



CAMP OVERVIEW

Based on a few of the roughly seventy-nine islands strewn along Croatia's Dalmatian Coast, our Channel and Long Distance Training camp is the perfect opportunity to evolve your open water skills. We have been supporting English Channel solo, relay, and other long distance event swimmers since 2006. Under the expert eye of our experienced SwimTrek coaches, you will have all the support you need to complete six days of intensive and adventurous open water training.

Whether you're planning on swimming from England to France or building up to another long distance swim in a different corner of the world, we understand what you're going through. We've been there before, and we know what it takes to prepare yourself for such a challenge – our itineraries have been carefully refined with your specific needs in mind.

While we support you to complete your required number of swimming hours, using circuit style routes, we will also use in-depth filming, video analysis and seminars to cover the following units*:

Practical	Theory
Unit 1	Unit 7
Breathing	Event planning and preparation
Unit 2	Unit 8
Body Position and Alignment	Nutrition
Unit 3	Unit 9
Catch and Propulsion	Mental Strength
Unit 4	Unit 10
Sighting	Medical Conditions
Unit 5	
Open Water Skills and Race Tactics	
Unit 6	
Practicalities of feeding	
Unit 11	
Night swim	

*We aim to cover as much applicable content as possible for each swimmer. You will be provided with additional resources and material to support the camp, but delivery may vary based on conditions and itinerary.



With expected water temperatures of 12-16°C (guide only), this trip includes an optional six-hour qualification swim for guests who are required to complete this prior to their English Channel swim, as well as an opportunity to experience a short night swim.

Please note that we cannot guarantee that water temperatures will be below the required level for your English Channel qualification swims, but we recommend booking earlier departures to increase the likelihood of the temperature being below 16°C.

Our accommodation on the island of Prvić Luka, Croatia and overlooks the marina so it is close to swim locations, helping to optimise the mix of training and relaxation time throughout your trip.

WHO IS THIS TRIP FOR?

This trip is designed for the swimmer who is training for a challenging long distance open water swim. It is ideal for those planning to undertake a solo crossing of the English Channel, as the sea temperature should be between 12-16°C during the trip. Previous participants have also been in training for a North Channel crossing, as well the Manhattan Island Marathon Swim and a crossing of the Cook Strait. The camp features long open water training swims, mostly circuits in local bays, with full safety cover, as well as technique coaching and training seminars, over the course of the trip.

Swimmers should also have a good understanding of open water swimming, but swimming distances will vary for each swimmer as each swim is a given duration.

We have given this trip a 'Ultra' grading. These trips will push you to your physical and mental limits. Ideal for someone looking take on a personal challenge.

LOCATION SUMMARIES

Prvić Luka (near Šibenik)

We will be based on this car-free island contains two beautiful traditional Mediterranean towns. Almost invisible from the mainland, they have preserved their peace and original appearance for generations. Our swims for the week will explore the neighbouring islands of the Šibenik archipelago.



TRIP SCHEDULE

Start Point	Hotel Maestral, Prvić Luka www.hotelmaestral.com
Start Time	17:00 on Day 1
Finish Point	Hotel Maestral, Prvić Luka www.hotelmaestral.com
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 camp, 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 in the late afternoon, where you will have a chance to relax before our pre-trip briefing and short acclimatisation swim. We will return to the hotel for a welcome drink and to discuss in detail the plans for the week ahead. You are welcome to join us for dinner in the hotel before heading off for an early night to prepare for tomorrow's swims and the challenging days ahead.

Day 2 - Daily Swim Time: Up to 3 hours

This morning, we hit the water in Šepurine Bay - just a short trip around the west side of the island. This is an ideal time to get used to the conditions and temperature as we aim for our first 1-hour swim. Following this, we will film your stroke under the water using specialised video equipment.

In the afternoon, we are back in the sea to improve our endurance with another bay swim of up to 2 hours. Later in the evening we will meet at the hotel for our first seminar before our first opportunity to complete our short night swim. The night swim is an optional swim and will take place just outside the hotel, over the other side of the bay.

Day 3 - Daily Swim Time: Up to 5 hours

This is a challenging day as we fit in two long swim sessions - one 3 hour and one 2-hour swim. Weather permitting, we will aim to base ourselves on the island of Zmajan - the closest island to Prvić. Distances will vary according to each swimmer and their training goals, and coaches will also focus on your feeding plan, suggesting alterations if required.

Day 4 – Daily Swim Time: One 6-hour swim

For those preparing for an English Channel solo swim, this is your chance to complete your six-hour qualification swim under the watchful eye of our highly experienced coaches. The precise swim location will be based on the current weather and local conditions. For all others, it's a chance to see what you can do. We will provide full safety boat cover and nutritional support during your swim. Following this,



we will work with you individually on assessing the outcome and alternative suggestions if required.

Day 5 - Daily Swim Time: Up to 2 hours

A day to swim, a day to focus on your technique, a day to relax. The day is planned with an easy swim near Kaprije to recover after the previous day's efforts, and a chance to relax on a boat nearby. Time will be set aside for a group Q&A session and one-to-one discussions with your coaches to consolidate your learning and to plan your future training. If we were unable to offer the night swim on Day 2, this evening presents a second opportunity.

Day 6 - Daily Swim Time: Up to 1 hour

There's time for one more morning warm-down swim session before the trip ends. We swim as a group, and this is an excellent time to work on your technique and to swap information with other guests and coaches from your Coaching Camp.

TRIP GRADING

We have given this trip a 'Ultra' grading. These trips will push you to your physical and mental limits. Ideal for someone looking take on a personal challenge.

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as jellyfish, sea lice, 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*
March	12-15°C / 55-58°F	10-19°C / 50-66°F
April	13-16°C / 57-61°F	14-23°C / 57-73°F

*Please note that these temperatures may differ slightly depending on weather variations and we cannot guarantee that water temperatures will be below the required level for English Channel qualification swims.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. Therefore, open water swimming training camps 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. In addition, please be aware that we cannot guarantee that the water will be 16°C or under for the six-hour swim.



TRIP INFORMATION

Group Size

This trip has a maximum group size of 14 with a coach/swimmer ratio of approximately 1:5. The group will be accompanied by three SwimTrek coaches and safety vessels at all times.

Boat Support

Boat support on this coaching camp includes one main boat and two inflatable boats to be piloted by your SwimTrek coaches and a local boat pilot. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Equipment

For your basic, essential packing list, please visit our [Packing List](#) on our website. For **additional, location specific** items, please see the table below:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 4)	<input type="checkbox"/>	Small pack towels
<input type="checkbox"/>	Swimming Goggles (x 2)	<input type="checkbox"/>	Waterproof Daypack
<input type="checkbox"/>	Waterproof Trousers / Jacket	<input type="checkbox"/>	Warm clothing including thermals, fleece, and trousers/sweatpants
<input type="checkbox"/>	Gloves and Warm Socks	<input type="checkbox"/>	Waterproof Watch
<input type="checkbox"/>	Tow float and Waterproof adventure lights	<input type="checkbox"/>	High Factor, water resistant sun cream
<input type="checkbox"/>	Swim Earplugs	<input type="checkbox"/>	Any Specific Nutritional Needs

We recommend bringing several swim costumes and recommend taking 2 or 3 with you per day to ensure you have a clean, dry costumer to for each swim.

SwimTrek will supply swim hats, water and warm carbohydrate drinks and fill up each individual guest's personal drink bottles where required.

SwimTrek will also supply a variety of snacks, but if you have a specific feeding plan, snacks or equipment that you wish to train with, please bring these with you. Where possible, our coaches will use your specific equipment to help you practice feeding during your long swim.

If you would like to use a wetsuit, rash vest or fins during your swims, please ensure that you bring these with you.



Coaching Sessions

Due to the nature of this training and the wide range of distances that will be covered by different members of the group, most of our swims take place around a series of circuits in local bays. Circuit swims allow you to always complete your training at your individual pace with full safety cover, as well as enabling you to feed as and when you require.

Your coaches on this trip are all highly experienced long distance swimmers and/or swim coaches, with several of them having completed English Channel solo crossings. Q&A sessions with your SwimTrek coaches give you a fantastic opportunity to discuss your progress and focus on future training needs and they are an incredibly valuable part of the trip.

Medical Forms

A signed medical form from your doctor is required for this coaching camp. Please be aware, it is likely you will be charged for this service. If you have already completed a medical assessment in preparation for a swim in 2023 and 2024, please send a copy to info@swimtrek.com, as this may be sufficient. Alternatively, please download the SwimTrek Medical Form using the following link: www.swimtrek.com/public_documents/Channel_and_LDT_Medical_Form.

This form must be completed after 1st October and uploaded to your SwimTrek account at least *one month before* your trip.

IMPORTANT: Please note that this medical form is separate to the 'My Health Details' section of your SwimTrek account which also needs to be completed prior to the start of your trip

GETTING THERE

The easiest way to get to Prvić Luka is to fly into Split airport and take the private transfer which is organised through the Hotel Maestral.

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.

Whilst 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.

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 Split Airport

Private Transfer to Prvić Luka

To arrange a private transfer from Split Airport to your accommodation at Hotel Maestral, please contact the hotel directly by emailing your arrival information to: info@hotelmaestral.com. This service



includes a car and taxi boat transfer, with a journey time of approximately 1 hour 15 minutes, dependent on traffic. The rates are indicated below and are payable on location.

NUMBER OF PASSENGERS	PRICE PER PASSENGER (EURO)
1	110 EUR
2	55 EUR
3	50 EUR
4	45 EUR
5+	40 EUR

Public Transport to Šibenik

Public transport from Split Airport to Šibenik involves catching two different buses. Please note that the information below should be used as a guide only and is subject to change.

From Split Airport, you will need to take the number 37 bus to Trogir, which takes approximately 10 minutes. From Trogir, you will need to board another bus to Šibenik, which takes approximately 1 - 1.5 hours. For up-to-date schedules, availability and the latest route options for this journey please visit:

- Split Airport to Trogir: www.promet-split.hr/vozni-red/urbano-podrucje/linijaid/1974
- Trogir to Šibenik: www.arriva.com.hr/en-us/home

Ferry from Šibenik to Prvić Luka

The ferry ticket office is just 50m from Šibenik bus station, to your left when facing towards the sea. The journey time is approximately 30 minutes and Prvić Luka is usually the second stop, however, we recommend you check this locally. For up-to-date schedules, tickets and further ferry information, please visit: www.jadrolinija.hr/en/ferry-croatia.

Zadar Airport

Private Transfer to Prvić Luka

To arrange a private transfer from Zadar Airport to your accommodation at Hotel Maestral, please contact the hotel directly by emailing your arrival information to: info@hotelmaestral.com. This service includes a car and taxi boat transfer, with a journey time of approximately 1 hour 15 minutes, dependent on traffic. The rates are indicated below and are payable on location.



NUMBER OF PASSENGERS	PRICE PER PASSENGER (EURO)
1	110 EUR
2	55 EUR
3	50 EUR
4	45 EUR
5+	40 EUR

Public Transport to Šibenik

Public transport from Zadar Airport to Šibenik involves catching two different buses. Please note that the information below should be used as a guide only and is subject to change.

From Zadar Airport, you will need to take the airport bus to the main bus station in Zadar city centre, which takes approximately 20 minutes. From Zadar city centre, you will then need to take another bus to Šibenik, with a journey time of approximately 1.5 hours.

For up-to-date schedules, availability and the latest route options for this journey please visit:

- Zadar Airport to Zadar: <https://getbybus.com/en/blog/airport-bus-zadar/>
- Zadar to Šibenik: www.buscroatia.com/bus-station-zadar/

Ferry from Šibenik to Prvić Luka

The ferry ticket office is just 50m from Šibenik bus station, to your left when facing towards the sea. The journey time is approximately 30 minutes and Prvić Luka is usually the second stop, however, we recommend you check this locally. For up-to-date schedules, tickets and further ferry information, please visit: www.jadrolinija.hr/en/ferry-croatia

ACCOMMODATION

Our accommodation for this trip is in Hotel Maestral, one of the region's finest locally owned hotels. The hotel is perfectly situated directly on the waterfront and offers a range of 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.

Pre/Post Trip Accommodation and Trip Extension Options

If you require any additional nights' accommodation before or after the trip, this can be arranged directly through the Hotel Maestral.

Email: info@hotelmaestral.com

Tel: +385 22 448 300



Food and Drink

Breakfast and lunch are included on this training camp.

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 drinks, entertainment, souvenirs, etc. The local currency is Euro €. There is one ATM available in Prvić Luka where you can draw local currency out, it is located 100m down the road from our hotel. It is advised to draw local currency out before arriving on the island, you can exchange currency at the post office and there is a cash machine in Šibenik.

Please note a tourist tax will need to be paid on location and will be up to €2.20 per person per night.

In some countries, tipping (gratuities) is not part of the culture - in others it has become an expected norm. 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 Coaches can advise on local norms for service providers like boat crew, waiters or taxis. Nothing is expected for your SwimTrek Coaches, but many groups like to present something to the Coaches at the end of the trip.

Passports and Visas

Croatia is part of the European Union. Non-residents of Croatia 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 Croatia. Please note that visa regulations are subject to change, and we advise that you check your own visa requirements prior to travel. As of 1 January 2023, Croatia became part of the Schengen area. Travellers from other Schengen countries do not require a visa to travel to Croatia. Generally, citizens of European countries, regardless of whether their countries are Member States of the EU or not, do not need a visa to come to Croatia but do require a full passport, valid for six months beyond the expected length of stay. The only exceptions to this rule are the Russian Federation, Belarus and the Republic of Turkey. Visa regulations are subject to change, and we advise that you check your own visa requirements prior to travel.

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.

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 Coaches, 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 across the hotel and room

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