



## TRIP DESCRIPTION

This short swimming escape in Spain boasts perfect turquoise seas, great underwater visibility and imposing sheer cliffs, allowing you to discover the best swimming the south of the Mediterranean has to offer. With the chance to explore the Benidorm Island and swim a substantial part of the Sierra Helada Natural Park, come and discover one of the most southern points of Europe with us. Our base for the trip is the comfortable 4-star H10 Porto Poniente Hotel, giving you an incredible long weekend on and off the water.

Benidorm is located on the so-called Costa Blanca (White Coast) and its main source of wealth is tourism. In fact, its magnificent beaches and large hotel capacity have made this city one of the most important tourist centers in the Mediterranean and even in Europe. It should be noted that currently the tallest hotel in the world is located on Poniente Beach.

With an average daily air temperature of 28°C in October and water temperatures around 22°C at this time of year, Benidorm is the perfect location for a early season open water swimming. Combine this with the excellent facilities of the H10 Porto Poniente Hotel including large bedrooms, complimentary access to the spa with swimming pool and gym, plus a choice of restaurants around the hotel and you have a fantastic way to hold on to the spring months for just a little longer.

This short escape will end with the participation in the Oceanman Benidorm, an emblematic event in the region, with distances of 1.5k, 5k and 10k.





**SWIM**  
TOGETHER

## TRIP SCHEDULE

**Start Point:** Valencia Airport

**Start Time:** 11.35pm on Day 1

**Finish Point:** Valencia Airport

**Finish Time:** 19.50pm on Day 3

## ITINERARY

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 will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.





## DAY 1

After checking in to your hotel, you'll have the chance to meet up with your SwimTogether guides and fellow swimmers in the evening for an informal catch-up to kick off your trip. To avoid long waiting times at race registration tomorrow, we would highly recommend taking advantage of Early Race Registration and registering today, for those arriving early and who have free time.





## DAY 2

In the morning we will join a swim tour, swimming in one of the most beautiful places on the Costa Blanca. Departing from Cala Tío Ximo Beach, we will have the opportunity to swim in the crystalline and warm waters of the region, which will accompany the entire the Sierra Helada natural park.

In the afternoon we head to the race village of the Oceanman Benidorm to complete the local registration. Please note that the race registration is compulsory. Failure to attend this will mean you will be unable to enter the swim. During race registration, all competitors will be given their swim hats, badges and timing chips in preparation for the swim.





### DAY 3

After an early breakfast and check-out from our hotel, it's time for the main event! All swimmers meet at the Hotel to walk together to the race start point. Please note that the start time differs according to the race distance.

The race and awards ceremony is expected to finish by 1.30pm, giving us time to catch an evening flight or stay on to enjoy the hospitality of Benidorm.





## WHAT IS INCLUDED?

- **Safety:**
  - Personal Accidents Insurance
  - Accompanied by experienced guides
  - Swim tour of the race course
- **Food:**
  - Two Breakfasts
  - Two Lunches<sup>1</sup>
  - One Dinner<sup>2</sup> (on the second day)
- **Accommodation:**
  - 2 nights at H10 Porto Poniente Hotel<sup>3</sup>
  - Twin rooms for all customers. Upgrade to single (extra cost)
- **Transfers:**
  - During all trip
- **Others:**
  - Oceanman Benidorm Registration (one only entry in the following distances: 10km, 5km, 1.5km)
  - Photos

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<sup>1</sup> Drinks not included. **NOTE:** Vegetarian option included.

<sup>2</sup> Same conditions as point 1.

<sup>3</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
- Other meals
- Anything not mention in the up section
- COVID-19 test
- 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) <sup>4</sup>	<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

<sup>4</sup> 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.





## ACCOMMODATION

You'll stay at H10 Porto Poniente, a Hotel located in Benidorm, on the Costa Blanca, a leading international holiday destination.

Located on the seafront next to Poniente beach is a newly built four-star superior hotel. It stands out for its maritime-inspired interior design, which is reflected in the nautical charts on the building facade, its elegant rooms and its two plunge pools with stunning sea views. The establishment also features the Tortuga Restaurant, the Marea Alta Rooftop Bar with sea views, and a Despacio Spa Centre with heated swimming pool and gym.

Accommodation will be in same sex twin rooms with prevailing view over the Mediterranean Sea and a privileged location from the beach.







## SWIMMING DISTANCE

This swimming holiday takes place in Benidorm and is approximately 8km (average of 4km/day). Please note that these swims are an example of what may take place during the course of your trip and should be used as a guide only. Actual swim locations and distances will vary according to local weather and sea conditions.

## 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 25°C (72°F and 77°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 8 participants. According to the speed of the swimmers we can make 2 groups. Each group is escorted by a safety team.

## SAFETY

This short escape will be accompanied by one experienced guides who will stay with you in the water and at your hotel. Whenever you need you can ask him for information and assistance. All open water swimming sessions that are not performed in Benidorm will be accompanied by one boat and one kayak. During the open water swims you can get out of the water or ask for something to eat or drink.

