

DAY 1

13h45 – 14h00

WELCOME

14h00 – 15h00

TRANSFER

From Lisbon to Sesimbra.

15h00 – 16h00

CHECK-IN

In the Hotel do Mar.

16h00 – 18h00

OPEN WATERS

Water Adaptation Swim (2km).

18h00 – 19h00

REST

In the Hotel do Mar.

19h00 – 20h30

DINNER

In a Restaurant in Sesimbra.



DAY 2

7h00 – 8h00

BREAKFAST

8h00 – 8h30

TRANSFER

Car transfer from the hotel to Azóia.

8h30 – 9h30

WALK

From Sesimbra to Praia da Baleeira.

9h30 – 11h30

OPEN WATERS

Cabo Espichel Swim Tour (3km).

11h30 – 12h30

WALK

From Praia da Baleeira to Sesimbra.

12h30 – 13h00

TRANSFER

Car transfer from Azóia to the hotel.

13h00 – 15h00

LUNCH

In a Restaurant in Sesimbra.

15h00 – 16h30

ACTIVITY

Visit Sesimbra Castle.

16h30 – 18h00

OPEN WATERS (OPTIONAL)

Relaxed Swim in Sesimbra (2km).

18h00 – 19h00

REST

In the Hotel do Mar.

19h00 – 20h30

DINNER

In a Restaurant in Sesimbra.



DAY 3

7h00 – 8h00

BREAKFAST

8h00 – 8h30

TRANSFER

Car transfer from the hotel to Marina de Sesimbra.

8h30 – 9h30

WALK

From Marina de Sesimbra to Praia da Ribeira do Cavalo.

9h30 – 11h30

OPEN WATERS

Sesimbra Beach and Cave Tour (3km).

11h30 – 12h30

WALK

From Praia da Ribeira do Cavalo to Marina de Sesimbra.

12h30 – 13h00

TRANSFER

Car transfer from Marina de Sesimbra to the hotel.

13h00 – 15h00

LUNCH

In a Restaurant in Sesimbra.

15h00 – 17h00

REST

In the Hotel do Mar.

17h00 – 19h00

ACTIVITY

Visit Cabo Espichel and see the best sunset of Sesimbra.

19h00 – 20h30

DINNER

In a Restaurant in Sesimbra.



DAY 4

7h00 – 8h00

BREAKFAST

8h00 – 9h00

TRANSFER

Car transfer from the hotel to Arrábida.

9h00 – 11h00

OPEN WATERS

Arrábida Island Tour (3km).

11h00 – 12h00

TRANSFER

Car transfer from Arrábida to Setúbal.

12h00 – 14h00

LUNCH

In a Restaurant in Setúbal.

14h00 – 16h30

ACTIVITY

Seightseeing in Arrábida Natural Park.

16h30 – 18h00

OPEN WATERS (OPTIONAL)

Relaxed Swim in Arrábida (2km).

18h00 – 19h00

REST

In the Hotel do Mar.

19h00 – 20h30

DINNER

In a Restaurant in Sesimbra.



DAY 5

7h00 – 8h00

BREAKFAST

8h00 – 12h00

OPEN WATERS

Sesimbra Abandoned Cape Tour (5km).

12h00 – 14h00

LUNCH

In a Restaurant in Sesimbra.

14h00 – 15h00

WALK

From Sesimbra to Cabo de Ares.

15h00 – 16h30

OPEN WATERS (OPTIONAL)

Relaxed Swim in Cabo de Ares (2km).

16h30 – 17h30

WALK

From Cabo de Ares to Sesimbra.

17h30 – 19h00

REST

In the Hotel do Mar.

19h00 – 20h30

DINNER

In a Restaurant in Sesimbra.



DAY 6

7h00 – 8h00

BREAKFAST

8h00 – 10h00

OPEN WATERS

Last Swim in Sesimbra (2km).

10h00 – 11h00

REST

In the Hotel do Mar.

11h00 – 11h30

CHECK-OUT

In the Hotel do Mar.

11h30 – 13h00

LUNCH

In a Restaurant in Sesimbra.

13h00 – 14h00

TRANSFER

From Sesimbra to Lisbon.

14h00 – 14h15

FAREWELL

Until the next adventure!



WHAT IS INCLUDED?

- Safety in and out of water (Insurance)
- Company of experienced guides
- Food supply in training
- Transfers during the SwimCamp
- 5 nights in a 4-star hotel accommodation with sea view and direct beach access
- All meals (Breakfast + Lunch + Dinner)
- Professional Photos

WHAT IS NOT INCLUDED?

- Training Equipment
- Flights
- Drinks other than waters during meals (Lunch and Dinner)

ACTIVITY DESCRIPTION

Rich in marine life, full of caves, wild beaches, steep coves and landscapes of unexpected beauty, in the Natural Park of Arrábida you can enjoy all this beauty swimming, just 1 hour from the capital. Throughout the course you will be accompanied by experienced guides in kayaks. The beginning of the sessions will be done by walking along the sea of Sesimbra.





SWIM, WILD AND FREE

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 swimming speed is 40min/km.

MEETING POINT

Location: Lisbon Airport.

Address: Alameda das Comunidades Portuguesas, 1700-111 Lisboa.

Start Time: 2:00 P.M. on Day 1.

End Time: 2:00 P.M. on Day 6.



EQUIPMENT REQUIRED

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"/>	Towels
<input type="checkbox"/>	Swimming Goggles (x 2) *	<input type="checkbox"/>	Small Backpack
<input type="checkbox"/>	Wetsuit	<input type="checkbox"/>	Waterproof Trousers / Jacket
<input type="checkbox"/>	High Factor, Water Resistant Sun Cream	<input type="checkbox"/>	Sweater / Fleece / Woolly Hat / Hat / Gloves and Warm Socks
<input type="checkbox"/>	Swim Earplugs (if you use them)	<input type="checkbox"/>	Waterproof Watch
<input type="checkbox"/>	Tracksuit Trousers / Sweatpants	<input type="checkbox"/>	Thermal Underwear / Base Layers
<input type="checkbox"/>	Aqua Shoes / Sandals / Slippers	<input type="checkbox"/>	Any Specific Nutritional Needs

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

Extra: If you need some material to carry out the experience you can rent at the meeting point. For this, we need you to request us until 24 hours before the start of the activity.

ACCOMPANYING

This activity may be accompanied by family or friends who travel with you. Each escort may choose to accompany you in a kayak, or on a Stand-Up-Paddle board. The price for companions has the same value per person. Children may also be present since supervised by an adult. The companions are an excellent complement to the safety of the activity.



SWIMMING DISTANCE

This swimming holiday takes place along Sesimbra Coast and is approximately 24km (2km on the 1st day, 5km on the 2nd day, 3km on the 3rd day, 5km on the 4th day, 7km on the 5th day and 2km on the 6th day). Click [here](#) to see all crossings.

DAY 1



SWIM TOGETHER

SWIM, WILD AND FREE

DAY 2



SWIM
TOGETHER

SWIM, WILD AND FREE

DAY 3



SWIM TOGETHER

SWIM, WILD AND FREE

DAY 4



SWIM TOGETHER

SWIM, WILD AND FREE

DAY 5



SWIM TOGETHER

SWIM, WILD AND FREE

DAY 6



ACCOMMODATION

The 4-Star Hotel do Mar* is a panoramic hotel with prevailing view over the Atlantic Ocean and a privileged location on the beachfront of Califórnia. With direct access to the beach, 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.

All the facilities in your room:

- Double room w/ single upgrade
- Sea view room
- Private balcony
- Cable TV with plasma display
- Minibar
- Free WiFi
- Air conditioning
- Telephone
- Safe (extra charge)
- Hairdryer



* According to the time of year and availability, you can stay in an equivalent hotel.



SEA CONDITIONS

Swimming in the sea is a unique experience, however, you should be aware that contact with marine species such as jellyfish, sea urchins, seaweed during dives is normal. In addition, the sea conditions and atmospheric conditions themselves may make the swimming more challenging.

WATER TEMPERATURE

The average temperature during the year is between 14°C and 19°C (57°F and 66°F), reason why the use of isothermal fact is advised.

GROUP SIZE

This activity has a maximum of 12 participants, including companions. There will be 2 groups, according to the speed of each swimmer. Each group is escorted by a security team.





SWIM, WILD AND FREE

SAFETY

Throughout the activity you will be accompanied by an experienced team present in kayaks. At any time you can ask for assistance to rest, get out of the water or to feed yourself with the supplies we offer you. Our team is composed of experienced guides with the first aid course.

HOW TO GET THERE?

Sesimbra is about an hour's drive from the capital Lisbon (46km). You should take the A2 to Ponte 25 de Abril. Exit at exit number 2, towards Sesimbra / Azeitão, on N378. When you arrive in Sesimbra, you should go to the the Hotel do Mar garage.



GUIDE



ANDRÉ SANTOS

Founder & CEO at Swim Together

André Santos is an entrepreneur. With only 20 years old opened his own business. Unsatisfied by nature, he can not stand still, dedicating his time to what he likes the most: to create and to explore. Not only is the voice of the project, but also responsible for motivating his team to follow his dream. What moves him is the will to "make it happen," believing that "difficult is different from impossible".

