



## TRIP OVERVIEW

Alcatraz! The very name conjures up visions of sharks, frigid waters, Al Capone and the barren, fog-enshrouded "rock". It closed as a federal prison in 1963 and is now a desolate outpost just 10 miles off San Francisco's Presidio Park.

We are pleased to be able to offer this one-off swim to anybody who has ever wanted to make this iconic 'escape'!

Unlike our other tours, this is an individually tailored trip because you book out an agreed period of time on a specific day between May and September. These are individual, escorted swims and are designed for between one and four swimmers. This means that you can either attempt the escape by yourself, or share the experience with friends.

## WHO IS THIS TRIP FOR?

Because of the currents, the swim from Alcatraz is only suitable for confident swimmers who can comfortably swim 1.5 miles by open water freestyle stroke within 55-60 minutes. Breaststroke is not suitable for this swim due to the chop, waves and current in this stretch of water.

## LOCATION SUMMARIES

### **Alcatraz**

Because of its natural isolation, cold waters and strong currents, Alcatraz was considered as an ideal location for holding prisoners. Although many tried to escape, no recorded attempts ever succeeded. Unlike our other tours, this is an individually tailored trip. Hence you can book to go on the crossing throughout the year.

## TRIP SCHEDULE

You meet your guide, Warren, on the San Francisco shore, straight across from the imposing fortress island of Alcatraz. Depending on your location, it may also be possible to arrange for Warren to meet you at your Hotel.

During the briefing, Warren will explain to you the currents that you can expect on your swim, the landmarks that you need to look out for and any safety issues that you need to be aware of. You will then be taken by boat to Alcatraz where you will begin your swim.

### **Trip Duration**

2 – 3 Hours (depending on your swim speed)

### Essential Equipment Checklist

In addition to 'normal' daily clothes, you will need to bring the following:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles x 2*	<input type="checkbox"/>	Small Daypack
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Sweater / Fleece / Waterproof Jacket
<input type="checkbox"/>	Waterproof Sun Cream		

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

### Swimming Distances

Swim	Distance
Alcatraz-Aquatic Park, San Francisco	2½km (1½ miles)

### Temperatures

Month	Water Temperature*	Air Temperature*
Jan – Feb	10°C	14°C
March – April	12°C	16°C
May – June	14°C	19°C
July – August	15°C	19°C
Sept – Oct	16°C	21°C
Nov – Dec	12°C	15°C

\* Please note that these temperatures are indicative and should be used as a guide only.

### Swimming Caveat

Swimming in the sea is a fantastic experience but you need to be aware that certain marine life such as jellyfish, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, however if you suffer from anaphylaxis please consult the office prior to booking.

### Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. As a consequence, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek guides as quickly as possible.

## Group Size

These are individual, escorted swims and are designed for between one and four swimmers.

## GETTING THERE

San Francisco is served by a number of American and international airlines. Please contact your travel agent for further details on getting there. You might also want to look at a price comparison site such as [www.skyscanner.net](http://www.skyscanner.net).

## PRACTICAL INFORMATION

### Accommodation

No accommodation is included in the tour cost. If you are staying within San Francisco, Warren may pick you up from your accommodation.

### Meals

No meals are included in the tour cost.

### Local Currency

The local currency is US Dollars.

### Passports and Visas

You require a full passport which should be valid for six months beyond the expected length of stay. It is also advisable to check if you require a visa to enter the United States. Up-to-date visa information can be found at <http://esta.cbp.dhs.gov/esta/>.

### Vaccinations

There are no essential vaccination requirements for the United States, but you should check again eight weeks prior to travel. You should also ensure that your immunity to tetanus and polio are up-to-date.

## OTHER INFORMATION

If there is any further information that you require before your trip, or if you have any questions whatsoever, please don't hesitate to get in touch with us using the contact details at the bottom of these Trip Notes.

Happy swimming!