



## TRIP OVERVIEW

There is no better way to experience the natural beauty and idyllic waters of Sardinia's Emerald Coast than with our fully guided swimming holiday. Discover one of Italy's most picturesque locations – a yachtie's paradise – from water level. Leap into green-blue seas and swim along sun-drenched island coastlines, uncovering the many secrets of Mediterranean 'Costa Smeralda', as well as tracing unique routes where the yachts can't follow.

The Maddalena archipelago, which forms part of Sardinia's Emerald Coast, is a small group of seven islands with crystalline waters, pink sand beaches, dramatic blue cliffs over deep waters and a collection of coloured coves and granite sculptures.

The National Park, 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 traditional Sardinian town, and an ideal venue to spend time relaxing after our daily exertions. This trip features a variety of both coastal and island-hopping swims, interspersed with focused 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. It is ideally suited for anyone who relishes clear, warm waters, spectacular vistas and wildlife sightings, both above and below water.

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.

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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



several 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 seafront.

### 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 that is definitely 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 glittering sea water.

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## TRIP SCHEDULE

Start Point	Hotel Miralonga, La Maddalena <a href="http://www.miralonga.it">www.miralonga.it</a>
Start Time	17:00 on Day 1 (19:30 for 2023 trips)
Finish Point	Hotel Miralonga, La Maddalena <a href="http://www.miralonga.it">www.miralonga.it</a>
Finish Time	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 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. This is 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, an optional technique advice & video session, focusing on open water technique and videoing your stroke both above and below water. This will then 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 Cannicchio 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 underwater. After lunch, the second swim is either around the smaller neighbouring island of Spargiotto or a coastal swim down the northwest beaches of Spargi, finishing at Cala Piscioli depending on local conditions.

## Day 5

We start the day with a boat trip to the North of the Maddalena Archipelago. For the morning's swim you'll be undertaking small crossings and some coastal swimming to allow you to touch all three islands. The water here could be described as closely resembling a swimming pool as the sea is enclosed on most sides by the three islands. After lunch, you'll explore the coast for your afternoon swim.

## Day 6

It's time to travel east to Isola Caprera - 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

### Group Size

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

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.

### Essential Equipment Checklist

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

SwimTrek will also provide water and electrolytes at every location and refill your bottles.

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## 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

Swim	Distance	Swim	Distance
Cala Francese - Punta Tegge	2km		
La Fiumata - Punta Santo Stefano	4km	Punta San Giorgio -Cala di Vela Marina.	1km
Maddalena - Spargi Crossing	3½km	Spargi - Spargiotto	2½km
Maddalena Archipelago	4m	Santa Maria Coastal	1km
Capera Coastal Swim	3km	Circumnavigation of Isola Porco	1½km

### 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

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

## Walking Conditions

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.

## Temperatures

Month	Water Temperature*	Air Temperature*
May	15-21°C / 62-68°F	21-25°C / 68-77°F
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
October	19-24°C / 66-75°F	15-23°C / 62-74°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 guides as quickly as possible.

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## GETTING THERE

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.

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.



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.

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

There are several public transport options, and more information can be found on the airport website <https://www.geasar.it/en/how-to-get-here/by-bus>

**DIRECT** – there is a direct bus that runs from the airport to Palau once a day and takes about 1 hour.

The timetable for this bus can be found here:

<https://trasportopubblico.gruppoturmotravel.com/orariextraurbani>. Please note you may have to keep checking the page nearer the time for up-to-date timetables.

**VIA Olbia** - there are several bus options if you travel via Olbia centre. You can catch Linea 10 or Linea 2 from the airport to Olbia. More information can be found <https://www.geasar.it/en/how-to-get-here/from-to-olbia>. The 601 runs regularly from Olbia centre to Palau Port

Locally, transport companies also use Moovit [https://moovitapp.com/cagliari\\_e\\_sardegna-1262/poi/en](https://moovitapp.com/cagliari_e_sardegna-1262/poi/en) to display services.

**TAXI** – you can also find Taxi information on the airport website. <https://www.geasar.it/en/how-to-get-here/taxi>

### **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).

### **Olbia Airport to La Maddalena**

[Sardegna Tours](#) operate a shared transfer from Olbia Airport to La Maddalena island, which takes approximately two hours from €130 one way (for up to 3 passengers). For more information or to book, contact Sardegna Tours: [info@sardegnatours.it](mailto:info@sardegnatours.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 €20.

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## **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.

### **Pre/Post Trip Accommodation and Trip Extension Options**

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).

### **Food and Drink**

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 dinner at Hotel Miralonga. 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.

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

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## **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 dinners, drinks, entertainment, souvenirs, etc. The local currency in Italy is the Euro (€).

### **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**

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.

### **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.

### **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).