



TRIP OVERVIEW

Join us on the unique swimming holiday in Haiti as we take part in the annual 10km 'Swim for Haiti', a special event to raise funds for teaching local children the fundamentals of swimming. Staying on the palm-fringed Côte des Arcadins, overlooking the island of Isle de la Gonave, we stay at the locally-owned Wahoo Bay Resort which is nestled between the majestic Matheux Mountains and the Caribbean Sea.

While the nation of Haiti is filled with palm-fringed beaches and stunning coastal waters that rival anywhere in the Caribbean, the true beauty of the country lies in its history, culture and people. With a mix of African, French, Spanish and native Taino culture, this trip will give you the opportunity to experience the wonderful hospitality that this small Caribbean nation is famous for.

During the course of your trip, you will also have the opportunity to take part on additional excursions or activities which can be arranged through our partners in Haiti. Please enquire with the SwimTrek office about any additional activities or extra nights' accommodation that you may be interested in.

WHO IS THIS TRIP FOR?

This event is suitable for both competitive and non-competitive swimmers. The 10 km (6-mile) crossing from the idyllic islands of Iles des Arcadins to the La Côte des Arcadins region on the Haitian mainland is stunning, with dazzling blue water surrounding you. Each swimmer is accompanied by a local fisherman who paddles alongside them in a traditional dugout canoe. This truly is an adventure like no other.

LOCATION SUMMARIES

La Côte des Arcadins

This region offers breathtaking landscapes from its incredible mountains to the stunning Caribbean Sea. Experience rice fields and trail walking excursions.

Kay Piat

Lying 900 metres above sea level, the village of Kay Piat has stunning watercress gardens and the piat water pool where you can take a dip. You can visit the Musée Ogier-Fombrun, a 17th Century sugar cane plantation at Moulin Sur Mer, where you can learn more about the history of Haiti.

Iles des Arcadins

These are 3 small Cays, popular as a dive site as they feature a large array of flora and fauna both on the islands and under the water. The whole Gulf of Gonâve is laid out before us at the end of the crossing.

TRIP SCHEDULE

Start Point	Wahoo Bay Resort, Carriès www.wahoobaybeach.com
Start Time	17:00 on Day 1
Finish Point	Wahoo Bay Resort, Carriès
Finish Time	14:00 on Day 4

Day 1

On arrival into Port-au-Prince International Airport, you will be met by a SwimTrek representative who will transfer you to the Wahoo Bay Resort on the Côte des Arcadins. This transfer, which is included in your trip price, takes approximately one hour. You will then have a chance to explore the area before we meet for our welcome meeting and drinks later in the evening where we discuss the trip in more detail. This is also an opportunity to meet fellow swimmers and ask any questions you may have about the event.

Day 2

We head out for a morning coastal swim from the hotel, with the peaks of the Arcadins mountains visible throughout the duration of our swim. This is a great opportunity to refresh yourself and experience the warm Caribbean waters. After lunch, we head back to the resort where you have the rest of the afternoon free to explore this corner of Haiti and enjoy the island's stunning coastline and laid back lifestyle.

Day 3

We hold another morning swim session where you will have the opportunity to work on some coaching points with your SwimTrek guide. After this morning swim, you have the rest of the day to discover more about this island's wonderful natural and cultural history. Visit the Watercress garden of Kay Piat or take a day's hike into the awe-inspiring Matheux Mountains. Optional excursions are available with local guides, leaving directly from the resort. Later that evening we will meet at the hotel for the full race briefing where you will be joined by all the other local race participants.

Day 4 (Race Day)

Today is the big event as we swim across the Canal de Saint-Marc from Iles des Arcadins to the Haitian mainland. The stunning Matheux Mountains guide our way across. Each swimmer has their own local fishing boat support throughout the swim, which makes this a truly unique swim event. There is a celebratory party at the end of the swim to cap off a remarkable time in this memorable country. Transfers back to the airport are available once the swim has finished or you can choose to extend your stay and book a local tour during the rest of your time in Haiti.

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"/>	Waterproof Watch
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Water Bottle
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Swim Earplugs (if you use them)
<input type="checkbox"/>	Insect Repellent	<input type="checkbox"/>	Aqua Shoes

*Try to bring one clear lens and one tinted lens for different light conditions.

Please note that 'Swim for Haiti' will supply swim hats to wear during the race. You are able to make use of swim aids for this event (fins, hand paddles, etc.), however, it is expected that you will bring these along with you. You can also take any feed supplies that you need on your personal canoe escort.

Swimming Distances

SWIM	DISTANCE
Côte des Arcadins coastal swim	3km
Isle des Arcadins - Côte des Arcadins	10km

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. In the Caribbean, sea swell tends to be a bit bigger than in the Mediterranean. These conditions only add to the challenge and fun of the trip, but if you're unfamiliar with these kinds of conditions feel free to consult with the office.

Race Organisers

Please note that whilst SwimTrek organise the holiday part of the package, 'Swim for Haiti' event staff are the organisers of the swim and are fully responsible for race safety, logistics and contingency planning.

Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
February	26-28°C / 78 - 82°F	30°C / 86°F

*Please note that these temperatures are indicative only and can change on a daily/weekly basis.

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 many different options for travelling to Haiti, however we recommend flying to Port Au Prince Airport (PAP) and catching the SwimTrek designated transfer to Wahoo Bay Resort. 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.

Travelling to Haiti

Flights to Port Au Prince (PAP) are widely available from Miami and New York. You can also fly with Air France via another Caribbean Island. A small selection of the airlines which fly into Port Au Prince are included below.

AIRLINE	DEPARTURE AIRPORT
Air France	Paris, Heathrow, London City
American Airlines	Various Routes Across The U.S.
Delta Air	London Heathrow

SwimTrek Transfer

SwimTrek provide a designated transfer service from the airport to Wahoo Beach Resort which is included in your trip price. This saves the hassle of organising your own travel once you have arrived in Haiti. The transfers can be booked around your own flight times and you will be met by a SwimTrek representative just outside arrivals. Please inform SwimTrek head office of your arrival and departure times so we can book your transfers accordingly. Please note that there is no public transport from the airport to the hotel and it is advised that you do **not** take the private 'tap taps' (communal taxis).



PRACTICAL INFORMATION

Accommodation

Take in the panoramic views of the stunning acreage, dotted with lush trees and tranquil beaches at the Wahoo Bay Beach Resort (www.wahoobaybeach.com), which is where we call home for the duration of our trip. The resort sits on the ocean-front nestled between the Matheux Mountains and Gonave Bay and provides both a relaxing and active atmosphere. All rooms are decorated with traditional Haitian décor, with en-suite facilities, air-conditioning, ocean views and complimentary Wi-Fi. Accommodation is based on twin-share, however, there are a limited number of single rooms available which, subject to availability, can be purchased during the booking process.

Meals

All breakfasts are included in your trip price, however lunches and dinners are at your own expense. This gives you a fantastic opportunity to explore and experience the local cafes and restaurants of your choice over the course of your trip. We often dine out together as a group in the evenings.

Extra Expenses

You should bring extra money with you to cover such items as entertainment, dinner, souvenirs, etc. The local currency is Haitian Gourde, however most shops and restaurants will prefer payment in US dollars. There is no cash machine at or near the hotel. It is advised that you take enough money out to Haiti with you to cover the whole period of the trip. As well as cash, most restaurants will accept card payments. You should allow around \$40 per day (for lunch and dinner) but this will vary per person.

Tourists must pay a US \$55 departure tax. For most international flights this is usually included in the price of the ticket but for some flights, for example from the Dominican Republic, you need to pay this amount in cash on departure. Make sure you have enough US dollars or local currency on departure.

Passports and Visas

Non-residents of Haiti 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 Haiti (unless the expected length of stay is longer than 90 days in one year). Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel:

<http://haiti.org/visa-entry-requirements-for-haiti/>

Travel Insurance

As part of your 'Swim for Haiti' race entry, you are eligible for free emergency medical services cover as provided by HERO Emergency Medical Services in Haiti. For more information about HERO, please visit: <https://www.heroclientrescue.com/the-mission>. Please note that this cover is separate to the travel insurance which you are required to take out prior to your SwimTrek trip. For further information on our travel insurance requirements, please visit:

<https://www.swimtrek.com/travel-insurance>



Vaccinations

For comprehensive health information for people travelling to Haiti, 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 Haiti as having a moderate risk of Zika virus transmission. For further information about this assessment, you should visit www.gov.uk/guidance/zika-virus-country-specific-risk and follow the advice on the 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 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.

Happy swimming!