



TRIP OVERVIEW

Join us on an island-hopping adventure as we dive into gorgeous Indonesian waters and meet the abundant marine life of Komodo National Park. This unique live-on-board swimming holiday represents SwimTrek at its pioneering best as we meander through itineraries of unforgettable swimming routes.

This trip is set in the heart of the Coral Triangle, which is home to six of the world's seven marine turtle species, as well as 76% of the world's coral reef species and 37% of the world's coral fish species. This gives the Coral Triangle both the highest coral diversity and the highest coral fish diversity anywhere in the world. With much of this stunning reef and marine life sitting within metres of the surface, a swimming holiday really is the perfect way to explore this part of the world.

Our trip is based aboard M/Y Oceanic, our live-on-board yacht, which acts as both our accommodation and escort boat and allows us to travel to some of the most remote parts of this archipelago. It also gives us the chance to make changes to our itinerary when required - to find the very best conditions and complete a truly stunning selection of swims over the course of the week.

On top of the organised swims which are included in the trip itinerary, there is also plenty of time to take part in additional activities throughout the trip. These include shore excursions, snorkelling sessions before breakfast or after lunch, or guided scuba dives, which can be paid for locally during your trip.

WHO IS THIS TRIP FOR?

This trip is for experienced open water swimmers who want to explore the reefs and islands that surround and make up the Komodo National Park in Indonesia. Some of the swims may be challenging due to local weather conditions and currents, so it is important that swimmers are comfortable in these situations.

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.

LOCATION SUMMARIES

Komodo National Park

Located between the islands of Sumbawa and Flores, the Komodo National Park is a centrepiece of the entire Indonesian archipelago. The park was established to conserve the unique Komodo dragon (*Varanus komodoensis*) and its natural habitat.

The park was declared a World Heritage Site and a Man and Biosphere Reserve by UNESCO in 1977,



expanding its protection to both the terrestrial and marine environment. This is an indicator of the park's diverse array of reef-building corals, sponges and reef fish. The park is also home to dugongs, sharks, manta rays, at least 14 species of whales, dolphins, and sea turtles.

Padar

Padar Island is the third largest island of the Komodo National Park, after Komodo and Rinca. We visit this uninhabited island to trek its rugged volcanic peak - the summit of which can be reached in only 20 minutes, but it is surely worth taking the time to enjoy the views this vantage point affords.

Sangeang

Sangeang, which lies between Komodo and Sumbawa islands, is an active volcano with steep, conical slopes extending up to a nearly 2,000-metre peak. Flows of lava are sometimes visible on its sides and black volcanic sand lines its shores - a stark difference to many of the other islands we will swim around.

TRIP SCHEDULE

Start Point	Labuan Bajo Airport , Indonesia
Start Time	12:00 on Day 1
Finish Point	Labuan Bajo, Flores , Indonesia
Finish Time	10:00 on Day 7

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, distances and order of activities, 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

Upon arrival at Labuan Bajo Airport, our SwimTrek representative will meet you at the airport. From here, there is a short transfer ride to our liveaboard vessel: the M/Y Oceanic. Once you have had a chance to relax, the SwimTrek guides and ship's captain will host a welcome drink and briefing on the ship's aft deck where we will cover the plan for the week in more detail.

We weigh anchor and head for Pulau Kelor island, which lies off Flores' west coast and around which we will complete a short circumnavigation. The reef here fringes right next to the island and can be within a few metres of the surface which makes it excellent for swimming over. During the swim we encounter various different islets and bays, making for an ideal opening swim. Back on board, we enjoy the first of our dinners, a blend of modern Indonesian cuisine with a Western touch.

Day 2

This morning the imposing figure of Rinca Island looms large in front of us. Rinca is home to the legendary Komodo Dragons. We take an early morning walk on the island where we have an opportunity to come face-to-face with these giant lizards. The island's interior consists mostly of dry



forests, where you can also encounter other animals, such as water buffaloes, birds, pigs, and deer. After visiting Rinca Island, we set off on our first swim of the day along its northern coastline, where visibility is excellent. In some places the reef hugs the shoreline and in other spots we are brought out to the middle of the bay. After a break for lunch, we take the boat across for a swim along the south coast of Pulau Serai Island followed by a short crossing back to Rinca. The swimming here is fantastic in this protected location, populated with a variety of wonderful marine life that exists in this area - manta rays often spotted here as well! In the evening we head to Kalong Island for one of the most memorable non-swimming highlights of the trip as we bear witness to thousands of flying foxes, ascending into the night sky to gather breakfast on surrounding islands.

Day 3

Today we visit the smallest of the archipelago's main islands: Padar. This small island features an unusual, natural pink beach which gets its colour from red coral fragments. We begin the day by swimming between 3 islets in southern Padar where the swimming is potentially challenging as we use the tide to cover greater distances across the bays of the islets.

After lunch on board our vessel, we travel by boat to southern Padar and carry out a stunning coastal swim along the island's southern coastline. We end our swim at the bay where we'll begin our walk up to one of the high points of Padar, which affords superb views of the Komodo National Park. The view at sunset is one of the most iconic scenes across the Indonesian islands.

Day 4

From Padar Island we head north to the Gili Lawa Islands, which lie northeast of Komodo island. Here we attempt a double crossing as we head out from Komodo and then hop to the two islands of Laut and Darat.

After lunch on board, we head to Laut's north coast and swim along the dive site of Crystal Bommie, which has colourful soft corals and schools of various fish - such varied sea life makes for superb swimming! Later in the afternoon, we walk up the hill at Gili Lawa Darat which offers stunning views of the day's swims as well as the Komodo Strait. After arriving back on our boat, we'll head in a westerly direction to the submerged volcano of Gili Banta.

Day 5

Before breakfast you'll have the chance to snorkel in the waters just off Gili Banta, which is an ancient (partially submerged) volcano. The first swim of the day is along the crater rim, which is home to a wide variety of sea life, including devilfish, lionfish and turtles. The drop off below us is an impressive sight and is one of the undoubted highlights of the week.

Staying within the crater for our second swim, we head further west along the rim and use the local currents which form within this area to our benefit, allowing us to cover a greater distance around Gili Banta.



Day 6

Today we swim between the five islands of Sebayur Besar, Sebayur Kecil, Suleman, Satonda and Mesa. The swim features a mix of reef, rocks and sand below us as we cross between Sebayur Besar, Sebayur Kecil, and Suleman. There is a diverse range of sea life in this area, which makes for truly spectacular swimming within the coral gardens that surround these islands.

After lunch on our live-on-board, it's back into the water to continue our island hopping. Our crossings will take us to Satonda and finish in Mesa, where we have clear views across to the island of Flores. At the end of our two swims here, we weigh anchor and head closer to the Flores shore. where we'll spend a final night looking back on an incredible week of swims.

Day 7

There is time for a short early morning swim prior to our last breakfast together and a debrief about the trip before we depart our vessel.

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
Pulau Kelor Circumnavigation	1½ km	Rinca Northern Coastal	3 km
Pulau Serai - Rinca	2 km	Southern Padar 3 Islands	2½ km
Padar Coastal	3 km	Komodo - Gili Lawa Islands	4 km
Crystal Bommie (Darat)	2 km	Gili Banta Crater Rim	2½ km
5 Islands	2½ km	5 Islands	2 km
Labuan Bajo	1 km		

Swimming Conditions

Swimming in the sea is a fantastic experience but you need to be aware that marine life is abundant in the coral waters of the Indonesian archipelago. When swimming in the Coral Triangle, you should be aware that certain marine life such as stonefish, scorpionfish, rays, jellyfish, sharks, sea urchins and coral could be present during the swims. In the areas that we swim, there is a long history of snorkelling/swimming, so sea life is used to human interaction. In all cases we will work on reducing



your contact with these creatures but if you suffer from anaphylaxis please consult the office prior to booking.

Walking Distances

Walk	Distance
Rinca – Komodo Dragons	3km
Padar - Hike	4km
Gili Lawa Darat	2km

Walking Conditions

The walks on this trip offer some spectacular views and most of the walks take place on loose track, however, there may be cases where we walk along trails or other unsealed surfaces and care should be taken in these areas. You should wear appropriate footwear for the walks. The hike to the top of Padar offers an easier route and a harder route.

Temperatures

Month	Water Temperature*	Air Temperature*
June	27-29°C / 81-84°F	22-28°C / 72-82°F
July	26-28°C / 79-82°F	25-30°C / 77-86°F

*Please note that these temperatures are indicative and should be used as a guide only. Water temperature can get up to 28°C but in some areas, such as south Komodo, the temperature can drop to as low as 22-24°C.

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.

TRIP INFORMATION

Group Size

This trip has a maximum group size of 12. The trip will be split into a maximum of two groups based on speed, each of which is accompanied by own safety support vessel/escort.

Boat Support

Boat support on this trip includes two support boats piloted by your crew and SwimTrek guides. Please



note that this boat support is subject to change without notice and cannot be guaranteed.

Extra Activities

During our time on board SMY Oceanic, we have a qualified dive guide travelling with us at all times. For non-qualified divers wishing to dive during the trip, there is a charge of €20 per person per dive, plus equipment hire, and is payable locally in cash. Prices for equipment hire can be found here <https://thebestdivingintheworld.com/cruises/on-board-services>. A medical form and liability waiver will need to be signed prior to diving.

Equipment Checklist

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

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Waterproof Sun Cream (Factor 50+)	<input type="checkbox"/>	Light Clothing for Shore Excursions
<input type="checkbox"/>	Small Daypack	<input type="checkbox"/>	Insect Repellent
<input type="checkbox"/>	Rash Vest/Protective leggings/Sun hat	<input type="checkbox"/>	Scanned copy of photo page of passport*

A towel will be provided on board, however, please feel free to bring your own along, if preferred.

*A scanned copy of the photo page of your passport will be required by local authorities.

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

GETTING THERE

Your liveaboard boat will sail from and return to the port in **Labuan Bajo**.

The easiest option is to fly into Denpasar International Airport and then catch a connecting flight to Labuan Bajo. There are also direct flights from Jakarta.

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.

Please note that, due to long journey times to Denpasar and connecting flight schedules to Labuan Bajo, we recommend that guests book at least one night's accommodation in Denpasar.

Flights from Denpasar to Labuan Bajo Airport

From Denpasar, there are a number of airlines which operate daily flights to and from Labuan Bajo Airport (LBJ), including Lion Air (also known as Wings Air) and Garuda Indonesia. Please note that



luggage allowances on these airlines is often limited, so please ensure that you book an adequate amount for your trip.

Transfer from Airport/Hotel to M/Y Oceanic

Transfers from the airport or a local hotel to our liveaboard vessel on Day 1 of the trip are included in the trip price for all guests.

For guests who arrive on Day 1 of the trip, you will be met in the arrival area by one of our local representatives and transferred directly to your home for the week on board the M/Y Oceanic. If you arrive prior to the trip start time of 12:00, you will be able to leave your bags on board the boat while you spend some time exploring the local area prior to meeting your guides and fellow guests.

For guests who arrive prior to Day 1, you will be collected from your accommodation and transferred to the liveaboard SMY Oceanic on the first morning of your trip. The exact time of your transfer will be available from your hotel reception the day prior to pick-up.

IMPORTANT: All guests must provide the SwimTrek office with their arrival details, including flight number and arrival time, as well as any pre-trip accommodation plans, at least **two weeks prior to the start of their trip**, so that we can arrange the necessary transfers.

Return Transfers

Return transfers from M/Y Oceanic to the airport or local hotel are also included in the trip price. Please note that these transfers are available on the morning of Day 7 of your trip and will be arranged on location in order to group guests together, where applicable.

ACCOMMODATION

Our accommodation over the course of your trip is aboard the motoryacht Oceanic. This beautiful vessel features six guest cabins with en suite facilities and air conditioning, as well as ample deck space to relax between swims or enjoy the meals that are prepared by our very own on board chef. The crew on board also includes our captain and a qualified dive instructor at all times.

Due to the limited number of cabins on the boat, there is only one single supplement available on each departure, which may be booked very early. If the single supplement is still available for the departure that you are interested in booking, it will be available to select during the booking process. Please also note that bed preferences cannot be guaranteed and will be finalised upon arrival on the yacht at the start of your trip.

Pre/Post Trip Accommodation and Trip Extension Options

If you would like to book additional nights' accommodation at the start or end of your trip then you will need to make your own arrangements.

Food and Drink

All breakfasts, lunches and dinners on your trip are included as part of your package and are prepared on the M/Y Oceanic by our very own onboard chef.



Mineral water, juice, tea and coffee are also included in the price of your holiday. Beer and soft drinks are available to be purchased on board and are charged locally at the end of your trip. All other alcoholic drinks, including wine and spirits, can be bought at Duty Free and brought on board at the start of your trip. 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 meals, drinks, entertainment, souvenirs, etc. whilst ashore prior to and after your liveaboard SwimTrek. The local currency is Indonesian Rupiah, however, Euros and US dollars are also widely accepted. Please note that onboard extras can be paid in cash ONLY.

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 service 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.

For optional tipping of crew members, we suggest that an additional €35-50 per guest is budgeted.

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

Non-residents of Indonesia require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. They must also have proof (tickets) of onward travel or return passage.

Visitors from many countries, including the UK, all EU member states, the US, Canada, Australia and New Zealand, are automatically granted a free tourist visa upon arrival in Indonesia which is valid for up to 30 days and cannot be extended or transferred into any other type of stay permit. For further



information and a full list of countries which are eligible for visa-free travel to Indonesia, please visit: <http://www.indonesia.travel/gb/en/before-you-go/visa-immigration>. Please note that all 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 no confirmed Wi-Fi internet access on the boat.

The boat houses 220 V electricity supply, with two-pin European standard sockets

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