



TRIP OVERVIEW

Join us on a Caribbean short escape to the picturesque and unspoilt islands of St Kitts and Nevis. With volcanic landscapes, clear waters and idyllic white sand beaches, this tiny island nation offers some stunning swimming opportunities as we explore the bays, beaches and shipwrecks which make up the country's beautiful coastline.

Located in the Caribbean Sea around 70 km west of Antigua, St Kitts and Nevis is the eighth smallest country in the world by area and ninth smallest by population. The two federated island nations are separated by a 4 km strait known as The Narrows, which, weather-permitting, we will attempt to swim across during this trip.

St Kitts is the larger of the two islands and is home to the capital city of Basseterre and the mighty Brimstone Hill Fortress. It is one of the most unspoilt islands in the Caribbean that enjoys green landscapes, blue skies and long, empty beaches. Across The Narrows, Nevis has a gentle pace of life that encourages you to stop and appreciate the natural beauty around you. The island is anchored by a single volcanic mountain and is home to a small number of beaches and villages.

Our home for the week is the laid back Oualie Beach Resort on Nevis, the perfect base from which to explore the seas around St Kitts and Nevis sister islands.

WHO IS THIS TRIP FOR?

This trip is made up of coastal swims and several crossings. Swimmers should have a good level of open water experience and be capable of completing the average daily swim distance 6km (split over a minimum of two swims) prior to the start of the trip. Sea swell in the Caribbean tends to be bigger than in the Mediterranean, which also adds to the challenge of this trip and swimmers should be comfortable in these conditions prior to the start of the trip.

LOCATION SUMMARIES

St Kitts

The biggest of the two sister islands, St Kitts sits on the arc between Grenada and Puerto Rico, in the centre of the Caribbean Basin. The chicken drumstick-shaped island has uncrowded beaches, green hills, and one of the best preserved forts in the region, the 17th-century Brimstone Hill. St Kitts changed hands between the British and the French over the centuries, and the fort's views of Dutch neighbouring islands, St Eustatius, Saba and on a clear day St Martin, allowed the British rulers to see invaders coming from miles away, and to unload deadly cannon fire on them when they got close.

Nevis

Nevis is defined by its impressive natural vistas, deserted swaths of sand, and a long-dormant volcanic peak that sits shrouded in cloud – a verdant stairway to heaven. Here, there are no traffic lights and the only semblance of a rush hour is when word gets around that Killer Bee cocktails at Sunshine's (one of the island's iconic beach bars) are 2 for 1!

TRIP SCHEDULE

Start Point	Oualie Beach Resort, Oualie Bay, Nevis www.oualiebeach.com
Start Time	16:00 on Day 1
Finish Point	Oualie Beach Resort, Oualie Bay, Nevis www.oualiebeach.com
Finish Time	11:00 on Day 5

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 Oualie Beach Resort for welcome drinks and a chance to get to know the other swimmers and guides on the trip. We'll go through the pre-trip safety briefing and discuss the plan for the rest of the trip, followed by our acclimatisation swim from the hotel's beach. We reconvene again shortly after the swim for dinner.

Day 2

Today we explore the north and west coastline of Nevis, starting off at Newcastle Bay and ending our first swim where we started at Oualie Beach Resort just in time for lunch.

After lunch we'll continue heading south along the Nevis coastline towards Charlestown, swimming along the beautiful white sands from Sea Bridge to Pinney's Beach. Stretching three miles along the coast, this is the longest beach on Nevis. We may even end the day at Sunshine's Beach Bar where you'll have a chance to reflect on the day's swimming and sample their rum punch.

Day 3

Today we head to Booby Island, where our first morning swim involves a circumnavigation of the uninhabited islet and then a crossing to Turtle Bay. It's possible to see the striking sight of Nevis Peak behind you for the entire swim.

Following lunch, we have a short boat ride to Shipwreck Bay where we will start a beautiful coastal swim to the Great Salt Pond - keep a look out for the abundance of wildlife and shipwrecks aplenty!

Day 4

The morning is our scheduled time to attempt the crossing between Nevis and St Kitts. A unique aspect of this crossing is that you can see the bottom of seabed clearly the entire way across and keep an eye out for turtles and rays which are common on this stretch. It's a picturesque arrival into Cockleshell Bay where we will have time to relax and have some lunch. For less confident swimmers, our support boats are there for you to jump in and out of at any point during this crossing; alternatively, you can complete the crossing as part of a relay with a friend.

The rest of the afternoon will entail a short scenic swim in Shitten Bay where you can either explore the wildlife in the water at your own pace or relax on the boat.

Day 5

For the final morning, we have a relaxing bay swim at Oualie Beach to bring us to the end a fantastic trip together.

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"/>	Insect Repellent
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Motion Sickness Tablets
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Waterproof Jacket and Fleece/Sweater
<input type="checkbox"/>	Small Daypack and Towel	<input type="checkbox"/>	Walking Shoes/Sandals
<input type="checkbox"/>	Strong Factor Waterproof Sun Cream	<input type="checkbox"/>	Aqua Shoes/Sandals
<input type="checkbox"/>	Rash Vest	<input type="checkbox"/>	Long Swim Leggings

*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.

Group Size and Boat Support

The maximum group size on this trip is 15, split into a maximum of three swim groups, based on speed, with each group accompanied by their own safety vessel/escort. Boat support on this trip includes one main boat and two support boats, 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.

Swimming Distances

SWIM	DISTANCE	SWIM	DISTANCE
Newcastle Bay - Oualie Beach	3km	Shipwreck Bay - The Great Salt Pond	3½km
Sea Bridge - Pinneys Beach	3km	St Kitts to Nevis Crossing	4½km
Circumnavigation of Booby Island - Turtle Beach	3½km	Shitten Bay	2km

Swimming Conditions

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. Sea swell in the Caribbean tends to be bigger than in the Mediterranean, which adds to the challenge of this trip. Swimmers should have a good level of open water experience and be comfortable in these conditions prior to the start of the trip.

Walking Distances

There is a limited amount of walking on this trip, with most walks taking place on recognised paths and tracks. 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*
March	25-27°C / 77-81°F	25-29°C / 77-84°F
November	28-29°C / 82-84°F	26-29°C / 79-84°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.

GETTING THERE

There are a number of travel options to get to Oualie Beach Resort on the island of Nevis, however please note that an additional night's accommodation is often required during transit.

Whilst 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 flight options for this trip, as well as the following websites for further travel information:

- www.stkittstourism.kn/plan/air
- www.nevisisland.com/getting-to-nevis/arriving-by-air
- www.nevisisland.com/getting-here/arriving-by-sea

Flights to St Kitts and Nevis

To search for available flight options, we recommend that you use www.skyscanner.net.

Although our accommodation is based on Nevis, please note that the more common route is to fly into St Kitts (*Robert L. Bradshaw Airport - SKB*) as this is the larger of the two islands and there are generally more flights available. Depending on the day of the week, there are direct flights available from cities including Miami, New York, Toronto and London. Nevis Airport (*Vance W. Amory International Airport - NEV*) serves flights arriving and departing from other Caribbean islands.



Travel From St Kitts to Oualie Beach Resort, Nevis

If your flight arrives into St Kitts, the easiest way to reach your Oualie Bay Resort is to arrange with the hotel directly to be met at the airport and transferred to Nevis (approximately 45 minutes). When you arrive into Oualie Beach the hotel is approximately 500m to the left of the new jetty that has been built. This service must be booked in advance, and you can contact the hotel via email at reservations@oualiebeach.com. The hotel can also arrange a taxi to the hotel for you too.

Alternatively, guests can take a taxi from the airport to the ferry terminal in Basseterre (approximately 15 minutes) and take a ferry across to Charlestown on Nevis (approximately 20-50 minutes, depending on the ferry) for approximately XCD\$25 (US\$10) one way. You will then need to take a taxi from Charlestown to Oualie Beach Resort (approximately 15 minutes). Ferry information can be found on the following websites:

- www.scaspa.com/ferry-schedule/
- www.nevisisland.com/getting-here/arriving-by-sea

PRACTICAL INFORMATION

Accommodation

Our home for the week is the charming Oualie Beach Resort (www.oualiebeach.com). The accommodation is located on a coconut tree-lined beach on the quiet and unspoilt island of Nevis. The rooms are light and spacious, scattered along the beach in single and two storey 'gingerbread cottages' that reflect the traditional Caribbean style architecture of the island. Rooms are based on twin share in Deluxe Twin/Double or Queen 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 Nevis and need to book additional nights' accommodation before or after your trip, please contact the hotel directly via: reservations@oualiebeach.com.

Food and Drink

All breakfasts and lunches are included in your trip price, however, dinners are at your own expense. This gives you a fantastic opportunity to explore and experience the local bars and restaurants of your choice over the course of your trip. The average cost of dinner in a local restaurant is XCB\$60 - XCB\$90.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as dinners, drinks, entertainment, souvenirs, and transfer travel costs. The official currency is the East Caribbean Dollar (XCB) although US dollars are commonly accepted and used. Change is usually given in XCB, regardless of the payment currency.

Please note that upon departure, there is a fee of approximately US\$22 for leaving the island, which includes an environmental levy and airport tax. This fee is often included in the cost of your airfare, however, this can vary from one company to the next, so please check with your own airline.



Passports and Visas

Non-residents of St Kitts and Nevis 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 US, Canada, Australia and New Zealand do not require a visa to enter the St Kitts and Nevis, however, if travelling via the US, you may need to obtain a visa. For further information on St Kitts and Nevis visas, please visit www.foreign.gov.kn/countries-that-need-visas-to-travel-to-st-kitts-and-nevis. For information about US visas, please visit <https://esta.cbp.dhs.gov/esta/>.

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 St Kitts and Nevis, 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.

UK health authorities have classified St Kitts and Nevis as having a moderate risk of Zika virus transmission. For further information about this assessment, you should visit www.gov.uk/guidance and follow the advice on www.travelhealthpro.org.uk. It is also recommended that you discuss your travel plans with your healthcare provider, particularly if you're pregnant or planning to become pregnant.

Travel Plugs & Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit <https://www.worldstandards.eu/>.