



## CAMP OVERVIEW

Ready to make that long-awaited transition from pool lanes to swimming outdoors? This Introduction To Open Water coaching camp is the perfect way to do it. Under the expert guidance of our qualified SwimTrek coaches, you will have many opportunities to join like-minded swimmers, diving deep into the natural highs of an adventure in the great, aquatic outdoors.

Based in the scenic seaside town of Colonia de Sant Jordi, our coaches will work with you in a purpose-built 50-metre training pool at the world-class Best Swim Centre. From there, we will evolve your technique using in-depth video analysis to help you hone your strokes and open water swimming skills. You will have the chance to take part in open water swim coaching in the many local bays to familiarise yourself with the conditions and skills you've learnt. After that our swimmers will graduate together to a boat-escorted swim in Mallorca's open waters, crossing to an island reef in Es Carbo Bay.

To make sure you thoroughly enjoy the transition from pool to open water, our qualified swim coaches run one-to-one and group sessions. Combining these sessions with a healthy dose of encouragement, patience and, most importantly, fun, your time with us is sure to be an incredible stage in your journey to becoming a true open water swimmer. During your journey 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

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## WHO IS THIS CAMP FOR?

This camp is designed to suit swimmers who can comfortably swim at least 500m in a pool and who want to make the transition to open water with a focus on technique, open water swim skills and endurance. Whether you are relatively new to pool swimming, or have been following the black line for years, this coaching camp will provide you with the skills and reassurance that you need to make the move into the sea with confidence.

Swimmers should be capable of completing the average swim distance of around 1.5 km prior to the



start of the trip. The average daily swim distance is around 3km (split over a minimum of two swims). We have given this trip a 'Beginner' grading designed for people new to open water swimming.

If you've already got some open water experience but would like to develop your technique, work on open water skills or build your endurance, you may like to consider our [Open Water Development - Mallorca](#) coaching camp which also runs out of Colonia de Sant Jordi.

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## LOCATION SUMMARY

### Colonia Sant Jordi

Historically an agricultural area, the fishing village of Colonia Sant Jordi is our home for the duration of the coaching 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's also on the rugged doorstep of the Es Trenc-Salobrar National Park. So, you're only a short distance away from one of Mallorca's best-known natural attractions - the dune-fringed beach of Es Trenc.

## COACHING 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 the course of 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 and before finishing the day with an included group dinner at the hotel.



## Day 2

In the morning, we 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 some basic open water skills. Our next stop is the 50-metre pool at the Best Swim Centre, where we film your stroke above and underwater for video analysis and detailed coaching advice later in the day. The first group analysed will have the option of a short one-to-one session in the sea just outside the hotel, with the second group given the opportunity the next day. Our evening pool session works on the key points for efficient stroke technique and open water confidence. After your swim we head back to the hotel for dinner.

## Day 3

In the morning we take off on a coastal swim along a section of Mallorca's south coast. This is an ideal time to get used to the deeper water and greater buoyancy of seawater. Our coaches will also concentrate on specific areas of your stroke during a one-on-one session with the second group. After a well-earned break, we then head back to the pool to work on drills and help to pinpoint particular elements of your stroke for greater efficiency. After that, we'll take dinner back at the hotel.

## Day 4

Today we start at Marques beach, heading north through the clear blue water along the beautiful Estanys and 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 experience. It's an ideal opportunity to implement the improvements you've learnt to your stroke while working on more specific open water swim skills. The final 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 last full day of swimming will be spent exploring the waters of Mallorca's southernmost point. Your adventure will start in the beautiful clear waters off Cap de Ses Salines, where you will start your swim back toward Colonia de Sant Jordi. We will stop for a picnic lunch on one of the tranquil beaches along the way before continuing along the coast. This will be a challenging but rewarding 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.

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## TRIP GRADING

We have given this trip a 'Beginner' grading designed for people new to open water swimming.



## Swimming Distances

Swimming distances in the sea will vary over the course of the week depending on the conditions and also the ability of your group. As a guide, we expect to cover an average of 3 km 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 camp in consultation with your 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. 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 the camp and will be communicated to you by your SwimTrek coaches as quickly as possible.



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## 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.

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## GETTING THERE

The easiest way to reach the start of the coaching 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 in order 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](http://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. 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](http://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](http://www.tib.org/portal/en/web/ctm/inici).
- From Av. Primavera, Hotel Romántica is about a five minute walk away.

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## **ACCOMMODATION**

Our accommodation for the week is in the seafront Hotel Romántica. The Hotel Romántica is located in one of the most beautiful locations in the Mediterranean, in the 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 a number of 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 using the code " UNIVERSALBEST24 ", 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](mailto: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.

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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 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](http://worldstandards.eu)