



TRIP OVERVIEW

Join us on an incredible swimming holiday in Ibiza as we explore some of the most rugged and isolated parts of this beautiful Balearic Island. With a mix of cliff-side coastal swimming, iconic island-hopping and exciting cave exploration, this trip gives you the opportunity to discover a side of Ibiza that most visitors will never have the chance to experience.

With an island full of stunning vistas and breathtaking natural scenery, both above and below the water, the hidden coast of Ibiza that you'll experience on this trip is a world away from the nightclubs and all-night parties that it has become so famous for. Our base in Northern Ibiza is well known for its laid-back, bohemian lifestyle and gorgeous coastline which is generally inaccessible by land.

From its remarkably clear waters to its relaxed atmosphere, a SwimTrek trip is the perfect way to discover the hidden beauty that Ibiza has to offer.

WHO IS THIS TRIP FOR?

This trip is designed for swimmers who are looking for beautiful coastal swims. Swimmers should have a basic understanding of open water swimming and be capable of completing the average daily swim distance of around 5 km prior to the start of the trip.

LOCATION SUMMARY

Ibiza

Ibiza is one of the Balearic islands, an archipelago of Spain in the Western Mediterranean. The island well known for the lively nightlife, however, it's also home to some truly spectacular landscapes, quaint villages, and stunning hidden coastline which is fantastic for open water swimming.

Northern Ibiza

Northern Ibiza is home to a beautiful and rugged stretch of coastline, which, in years gone by, was a natural habitat of smugglers and pirates. The swimming here is a mix coastal swims and island hopping with visits to some of the many caves which exist on this part of the island.

Portinatx

Our base for the week is the small and idyllic fishing village of Portinatx, which is located in the island's far North-East. Like most of Ibiza, the surrounding countryside is heavily forested, the town overlooked by Sa Descoberta; a large wooded hill rising up to roughly 250 metres above sea level.

Benirras

The small fishing hamlet of Benirras is a highlight of the area and is popular with visitors and locals alike. The bay's crystal clear water makes the cove a popular spot for swimming and is also known as the best place on the Island to watch a sunset as the beach faces directly west. The iconic Cap Bernat rock, which resembles the Sphinx, is a classic landmark that we circle on our swim into Benirras.



TRIP SCHEDULE

Start Point	Hotel La Cigueña, Portinatx, Ibiza, www.laciguenya.com
Start Time	17:00 on Day 1
Finish Point	Hotel La Cigueña, Portinatx, Ibiza
Finish Time	11:00 on Day 7

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 SwimTrek 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.

Day 1

We meet at our beachfront hotel in the late afternoon and kick off our trip with a welcome meeting and safety briefing, in which we will discuss in detail the plan for the week ahead. Following this, we have a short acclimatisation swim in the sea before dinner.

Day 2

Today marks the start of our Northern Ibiza coastal We start out from directly in front of our hotel and head initially out of the bay. Our first target point is the Torre de Portinatx, built in 1763 to warn of invasion from the sea. After time for refreshment we move on, this time passing a stunning stone arch at Cala Aubarca. This section of coastline has a series of caves along the way which make ideal stopping off points. Cala Xarraca is our end point and is a wonderfully tranquil bay.

After time on the boat to have lunch and relax, we head to the island of Sa Mesquida, from where we carry on our westward journey to Cala des Porc which lies on the far side of the craggy and isolated Cape Blanc with its own myriad of naturally occurring swimming pools. The swim ends at Cala des Porc, acknowledged as one of Ibiza's most magnificent beaches.

Day 3

Today we carry on heading west starting off where we finished the day before. This section features tunnels and swim throughs between off-shore islands and the mainland. Keep an eye out for fisherman's huts in some of the most isolated areas. We finish up at Moon Beach, named after its close resemblance to the moon, with its small craters of salt crystals which cover the craggy surface.

In the afternoon we will complete a fabulous coastal swim between Moon beach and Benirrás along a series of cliffs. Watching the coastline plunge far below the surface is a truly wonderful sight. On arrival into Benirrás Bay we swim around the iconic island of Cap Bernat famous from the many sunset images that have been captured here, before arriving at Benirrás itself in time to catch the iconic sunset.



Day 4

From Benirrás, we swim again due west aiming for the seaside port of Sant Miguel. We **may** stop for a drink on the port's beach before heading off again, this time aiming for the isthmus that divides the main town from a small peninsula. After a short walk across the land bridge, it's back into the water, where we head towards Illa Murada, an island roughly 200m long which sits opposite the Torres des Molar, a defensive watchtower. Steep underwater cliffs come into view as we reach Murada, as well as piled up boulders which dot this stretch of coastline.

We take lunch onboard our boat in a nearby bay. There is ample time to snorkel and swim some more if you wish to explore the surrounding waters.

The afternoon takes us to Cap de Balansat which is an isolated promontory overlooking the Mediterranean. We swim along some of the most dramatic coastline anywhere in the Balearics. Swimming underneath the cathedral like tower of Xamena is a truly spectacular experience. We finish the swim in the near perfect circular cove of Es Portixol, which is surrounded by pine trees and fishermen's huts. It's a very special place to mark the westernmost point of our Ibiza adventure.

Day 5

This day marks the commencement of our eastern exploration heading towards Cala D'en Serra. During this coastal journey we pass Ibiza's most northerly point at Punta Muscarté. The swims this morning feel somewhat more open than the previous days and the water here seems to be more turquoise than before.

Lunch is taken onboard the boat in the bay of Cala D'en Serra and there is ample time for snorkeling or exploring the local countryside on foot.

The afternoon is spent exploring the cave systems that lie between Cala D'en Serra and Calases Caletes. It's a popular spot for freedivers and a great location to do something a bit different in the water.

Day 6

The last full day of the trip involves a coastal swim which finishes at the stunning Cala de Sant Vicent. We pass sea caves, islets, promontories and a wonderful assortment of underwater topography. A highlight will be swimming through the channel separating the island of Punta Grossa from the mainland.

On arriving into Cala de Sant Vicent there will be plenty of time to relax and get a drink to celebrate the achievements of the week.

Day 7

On our final day together, there is time for a relaxing swim on the beach just outside our hotel before the trip finishes at 11:00.



TRIP INFORMATION

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"/>	Sweater / Fleece
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Waterproof Jacket
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Walking Shoes
<input type="checkbox"/>	Small Daypack	<input type="checkbox"/>	Aqua Shoes

*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.

Swimming Distances

Swim	Distance*	Swim	Distance*
Portinatx-Cala Xarracca	3km	Illot de sa Mesquida - Cala des Porc	2km
Cala des Porc - Moon Beach	2½km	Moon Beach - Benirras	2½km
Benirras - Illa Murada	3km	Cap de Balarsat - Cala Portixol	2½km
Portinatx - Cala D'en Serra	3½km	Cala D'er Serra	1½km
Aigua Dolca - Punta Grossa	2½km	Punta Grossa - Cala de Sant Vicent	2km

*Please note that these swims are an example of the 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.

Swimming Conditions

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

Walking Distances

Most walks take place on recognised paths and tracks, however there may be cases where we walk along trails or other unsealed surfaces and care should be taken in these areas.

Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
October	21-23°C / 69-73°F	25-27°C / 77-80°F

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

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 and Boat Support

This trip has a maximum group size of 11. The group will be split into two groups, based on speed, with each group being accompanied by their own safety vessel/escort.

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

GETTING THERE

Flights into Ibiza Airport (IBZ) are available from many international destinations. 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 and ferry 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 Ibiza

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

From Ibiza Airport to Hotel La Cigüeña

The easiest way to get from the airport to your hotel is to pre-book a local transfer to meet you at the airport upon arrival. The journey takes approximately 40 minutes and can be booked for up to four people for approximately €60-70. For comprehensive information about Ibiza airport transfers, as well as a range of other travel options, including taxis, public transport or local car hire, please visit: www.ibiza-spotlight.com/flights/transfers_i.htm or www.ibiza.travel/en/.

PRACTICAL INFORMATION

Accommodation

Our accommodation for the week is at the small, family-run hotel La Ciguenya, located right on one of Portinatx's three beaches, Cala Portinatx. The hotel is located just a few minutes away from the island's white sandy beaches and offers air-conditioned rooms, an outdoor pool, free Wi-Fi and use of the hotels bikes. Our accommodation is based on twin-share rooms with en suite facilities. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability.

If you would like to extend your stay in Ibiza and need to book additional nights' accommodation before or after your trip, please visit www.laciguenya.com/index2.htm or call +34 971 320 614.

Meals

All breakfasts, lunches and dinners are included on this trip as part of your package price. Buffet-style breakfasts and dinners are served at the hotel, while lunches are provided for you between your swims.

Extra Expenses

You should bring extra money with you to cover such items as drinks, entertainment, souvenirs and any dinners that you decide to eat out of the hotel etc. The local currency in Spain is the Euro (€).

Passports and Visas

Ibiza is part of Spain, which 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 most countries, including all E.U. member states, 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.

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.

Travel Plugs & Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit electricaloutlet.org.

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.