



## CAMP OVERVIEW

This coaching camp on the Spanish island of Mallorca is the perfect way for you to take your open water swimming to the next level. Increase your confidence and improve your swim technique, develop your open water skills and build endurance through a combination of pool and sea swims supported by our experienced and qualified swim coaches.

Whatever your swimming goals, our coaches will work with you, both in the sea and in a purpose-built 50-metre pool at the world-class Best Swim Centre, in order to ensure that you get exactly what you want out of your time with us. Your pool sessions will include in-depth video analysis which allow you to develop your technique and improve your stroke when you get back in the open water. The facility also includes an underwater viewing area which gives you the chance to learn from your fellow guests as our swim coaches analyse their strokes.

Over the course of the camp you will also have the opportunity to complete some fantastic coastal swims and short crossings amongst some of the island's hidden bays and secluded beaches. These swims allow you to put into practice everything that you have learnt in the pool out in the open water environment.

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## WHO IS THIS CAMP FOR?

This coaching camp is designed to suit swimmers who are confident in the pool and have some open water experience, but would like to take their open water swimming to the next level. It is perfect for those who are looking to improve their open water skills and endurance levels under the watchful eye of experienced swim coaches. Swimmers should have a basic understanding of open water swimming and be capable of completing a swim of 2 km or more in either the pool or open water.

If you are completely new to the open water or feel that you need some further assistance with making the transition from the pool to the sea, you may like to consider our [Introduction to Open Water - Mallorca](#) coaching camp which also runs out of Colonia de Sant Jordi.

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## LOCATION SUMMARY

### Colonia Sant Jordi

Historically an agricultural area, the fishing village of Colonia Sant Jordi is our home for the duration of the camp. Colonia Sant Jordi is a popular beach resort town on Mallorca's south west coast and offers the chance to explore a part of the world that is plentiful for sporting activities such as swimming, walking and cycling, as well as on the doorstep of the Es Trenc-Salobrar National Park. It is also only a short distance away from one of Mallorca's most well known natural attractions, the long stretching beach of Es Trenc itself.



## CAMP SCHEDULE

<b>Start Point</b>	<u>Hotel Romántica</u> , Colonia de Sant Jordi, Mallorca
<b>Start Time</b>	17:30 on Day 1
<b>Finish Point</b>	Colonia de Sant Jordi, Mallorca
<b>Finish Time</b>	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 trip, 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 our hotel for a welcome meeting and safety briefing where we detail the plan for the week ahead. Following this, we head off for a short acclimatisation swim before finishing the day with a group dinner at the hotel.

### Day 2

We start the day with a swim in the shallow bay just outside of the hotel. This session will allow your coaches to get a feel for your comfort level in the sea as well as introduce the basics of open water technique. We then head to the pool, where your coaches will film your stroke above and under the water. In the afternoon, your coaches will carry out a group video analysis, with the first group offered an optional short one-to-one technique coaching session in the sea outside the hotel focusing on points raised in the analysis. Following this we head back to the pool to work on stroke development. You will be able to playback your stroke with the coaches and agree on a list of improvements to work on during the week.

### Day 3

The morning swim will take place north of the salt pans, starting at Marques beach, heading south past Tores and Pop points. As we swim past Llarga Island on our way back to the beach, you can take in some unique rock formations above and below the water. In the afternoon, there is an optional short one-to-one session in the sea with our swim coaches for the second half of the group to receive some coaching advice and then a coastal swim before returning to the hotel for dinner.

### Day 4

After going over exercises and stretches to maximise the benefit for your swimming, we start our swim back at Marques beach. This time we head north through the clear blue water along the beautiful Estanys and Es Trenc beaches. On our return we'll swim across deeper areas, where you'll be able to get a true feel of the open water. It's an ideal opportunity to implement the improvements you've learnt to your stroke whilst working on more specific open water techniques. The afternoon session of the day is in the pool to focus on technique and drills and then we return to the hotel for dinner.



## Day 5

Our final day will be spent exploring the waters of Mallorca's most southern point. Your full-day adventure will start in the beautiful clear water off Cap de Ses Salines, where you will start your swim back toward Colònia St. Jordi. We will stop for a picnic lunch on one of the tranquil beaches along the way before continuing along the coast. A beautiful but challenging way to end the week. For tonight's dinner we head out on the town for a group celebratory meal.

## Day 6

We have the chance for one last morning swim in the local bay before our camp draws to a close.

# CAMP INFORMATION

## Essential 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
<input type="checkbox"/>	USB Memory Stick		

\*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.

## Facilities

We use the purpose-built 50m swimming pool at the [BEST Swim Centre](#) which has a constant depth of two metres, making it the perfect venue for a structured training program. The small bays and dramatic coastline of Mallorca are an ideal base for our open water swim sessions.

## Coaching Sessions

During your camp, your coaching sessions will cover the following areas:

Stroke Improvement	Video Analysis
Advanced Breathing	Sighting Techniques
Propulsive Phase Dynamics	Distance Training Drills



## Swimming Distances

Swimming distances in the sea will vary over the course of the week depending on the conditions and also the ability of your group. As a guide, we expect to cover an average of 3 km per day.

Guests are welcome to take a break from pool sessions or jump onto the boat during sea swims, if required. It may also be possible for those who would like a little more time in the water to extend some of their swims over the course of the coaching in consultation with your swim coaches.

## 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.

## Temperatures

Month	Water Temperature*	Air Temperature*
June	21-24°C / 70-75°F	21-26°C / 70-79°F
July	23-27°C / 73-81°F	23-28°C / 73-82°F
September	23-27°C / 73-81°F	22-27°C / 72-81°F
October	21-24°C / 70-75°F	19-24°C / 66-75°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 coaches as quickly as possible.

## Walking Distances

As this is a swim coaching camp, there is a limited amount of walking, however we do walk to and from the pool and another beach location throughout the week. Walks are approximately 15-20 minutes long.

## Group Size and Boat Support

This camp has a maximum group size of 14 with a maximum coach:swimmer ratio of 1:7. On open water swims, the group will be split into a maximum of two groups, based on speed, with each group being accompanied by their own safety vessel/escort.

You will be escorted on this coaching camp by two support boats to be piloted by your SwimTrek coaches. Please note that this boat support is subject to change without notice and cannot be guaranteed.



## GETTING THERE

The easiest way to reach the start of your camp is to fly into Palma de Mallorca International Airport and then catch either a taxi or airport shuttle service to your accommodation at Hotel Romántica.

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 de Mallorca

To search for available flights into Palma de Mallorca International Airport, we suggest that you use [www.skyscanner.net](http://www.skyscanner.net).

### From the Airport via Taxi

The fastest way from Palma to Hotel Romántica in Colonia de Sant Jordi is by taxi. The journey takes approximately 40 minutes and costs approximately €60 for up to four people. Rates are per vehicle and in the event of no availability, they will provide an alternative vehicle such as a minivan or a minibus, at no additional cost. The taxis are marked "SP", which denotes that they are official transport vehicles by the Palma Town Hall and all vehicles include credit/debit payment facilities. If you book your taxi in advance, your driver will meet you upon arrival. To book your airport taxi transfer, please visit [www.taxipmi.com](http://www.taxipmi.com).

### From the Airport via Shuttle Bus

Shuttle Transunion offers the cheapest shared shuttle option from the airport to Colonia de Sant Jordi, which costs approximately €15 per person each way. It is worth mentioning that the timetable for this shuttle transfer service can be a little inconsistent and departures do not always coincide with the advertised times. For further information or to book, please visit [shuttletransunion.com](http://shuttletransunion.com).

**Please note that bookings for this shuttle should be made at least 72 hours before your journey.**

### From the Airport via Public Bus

Taking a bus from Palma Airport to Colonia de Sant Jordi takes 1.5 - 3 hours (depending on route) and involves two different bus companies and a number of stops. As this journey goes via Porta des Camp bus stop in Palma, this option may be suitable for guests who are staying in the city prior to their SwimTrek camp. Please note that the information below should be used as a general guide only and is subject to change.

- From bus stop 547 at Palma Airport, you will need to catch the EMT Line 1 bus to stop number 450 (39 Gabriel Alomar) in Porta des Camp (Palma). For up-to-date schedules, availability and the latest route options for this journey please visit: <http://www.emtpalma.cat/en/home>.
- From Porta des Camp, you will need to catch Line 502 to Av. Primavera. For up-to-date schedules, availability and the latest route options for this journey please visit: [www.tib.org/portal/en/web/ctm/inici](http://www.tib.org/portal/en/web/ctm/inici).
- From Av. Primavera, Hotel Romántica is about a five minute walk away.



## PRACTICAL INFORMATION

### Accommodation

Our accommodation for the week is in the seafront Hotel Romántica. The Hotel Romántica is located in one of the most beautiful locations in the Mediterranean, in the town of Colonia de Sant Jordi. It offers modern seafront accommodation, situated within a short walking distance of Mallorca's most stunning beach 'Es Trenc'. It is also within easy reach of the world-class facilities at the Best Swim Centre which we'll be using throughout the camp. Our accommodation is based on twin-share rooms with en suite facilities. The standard and sea view rooms are similar in size and quality, however the sea view rooms offer up unrivaled views out over the bay and are well worth the upgrade to. 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 Mallorca and need to book additional nights' accommodation before or after the camp, please contact Vanessa Phillips via [vanessa@bestcentresports.com](mailto:vanessa@bestcentresports.com) or by telephone on +34 971 65 65 60.

### Meals

All breakfasts and four dinners are included in the price of the camp. On the last full day of swimming, a picnic lunch is provided for all swimmers. Please note that all other lunches and the group dinner on the last night of the camp are at your own expense. Colonia de Sant Jordi has a wide range of local cafes and restaurants to explore throughout the duration of your stay.

### Extra Expenses

You should bring extra money with you to cover such items as lunches, drinks, entertainment, souvenirs, any dinners that you decide to eat out of the hotel etc. The local currency in Spain is the Euro (€). Please note a tourist tax will need to be paid on location, currently €2.20 per person per night. A local Massage Therapist can be booked locally at the Best Centre's counter, this is not part of the SwimTrek arrangements and there is a charge of €35 for 1/2 hour treatment. This may be arranged at the centre or potentially at your hotel. Group & private Yoga classes are also available from €15 per session.

### Passports and Visas

Mallorca 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 all EU 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 the camp.

### **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).