them.

Over 6 unforgettable days you will swim in the most different panoramas that the south coast of Lisbon 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 Marine Park Luiz Saldanha, this swimming adventure is perfect for those who want to discover a quiet, beautiful part of Portugal.

Our accommodation is located in the charming and traditional village of Sesimbra, whose bay also provided another great swim spot.

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





ITINERARY

DAY 1 - ARRIVE IN SESIMBRA

We will meet you at Lisbon Airport. Then we'll drive you to the fishing village of Sesimbra, where you will check-in at the hotel. During a pleasant lunch in a typical village 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 bay of Sesimbra to feel the crystal clear waters of the Atlantic Ocean.



DAY 2 - WALK TO AN AUTHENTIC PARADISE

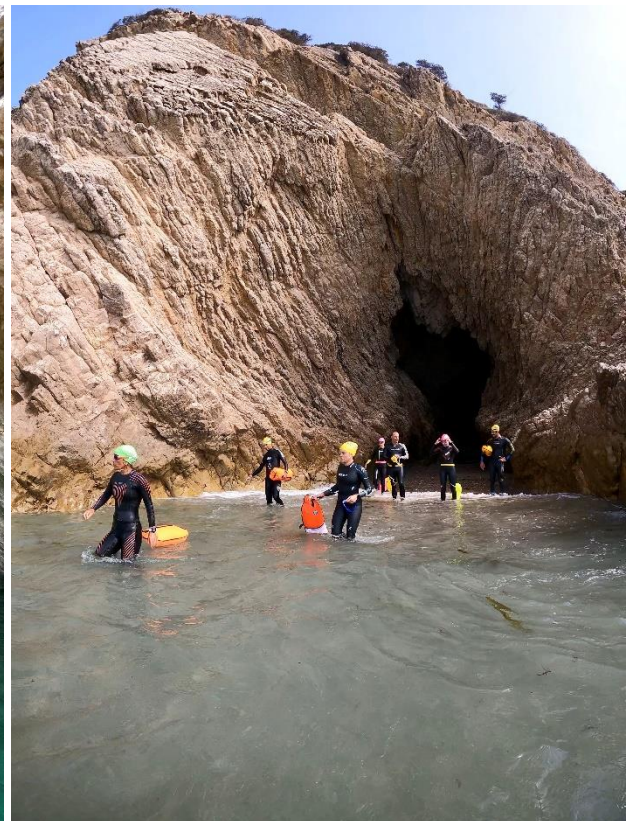
We leave the hotel, heading to the extreme southwest of Sesimbra, to swim in the area most exposed to natural variables. As we get closer to Praia da Baleeira, we will start our emblematic adventure, where you will become one of the few swimmers who will have the unique opportunity to swim in this location. We will finish in the bay, which was once an old fishing port. A pleasant and traditional lunch after this swim will be followed by an interesting visit to Sesimbra Castle. We will then return to the hotel to enjoy the rest of the afternoon.





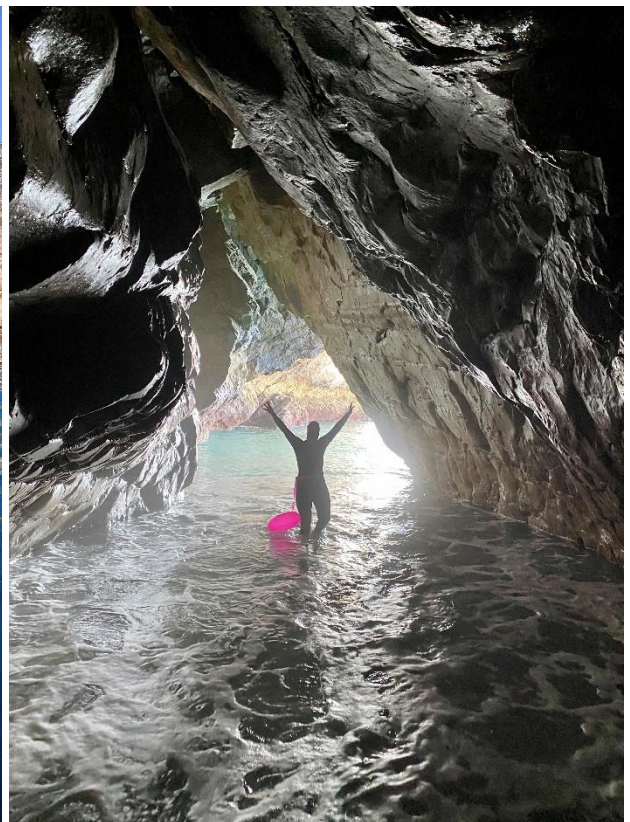
DAY 3 - SWIM BETWEEN THE BREATHTAKING SEA CAVES AND ARCHES OF ESPICHEL

This day marks the beginning of our expedition along the Atlantic coast, heading to one of the most beautiful beaches in Portugal, the Ribeira do Cavalo Beach. An excellent and exciting way to start our journey, as we are surrounded by the imposing cliffs that dominate the landscape of this area. In the morning, we will take a swim along the coast, passing by the impressive caves that characterize this region. This first swim starts and ends on the beach. In the afternoon, take the opportunity to relax and discover the surroundings, with a short walk along the iconic Cabo Espichel.



DAY 4 - DISCOVER THE ABANDONED CAPE

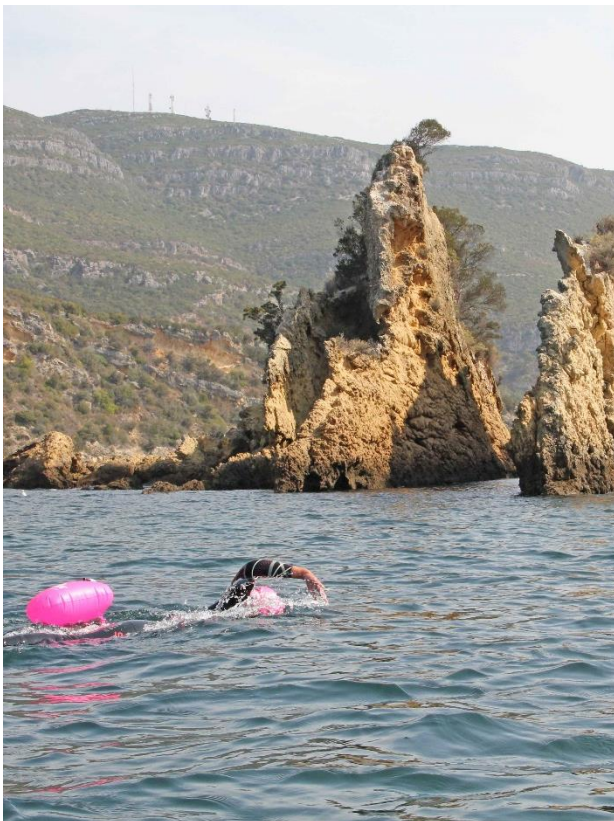
We will start exploring the southeast coast of Sesimbra, with a long walk to Armação Bay, where we will explore the Abandoned Cape that was forgotten here in time. This area is known as a treasure for expressing the size of the steep cliffs, as well as the rocks piled up that dot this stretch of coast. In this unique place, far from everything and at the same time close to the most important, the silence and tranquility that represents its isolation, you will experience an unforgettable swim. After a typical lunch in Sesimbra you will have the rest of the day free to relax and recharge batteries for the next adventures.





DAY 5 - SWIMMING IN THE ARRÁBIDA NATURAL PARK

On the fifth day of our expedition we will explore the Serra da Arrábida Natural Park. In the morning we will swim at Portinho da Arrábida, a beach integrated in the stunning biogenetic reserve located on the Setúbal peninsula. The waters here are even calmer and more crystalline than in previous days, which makes our crossing to Praia dos Galapinhos Beach seem magical, as we swim around Ilheu da Anixa. Lunch will be served in Setúbal, the cuttlefish capital. In the afternoon we will visit some of the places that make part of the region's history, with the best view of the ocean.





DAY 6 - GOODBYE SESIMBRA!

Your wild swimming odyssey had to come to an end eventually. After breakfast, your host will transfer you to the airport at Lisbon in time for your return flight home.





WHAT IS INCLUDED?

- **Safety:**
 - Personal Accidents Insurance
 - Accompanied by experienced guides
 - Open water sessions are accompanied by one boat and 1 kayak
- **Food:**
 - Breakfasts
 - Lunches¹
 - Waters bottles, dry fruits and bananas during swimming moments
- **Accommodation:**
 - 5 nights at Hotel do Mar²
 - Twin rooms for all customers. Upgrade to single (extra cost)
- **Transfers:**
 - During all trip in a 9-seater van or similar
- **Others:**
 - Photos

¹ Only waters included. Other drinks with extra cost. **NOTE:** Vegetarian option included.

² 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
- Evening meals³
- Anything not mention in the up section
- 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.

³ Special conditions with the hotel.

NOTE: Vegetarian option included.





ACCOMMODATION

You'll stay at Hotel do Mar in Sesimbra a 4 star, family-run hotel with sea view balconies and a swimming pool (if you feel you need even more swimming on this trip!).

Accommodation will be in same sex twin rooms with prevailing view over the Atlantic Ocean and a privileged location on the beachfront of Califórnia.

Hotel do Mar has direct access to the beach, where you can contemplate an ocean of sensations and immerse yourself in a wave of pure evasion, in the poetry of the moment. It is located 1 hour from Lisbon Airport, 30 minutes from Arrábida and 40 minutes from Setúbal.





SWIMMING DISTANCE

This swimming holiday takes place in Madeira Island and is approximately 18km (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 17°C and 22°C (63°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 Sesimbra Bay 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: Lisbon Airport

Pick Up Time: 10.30am on Day 1

Drop Off Time: 10.30am on Day 8

