



TRIP OVERVIEW

Join us on the original channel and long distance swim training camp in Mallorca which we've been running for the past 16 years. With more than 200 successful English Channel solo swimmers having completed this trip in the past, it is the perfect way to prepare yourself, both physically and mentally, for any long distance swim challenge that you're planning to undertake.

Under the expert eye of our experienced swim coaches, you will have all the support that you need to complete six days of intensive open water training. Incorporating video analysis to improve your technique and performance, and seminars on critical topics such as "Nutrition and Hydration" and "Mental Preparation", this camp will ensure that you are ready to take on your open water challenge with a solid level of preparation behind you.

Whether you're planning on swimming from England to France or heading off to take part in another long distance swim in a different corner of the world, we understand what you're going through. We've been there before and we know what it takes to prepare yourself for such a challenge.

With expected water temperatures of 12-16°C (guide only), this trip includes an optional six-hour qualification swim for guests who are required to complete this prior to their English Channel swim. **Please note that we cannot guarantee that water temperatures will be below the required level for your English Channel qualification swims, particularly in late March and early April.**

Our accommodation in the town of Porto Petro overlooks the marina and is close to swim locations, which helps to optimise the mix of training and relaxation time throughout your trip.

WHO IS THIS TRIP FOR?

This trip is designed for the swimmer who is training for a challenging long distance open water swim in cold water. It is ideal for those planning to undertake a solo crossing of the English Channel, as the sea temperature should be between 12-16°C during the trip. Previous participants have also been in training for a North Channel crossing, as well the Manhattan Island Marathon Swim and a crossing of the Cook Strait. The camp features long open water training swims, mostly circuits in local bays, with full safety cover, as well as technique coaching and training seminars, over the course of the trip.

LOCATION SUMMARIES

Mallorca

Mallorca, the largest of the Balearic islands, lies 175 kilometres off Spain's east coast. It's an island of contrasts, with the mountains of the north combining with the flat lands of the west and the cliffs and rocky landscape of the east coast.

Mountainous in both the north-western and eastern sides, Mallorca's centre is generally flat and fertile and is known as Es Pla. The east coast has a number of caves, the most notable being Coves Dels Hams and Coves Del Drach.



Porto Petro

This swim training camp is based in Porto Petro, a small fishing village on Mallorca's south-east shore. From Porto Petro, we carry out swims in the local area as well as further afield in Mondragó National Park. Our accommodation overlooks the harbour and its small marina with a handful of restaurants and local bars.

Migjorn Marine Reserve

Situated between Cabo Blanco, Ses Salines and Cala Figuera, it has a total area of 23,000 hectares with a maximum depth of 50 metres. Between Ses Salines and Cala Figuera lies one of the most important areas of seabed for Cleaver Wrasse.

Mondrago National Park

Situated about 4 km north of Cala Figuera, it is protected from development and is considered to be one of Mallorca's most beautiful areas with sand dunes, pine forests, beautiful coastline and rocky coves.

TRIP SCHEDULE

Start Point	Niu D'Aus Apartments, Porto Petro, www.niudaus.com/en/
Start Time	17:00 on Day 1
Finish Point	Niu D'Aus Apartments, Porto Petro
Finish Time	11:00 on Day 6

Please note that the below daily itineraries are an example of the swims that may take place during the course of your camp, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek coaches 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.

Day 1

We meet at the apartments in Porto Petro for a pre-trip safety briefing and to discuss in detail the plans for the week ahead. After focusing on the swim schedule and seminar plan, it's time for an early night to prepare for tomorrow's swims and the challenging days ahead.

Day 2 - Daily Swim Time: Up to 3 hours

This morning we hit the water for the first time for a short acclimatisation swim in Porto Petro Bay. This is an ideal time to get used to the conditions and temperature. Following this, we head to the pool to film your stroke under the water using specialised video equipment. We review the videos with detailed stroke analysis for each person. In the afternoon, we are back in the sea to improve our endurance with another bay swim. Later in the evening we will meet at the apartments for our first seminar.



Day 3 - Daily Swim Time: Up to 5 hours

This is a big day as we fit in two long swim sessions in the Mondragó National Park. Distances will vary according to each swimmer and their training goals, and coaches will also focus on your feeding plan, suggesting alterations if required.

Day 4 - Daily Swim Time: One 6 hour swim

The precise swim location will be based on the current weather and local conditions. For those preparing for an English Channel solo swim, this is your chance to complete your six-hour qualification swim under the watchful eye of our highly experienced coaches. For all others, it's a chance to see what you can do. We will provide full safety boat cover and nutritional support during your swim. Following this, we will work with you individually on assessing the outcome.

Day 5 - Daily Swim Time: Up to 2 hours

A day to swim, a day to focus on your technique, a day to relax. The day is planned with an easy, but important, recovery swim after the previous day's efforts, and a chance to relax on a boat nearby. Time will be set aside for a group Q&A session and one-to-one discussions with your coaches to consolidate your learning and to plan your future training.

Day 6 - Daily Swim Time: Up to 1 hour

There's time for one more morning warm-down swim session before the trip ends. We swim as a group and it is an excellent time to work on your technique and to swap information with other guests and coaches from your Coaching Camp.

TRIP INFORMATION

Equipment

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 Daypack
<input type="checkbox"/>	High Factor, Water Resistant Sun Cream	<input type="checkbox"/>	Waterproof Trousers / Jacket
<input type="checkbox"/>	Gloves and Warm Socks	<input type="checkbox"/>	Sweater / Fleece / Woolly Hat
<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	<input type="checkbox"/>	Any Specific Nutritional Needs

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



Please note that SwimTrek will supply swim hats and provide water and electrolyte drinks in shared water bottles on your safety boat. If you prefer to use your own drink bottle, please feel free to bring one along. If you would like to use a wetsuit, rash vest or fins during your swims, please ensure that you bring these with you.

Coaching Sessions

Due to the nature of this training and the wide range of distances that will be covered by different members of the group, most of our swims take place around a series of circuits in local bays. Circuit swims allow you to complete your training at your individual pace with full safety cover at all times.

The seminars which are delivered by our experienced coaches are an incredibly valuable part of the trip and cover topics such as:

Mental Preparation	Feeding and Hydration
Stroke Technique and Analysis	Ongoing Training
Pilots and Crew	Hypothermia & Fatigue
Other Long-Distance Swims	

Your coaches on this trip are all highly experienced long distance swimmers and/or swim coaches, with a number of them having completed English Channel solo crossings. Past coaches who are currently planning to be back in 2020 include **Fiona Southwell** and **Cliff Golding**, with additional coaches to be announced in the lead up to the trip. A signed medical form from your doctor is required for this coaching camp. Refer to the 'Medical Forms' section for more details.

Group Size and Boat Support

This trip has a maximum group size of 16 with a coach/swimmer ratio of approximately 1:5. The group will be accompanied by three SwimTrek coaches and safety vessels at all times.

Boat support on this Coaching Camp includes one main boat and two inflatable boats to be piloted by your SwimTrek coaches and a local boat pilot. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as jellyfish, sea lice, 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.



Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
March	12-16°C / 54-61°F	13-18°C / 55-64°F
April	14-17°C / 57-63°F	14-19°C / 57-66°F

*Please note that these temperatures are indicative and we cannot guarantee that water temperatures will be below the required level for English Channel qualification swims.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. As a consequence, open water swimming training camps 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 Coaches as quickly as possible. In addition, please be aware that we cannot guarantee that the water will be 16°C or under for the six-hour swim.

GETTING THERE

The easiest way to get to Niu D'Aus apartments is to fly into Palma Airport and take a taxi transfer to the accommodation. While we have outlined various travel options below, they are subject to change and should be used as a guide only. We suggest that you use www.skyscanner.net to search for alternative flight options for this trip.

Whichever route you choose to take, we recommend confirming your flights and other travel arrangements as early as possible in order to avoid price rises and availability issues.

Flights to Palma

To search for available flights into Palma International Airport, please visit www.skyscanner.net.

Transfer from Palma Airport to Niu D'Aus Apartments

From Palma Airport to Niu D'Aus apartments the fastest and simplest way to get there is by taxi. The journey takes approximately an hour and the cost of the service is €80 one way (for up to four passengers). To book please visit www.taxipmi.com. Please note that reservations must be made at least 12 hours before the required time in order to be guaranteed.

Public Transport from Palma to Niu D'Aus Apartments

The cheapest form of transport to Niu D'Aus Apartments is by bus. Please note that this journey can take up to four hours due to waiting times between connecting buses and costs between €15-20.

From the airport, catch the Number 1 bus to Palma which runs every 15-20 minutes throughout the day and takes approximately 30 minutes. From Palma, catch the 501 to Porto Petro which runs several times per day and takes approximately two hours.

From the bus station in Porto Petro, it is approximately a 15-minute walk to your accommodation. For tickets and timetables for the above bus services, please visit: www.tib.org/en/.



Car Hire From Palma Airport to Niu D'Aus Apartments

Another option to get to Niu D'Aus apartments is by car. In previous years, guests have hired a car for the duration of their stay in Mallorca and have found this to be a useful option. When using a Sat Nav, please enter: Niu D'Aus Apartments, Calle de Estel d'Argent, 18 07691, Porto Petro. The journey from the airport should take approximately one hour and there is on-site parking available at the accommodation. For more information, please visit: www.palmaairport.info.

PRACTICAL INFORMATION

Accommodation

Our base for the duration of this trip is at the Niu d'Aus Apartments. Located just 10 minutes walk from the marina of Porto Petro, the apartments are in an elevated position with great views of the bay and hills beyond. The complex includes gardens, a large terrace and small freeform pool. There is free wi-fi and on-site parking for guests, as well as a small bar area where we will hold our seminars and have breakfast. For further information about our accommodation at Niu d'Aus Apartments in Mallorca, please visit: www.swimtrek.com/niu-d-aus-apartments-porto-petro

Our accommodation is based on twin-share apartments with en suite facilities in a combination of standard and sea view rooms. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability. *Please note that all apartments have two single beds and no double bedding is available, however, it is possible to push two single beds together if you wish.*

Each of the 19 apartments in the Niu d'Aus are spacious (approx. 33 square metres) and have both air conditioning and heating. The lounge includes a sofa bed, while the kitchenette has a fridge, microwave and hob. All bedrooms have two single beds.

Pre/Post Trip Accommodation and Trip Extension Options

If you would like to extend your stay in Mallorca and need to book additional nights' accommodation before or after your trip, please contact the hotel directly via: info@niudaus.com. Please note a tourist tax will need to be paid on location and will be up to €2.20 per person per night.

Food and Drink

Breakfast and lunch are included on this training camp and you can choose to have dinner in one of the local restaurants or make use of the small kitchenette in your room. As all the apartments are self-catering and come with kitchenettes, guests can supplement meals by bringing along other items such as porridge and granola or wholemeal pasta should they wish.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as drinks, entertainment, souvenirs, etc. The local currency in Mallorca is the Euro (€). Please note a tourist tax will need to be paid on location and will be up to €2.20 per person per night. A local Massage Therapist can be booked locally at the Niu d'Aus Apartments' counter, this is not part of the SwimTrek arrangements and there is a charge of 35€ for 1/2 hour or 65€ for one hour to be paid locally.



Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

Passports and Visas

Spain is part of the European Union. Non-residents of Spain require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. Citizens of all E.U. member states, the U.S., Canada, Australia and New Zealand do not require a visa to enter Spain. Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information about travel insurance, please visit: www.swimtrek.com/travel-insurance.

Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to Spain, including all recommended and required vaccinations, please visit www.travelhealthpro.org.uk/countries. Please note that this information is subject to change and you should re-check this site regularly prior to your trip.

Medical Forms

A signed medical form from your doctor is required for this coaching camp. If you have already completed a medical assessment in preparation for a swim in 2020, please send a copy to info@swimtrek.com, as this may be sufficient. Alternatively, please download the SwimTrek Medical Form using the following link: www.swimtrek.com/public_documents/Channel_and_LDT_Medical_Form.

This form must be completed *after* 1 September 2019 and uploaded to your SwimTrek account at least *one month before* your trip.

IMPORTANT: Please note that this medical form is separate to the 'My Health Details' section of your SwimTrek account which also needs to be completed prior to the start of your trip.

Travel Plugs & Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit www.worldstandards.eu/electricity/plug-voltage-by-country/.