



CAMP OVERVIEW

This unique coaching camp on the Spanish island of Mallorca – a place of hilltop towns, lively fiestas and white-sand beaches – is the perfect way to evolve your open water swimming and take your skills to the next level. Increase your confidence, improve your swim technique and develop your comfort in open water, building endurance alongside a group of like-minded swimmers. You will benefit from the tutorage of qualified SwimTrek coaches and gain valuable insights and support from a combination of pool and sea swims, supported by our seasoned safety escorts.

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, ensuring that you get exactly what you want from your time with us. During the week, we will aim to cover elements of the following units:

Unit	Content
Unit 1	Breathing
Unit 2	Body Position and Alignment
Unit 3	Catch and Propulsion
Unit 4	Sighting

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 opportunities to complete some fantastic coastal swims and short crossings among the island's hidden bays and secluded beaches. These swims allow you to put into practice everything that you have learnt in the pool, stretching out freely in the open water environment.

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 also have a basic understanding of open water swimming and be capable of completing the average swim distance of around 2.5 km prior to the start of the trip. The average daily swim distance is around 5km (split over a minimum of two swims).

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

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.

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 – it also sits on the rugged doorstep of the Es Trenc-Salobrar National Park! So, you'll only need to travel a short distance to discover one of Mallorca's most well-known natural attractions, which is the far-reaching and dune-fringed beach of Es Trenc.

CAMP SCHEDULE

Start Point	<u>Hotel Romántica</u> , Colonia de Sant Jordi, Mallorca
Start Time	17:30 on Day 1
Finish Point	Colonia de Sant Jordi, Mallorca
Finish Time	11:00 on Day 6

Please note that the below daily itineraries are an example of the swims that may take place during 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 Colónia 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.

TRIP GRADING

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

Swimming Distances

Swimming distances in the sea will vary over the course of the week depending on the conditions and



the ability of your group. As a guide, we expect to cover a maximum of 5km 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.

Walking Distances and Conditions

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.

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. Therefore, 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.

TRIP INFORMATION

Group size

This coaching 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.



Boat Support

You will be escorted on this 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.

Extra Activities

A local massage therapist can be booked locally at the Best Centre's counter, this is not part of the SwimTrek arrangements and but can be arranged at the centre or potentially at your hotel. Group & private yoga classes are also available.

Essential Equipment Checklist

For your basic, essential packing list, please visit our [Packing List](#) page on the website. There are no other **specific items** require for this location.

Coaching Sessions

Our experienced coaches will cover a range of coaching sessions will cover swim technique & open water skills to suit you as well as deliver in depth video analysis. Sessions will take place in a purpose built 50m swimming pool at the [BEST Swim Centre](#) making it the perfect venue for a structure training program. The small bays and dramatic coastline of Mallorca are an ideal base for our open water swim sessions.

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.

As SwimTrekkers come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips so check out our [SwimTrek flight tips](#) page on the website.

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 to avoid price rises and availability issues.

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 €75 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.

You can also search for transfers through Hotel Romántica's [transfers](#) page

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.

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 Colònia de Sant Jordi takes 1.5 - 3 hours (depending on route). Below is the easiest route and the bus runs every 60 minutes:

- From stop 547 at Palma Airport, you will need to catch the A51 bus to Campos (approx. 45 mins and 9 stops).
- From Campos, you will need to catch the 517 towards Santanyí, getting off at Av. Primavera Colònia De Sant Jordi (approx. 16 mins and 2 stops). For up-to-date schedules, availability and the latest route options for this journey please visit: www.tib.org/portal/en/web/ctm/inici.
- From Av. Primavera, Hotel Romántica is about a five-minute walk away.

ACCOMMODATION

Our accommodation for the week is in the seafront Hotel Romántica. The Hotel Romántica is in one of the most beautiful locations in the Mediterranean - the picturesque 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 hotel also offers several sea view rooms if you choose to upgrade. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability.

Pre/Post Trip Accommodation and Trip Extension Options

If you would like to extend your stay in Mallorca and need to book additional accommodation nights before or after the camp, you will be able to claim a discount to use and book directly via the Hotel Romantica website (link below):

Hotel Romántica - <https://www.universalhotels.es/hoteles/universal-hotel-romantica>

Please contact our customer team at info@swimtrek.com to receive your discount code. We will have the code only once the hotel make the dates you are looking for available to book on their system.



Please also add the following note to this booking: 'Linked to SwimTrek camp with BEST Centre please reserve the same room for the entire stay.'

Food and Drink

All five breakfasts and four dinners are included in the camp price. 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 coaching 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.

For more information, please visit our [food and drink](#) page on the website.

TRAVEL ADVICE

For more information on any of the following sections please visit the [Travel Advice](#) page of our website.

Money, Extra Expenses and Tipping

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.

We believe that tipping is done entirely at your own discretion. If you have been provided with excellent it may be something you wish to do. Your SwimTrek Guides can advise on local norms for service providers like boat crew, waiters or taxis. Nothing is expected for your SwimTrek Guides but many groups like to present something to the Guides at the end of the trip.

Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

For more information, please visit our [Responsible Travel](#) page on the website.

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.



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, please visit our [Travel Insurance](#) page on the website.

Health Information and Recommended Vaccinations

Here at SwimTrek we pride ourselves on our focus on safety and the well-being of all our guests. As we operate in some beautiful and remote locations medical facilities are not always easily accessible. SwimTrek Guides, and many staff working for our local partners, are first aid trained. However, we ask that you read our [Travel Health](#) page to ensure that you are informed about general Travel and Swim Health precautions.

Internet Access, Electricity and Travel Plugs

There is complimentary Wi-Fi internet access in the hotel and bedrooms.

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu