



## TRIP OVERVIEW

There is no better way to experience the stunning natural beauty and idyllic waters of Sardinia's Emerald Coast than with this fully guided swimming holiday in one of Italy's most picturesque locations. From gorgeous turquoise seas to stunning island coastlines, this beautiful Mediterranean destination is just waiting to be explored.

The Maddalena archipelago, which forms part of Sardinia's Emerald Coast, is a small group of seven islands featuring crystal clear waters, pink sand beaches, dramatic blue cliffs rising from deep sea beds and a series of coves and rocks which offer intense colours and beautiful vistas around every corner.

The National Park, which was formed in 1994 as '*Parco Nazionale Arcipelago di La Maddalena*', is located inside the Straits of Bonifacio between the islands of Sardinia and Corsica. The southern part of the archipelago with the two largest islands of La Maddalena and Caprera are a perfect base for some dramatic coastal swims, while the more remote and uninhabited islands of Spargi, Budelli, Razzoli and Santa Maria are great venues for some challenging island-hopping swims and a short circumnavigation.

The main town of La Maddalena, a short distance from our base for the week, is a picturesque traditional Sardinian town, and an ideal venue to spend some time relaxing after our daily exertions. This trip features a variety of both coastal and island-hopping interspersed with focused swim coaching by our qualified guides.

If you would like to explore this part of the world, but are looking for slightly longer swimming distances, please check out our [Emerald Coast Long Swims - Sardinia](#) trip.

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## WHO IS THIS TRIP FOR?

This trip is for those who enjoy a combination of coastal swims and island-hopping and relish the opportunity to explore crystal clear waters and spectacular vistas and wildlife, both above and below the water. Swimmers should have a basic understanding of open water swimming and be capable of completing the average daily swim distance of around 5km prior to the start of the trip.

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## LOCATION SUMMARIES

### La Maddalena

The main island of the archipelago, La Maddalena is renowned for its beaches and rocky terrain. It has a number of ancient fortifications, perfect for exploring on hikes around the island. The main town, also called La Maddalena, has a lovely mix of cobbled streets and a vibrant sea front.

### Caprera

Located less than a kilometre away from the larger island of La Maddalena, Caprera has its own unique charm. It is famous for being the home of the Italian patriot and fighter, Giuseppe Garibaldi who was one of the fathers of Italian Independence. Great beaches adorn its eastern side.



## Spargi

Spargi is home to some of the most picturesque coastline in the archipelago. It is an island worth a visit, with beautiful views of the dramatic Maddalena coast.

## Budelli

Renowned for its Spiaggia Rosa ('Pink Beach') on the south-eastern part of the island, this natural phenomenon owes its colour to microscopic fragments of corals and shells.

## Razzoli & Santa Maria

These two islands are the northernmost point of Sardinia and from here you can clearly see Corsica across the Straits of Bonifacio. It's only 100 metres between Razzoli and Santa Maria and you can see the sandy seabed all the way across. These remote islands join up with Budelli on our three-island swim in a central lagoon of crystal clear sea.

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## TRIP SCHEDULE

<b>Start Point</b>	Hotel Miralonga, La Maddalena <a href="http://www.miralonga.it">www.miralonga.it</a>
<b>Start Time</b>	19:30 on Day 1
<b>Finish Point</b>	Hotel Miralonga, La Maddalena <a href="http://www.miralonga.it">www.miralonga.it</a>
<b>Finish Time</b>	11:00 on Day 7

## 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

After your arrival you will have a chance to relax before meeting in the evening at the hotel for a welcome drink and pre-trip safety briefing, where the week's plan will be discussed in detail.

### Day 2

We meet for a short walk to the sparkling waters of Punta Tegge for an acclimatisation swim. After this, your guides will run an optional technique advice & video playback session, focusing on open water technique and videoing your stroke both above and below water, which will be reviewed later in the evening over drinks. After lunch and a chance to relax, we set off on an enchanting coastal swim from the tranquil bay of Cala Francese to Punta Tegge.



### **Day 3**

After a short boat ride to Isola Santo Stefano, we set off from its west coast at La Fiumata for our first swim of the day around Roma Island. The island boasts a glorious statue dedicated to all seafarers and we finish the swim in the beautiful Valtur Bay. After lunch we take a short walk, which allows you to take in the panoramic views from the island. We then swim south out of the bay past Punta San Giorgio along the coast, finishing in Cala di Vela Marina.

### **Day 4**

A short boat journey this morning takes you west for our first crossing of the week; La Maddalena to Spargi. It's a great swim and we finish at the tranquil beach of Cala Canniccio underneath the island's wooded slopes. Spargi is known for its majestic rock formations and ancient shipwrecks on the seafloor, so there's plenty to look out for under the water. After lunch, the second swim is either around the smaller neighbouring island of Spargiotto or a coastal swim down the north west coast of Spargi, finishing at Cala Pisciolli depending on local conditions.

### **Day 5**

We start the day with the crossing from Spargi to Budelli. It's a fantastic swim with dolphins often spotted in this area. After lunch, there is another opportunity for the guides to provide further stroke analysis and technique coaching. The afternoon's swim and walk is within the remote archipelago of Santa Maria, Budelli and Razzoli islands. The water here could be described as more closely resembling a swimming pool as the sea is enclosed on most sides by the three islands.

### **Day 6**

It's time to travel east to Isola Caprera, the home of the General and politician Giuseppe Garibaldi. From here, we enjoy a stunning coastal swim from Spiaggia Tahiti, characterised by its fine white sand to Cala Brigantina. Following lunch, we take a short walk to Batterie di Punta Rossa where you can explore the barracks and gun emplacements of this ancient fort. The afternoon is given over to a crossing and a full circumnavigation swim of Isola Porco.

### **Day 7**

We take a leisurely morning swim in the local bay before breakfast to conclude our journey around the Maddalena archipelago.



## TRIP 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"/>	Rash Vest		

\*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 or fins during your swims, please ensure that you bring these with you.

### Swimming Distances

Swim	Distance	Swim	Distance
Cala Francese - Punta Tegge	2½km	Spargi - Budelli	3½km
La Fiumata - Isola Roma/Valtur Bay	1km	Santa Maria - Budelli - Razzoli	3km
Valtur Bay - Cala di Vela Marina	2½km	Caprera Spiaggia Tahiti - Cala Brigantina	3km
Maddalena - Spargi	3½km	Circumnavigation of Isola Porco	1.5km
Spargi - Spargiotto	2½km		

### 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.



## Temperatures

Month	Water Temperature*	Air Temperature*
June	20-24°C / 68-75°F	24-26°C / 75-79°F
July	23-26°C / 73-79°F	28-30°C / 82-86°F
August	23-27°C / 73-81°F	29-31°C / 84-88°F
September	22-25°C / 72-77°F	25-27°C / 77-81°F

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

## Walking Distances

Walk	Distance
Isola Santo Stefano	1km
Cala Lunga - Faro Razzoli	2km
Batteries di Punta Rossa	1km

Note: Most walks take place on recognised paths and tracks, however there may be cases where we walk along trails or other unsealed surfaces where vegetation can often be overgrown. Long trousers and appropriate walking shoes/sandals are recommended for these walks.

## Group Size and Boat Support

This trip has a maximum group size of 15. 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.

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## GETTING THERE

The easiest way to get to the start of your trip is to fly into the international airport in Olbia. It lies 50km south of Palau, the gateway port to La Maddalena. Another option is Alghero Airport which is situated just over 100 kilometres south-west of Palau.

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 the following websites to search for alternative flight and ferry options for this trip.

**Flights:** [www.skyscanner.net](http://www.skyscanner.net)

**Ferries:** [www.delcomar.it](http://www.delcomar.it)

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.



## **Travelling via Olbia**

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

## **Public Transport from Olbia Airport to Palau**

Direct buses from Olbia Airport to Palau depart approximately every two hours and you can buy your tickets from the tourist information desk inside the airport. Ask at the ticket office for the Turmo Travel bus stop. Fares can also be paid on board and cost approximately €4. The journey takes about one hour. For more information on this bus service, please visit: [www.gruppoturmotravel.com](http://www.gruppoturmotravel.com).

## **Shuttle from Olbia Airport to Palau**

A shuttle service from Olbia Airport to Palau is available via: [www.shuttledirect.com](http://www.shuttledirect.com). The cost of this service varies depending on the number of people booked and the type of vehicle chosen and starts from approximately €30 per person. The journey takes approximately 45 minutes - 1 hour.

## **Ferries from Palau to La Maddalena**

Regular ferries depart from Palau to La Maddalena throughout the day and evening and depart roughly every 30 minutes during peak season. Tickets need to be purchased at the ferry office on the harbour front before sailing. Prices are approximately €5 each way and it takes approximately 20 minutes to reach La Maddalena Harbour. Once published, up-to-date timetables can be found at: [www.delcomar.it](http://www.delcomar.it).

## **Maddalena Port to Hotel Miralonga**

The hotel is situated 1km west of La Maddalena Harbour, a 20 minute walk through town. We recommend catching a taxi from the harbour to the hotel (5-10 minute taxi ride). Prices of taxis can vary, however, as a guide, the short journey should cost approximately €15.

## **Olbia Airport to La Maddalena - Shared Transfer**

Sardegna Tours operate a shared transfer from Olbia Airport to La Maddalena island, which takes approximately two hours. For more information or to book, contact Sardegna Tours: [info@sardegnatours.it](mailto:info@sardegnatours.it).

# **PRACTICAL INFORMATION**

## **Accommodation**

Our accommodation for the duration of the trip is at the comfortable Hotel Miralonga. Located approximately 1km west of La Maddalena Harbour, Hotel Miralonga is just a few minutes walk from the water. The hotel offers spacious rooms, a swimming pool, bar and restaurant with terrace for you to enjoy dinner or a drink at the end of each day.

Our accommodation is based on twin-share rooms with en suite facilities. Standard and sea view rooms are available, as well as a limited number of single supplement rooms, all of which can be reserved during the booking process, subject to availability.



If you would like to extend your stay in Sardinia and need to book additional nights' accommodation before or after your trip, please contact the hotel directly via: [info@miralonga.it](mailto:info@miralonga.it)

### **Meals**

All breakfasts and lunches are included in your trip price, however, dinners are at your own expense. Upon arrival, on the first night of the trip, you are welcome to join us for a buffet dinner at Hotel Miralonga for €20 per person. There will be further opportunities throughout the trip, to join us in eating out as a group, at locally recommended cafes and restaurants. Feel free to also explore and experience the local cafes and restaurants of your choice. The average price of two-course dinner plus drinks in La Maddalena is €25-€40.

### **Extra Expenses**

You should bring extra money with you to cover such items as dinners, drinks, entertainment, souvenirs, etc. The local currency in Italy is the Euro (€).

### **Passports and Visas**

Italy is part of the European Union. Non-residents of Italy 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 Italy. 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 Italy, 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).