



## TRIP OVERVIEW

Dive in and explore the pretty southern coast of one of Spain's charming Balearic islands with us on a luxurious swimming getaway. This short escape swimming holiday in Mallorca is the perfect opportunity to take part in some spectacular swims in the warm waters of the Mediterranean, where you'll also enjoy the comfort of the 5-star Blau Privilege PortoPetro Beach Resort & Spa, giving you an incredible holiday both in and out of the water.

The southeast coast of the Balearic island of Mallorca is dotted with beautiful coves, bays and inlets which offer up some great swims. This stretch of coastline forms part of the protected Migjorn Marine Reserve which we'll have the pleasure of swimming in as well as part of the Mondrago National Park. From impressive waterside cliffs to secluded beaches, there is no shortage of beautiful sights to see, both above and below the water.

With an average daily air temperature of 25°C in September and October and water temperatures hovering above 20°C at this time of year, Mallorca is the perfect location for a little late season open water swimming. Combine this with the excellent facilities of the Blau hotel including large bedrooms, complimentary access to the Wellness Centre and Spa including fitness classes, plus a choice of restaurants in and around the resort and you have a fantastic way to hold on to the summer months for just a little longer.

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## WHO IS THIS TRIP FOR?

The stunning location, small group of 11 swimmers and premium standard resort facilities make this swimming holiday ideal for those looking for late season swimming with extra comfort. This trip is also a great option for guests who are looking to bring a non-swimming partner with them as they will be able to enjoy the resort facilities during the day. Swimmers should have a basic understanding of open water swimming and be capable of completing the average daily swim distance of 5km prior to the start of the trip.

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## LOCATION SUMMARIES

### **Mallorca**

Mountainous in both the north-western and the east, 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.

### **Migjorn Marine Reserve**

Situated between Cabo Blanco, Ses Salines and Cala Figuera, this marine reserve 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 just 4km north of Cala Figuera, the Mondrago National Park 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.

## **Blau Privilege PortoPetro Beach Resort & Spa**

This premium hotel has two private beaches and three swimming pools as well its own onsite coffee house, bar and four different restaurants. The Wellness Centre and Spa boasts a fully equipped fitness centre and a wide choice of treatments, including beauty treatments, hydrotherapy and thalasso therapy.

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## **TRIP SCHEDULE**

<b>Start Point</b>	<a href="#">Blau Privilege PortoPetro Beach Resort</a> , Mallorca
<b>Start Time</b>	16:00 on Day 1
<b>Finish Point</b>	<a href="#">Blau Privilege PortoPetro Beach Resort</a> , Mallorca
<b>Finish Time</b>	12:00 on Day 4

## **Daily Itineraries**

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 in the afternoon for our pre-trip briefing where we'll discuss the plan for the days ahead. Following this, we hold an acclimatisation swim on the hotel's own beach in Porto Petro. In the early evening, we will have time for welcome drinks on the hotel balcony where we can watch the sunset.

### **Day 2**

Our first swim today is along the coast towards the stunning Mondrago National Park. The rocky coastline and bays dotted along the swim route are beautifully juxtaposed against the turquoise water and the final bay at Cala Mondrago is an explorer's dream with plenty of caves to investigate. Following a post-swim rest, we head back to Porto Petro where the afternoon is free to sign up for a technique advice and video playback session, or to enjoy the hotel's spa and sports facilities.



### Day 3

We head south for our swims today, starting at the isolated beach of Caló des Moro, where there is a fabulous 40-metre wide beach. We swim north along the coast to Cala Llombards where we stop for a well-earned lunch. The beach here is sheltered and offers lovely views along Mallorca's east coast.

In the afternoon, we continue heading north to the tranquil fishing village of Cala Figuera. The highlight of the day is undoubtedly swimming through the giant archway of Es Pontas, one of Europe's most striking natural features. Following this we swim past Cala Satanyi, following the high cliffs until we reach our destination of Cala Figuera.

### Day 4

For our final morning, we head out early to the section of coastline between Cala Figuera and the Mondrago National Park. The idyllic fishing village of Cala Figuera climbs up into the hillside and is a fantastic finish to our swim. After completing our morning swim, we head back to Porto Petro where our trip comes to an end.

## 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 / Sandals
<input type="checkbox"/>	Small Daypack	<input type="checkbox"/>	Aqua Shoes / Sandals

\*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
Calo de sa Torre	1km	Calo de sa Torre-Cala Mondrago	3½km
Caló des Moro - Cala Llombards	2½km	Es Pontas - Cala Figuera	3½km
Figuera - Cala Mondrago	4km		

## Walking Distances

Walking is not a major part of the trip and we generally walk on sealed paths to and from the bays and beaches that we start and finish our swims on. Appropriate footwear should be worn for these walks.

## Temperatures

Month	Water Temperature*	Air Temperature*
September	23-26°C / 73-79°F	25-27°C / 77-81°F
October	21-24°C / 70-75°F	22-24°C / 72-75°F

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

## Group Size and Boat Support

This trip has a maximum group size of only 11. The group will be split into a maximum of three 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.

## 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.

## 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.

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## GETTING THERE

The easiest way to get to Blau Privilege PortoPetro Beach Resort is to fly into Palma de Mallorca International Airport (PMI) 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](http://www.skyscanner.net) to search for alternative flight options for this trip.

While we have outlined various travel options below, they are subject to change and should be used as a guide only. 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](http://www.skyscanner.net).

## **Taxi from Palma Airport to Blau Privilege PortoPetro Beach Resort**

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](http://www.taxipmi.com). *Please note that reservations must be made at least 12 hours before the required time in order to be guaranteed.*

## **Shuttle from Palma Airport to Blau Privilege PortoPetro Beach Resort**

From Palma Airport, it is possible to book onto a shared transfer coach service to Porto Petro. The journey takes approximately an hour, although this can vary depending on other stops on the service. The cost of the service is €14.80 one way per person. To book, please visit [www.shuttletransunion.com](http://www.shuttletransunion.com) and select 'Porto Petro' as your resort. *Please note that reservations must be made at least 72 hours before the required time in order to be guaranteed.*

## **Public Transport from Palma to Blau Privilege PortoPetro Beach Resort**

The cheapest form of transport to Blau Privilege PortoPetro Beach Resort is by bus. Please note that this journey can take up to four hours due to waiting times between connecting buses and costs approximately €15.

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 5 minute walk to your accommodation. For tickets and timetables for the above bus services, please visit [www.tib.org/en/](http://www.tib.org/en/).

## **Car Hire From Palma Airport to Blau Privilege PortoPetro Beach Resort**

Another option to get to Blau Privilege PortoPetro Beach Resort 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: Carrer d'es Far, 16, 07691 Portopetro. 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](http://www.palmaairport.info).

## **PRACTICAL INFORMATION**

### **Accommodation**

The Blau Privilege PortoPetro Beach Resort & Spa is our luxurious 5-star base for this short escape. Here you can relax and take advantage of the complementary Wellness Centre and Spa facilities, as well as enjoying other sporting activities or fitness classes throughout your stay.

Our accommodation is based on large 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. There is also the option to upgrade to a Sea View room, Suite or Pool Villa. 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 [reservas@blauhotels.com](mailto:reservas@blauhotels.com).

### **Meals**

All breakfasts are included throughout your trip, as well as lunch on Day 3, however, other lunches and all dinners are at your own expense. This gives you a fantastic opportunity to explore and experience the local cafes and restaurants of your choice in the Blau Resort and around the wider Porto Petro area over the course of your trip.

### **Money, Extra Expenses & Tipping**

You should bring extra money with you to cover such items as lunches, dinners, drinks, entertainment, souvenirs, etc. The local currency in Spain is Euros (€). You can exchange currency at the hotel or withdraw money at ATMs in Porto Petro.

### **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 US, 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](http://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 [worldstandards.eu](http://worldstandards.eu).