



## TRIP OVERVIEW

Dive in and explore the sunlit southern coast of one of Spain's charming Balearic Islands on a luxurious swimming getaway. This Short Escape swimming holiday in Mallorca is the perfect opportunity to take part in some spectacular swims in the warm waters of the Mediterranean. The accommodation for your stay in Mallorca is the Hotel Baluma Porto Petro, located in the heart of Porto Petro, giving you easy access to the shops and restaurants that this harbour town has to offer.

The southeast coast of the Balearic Island of Mallorca is dotted with beautiful coves, bays and inlets which offer up some great swims. This stretch of coastline forms part of the protected Migjorn Marine Reserve, which we'll have the pleasure of swimming in, as well as part of the Mondrago National Park. From impressive waterside cliffs to secluded beaches, there is no shortage of beautiful sights to see, both above and below the water.

With an average daily air temperature 28°C in June and of 25°C in September and October; the water temperatures hovering above 20°C at these times of the year, Mallorca is the perfect location for early and late season open water swimming. Combine this with the central location in Porto Petro, the classic Mediterranean rooms, plus a choice of restaurants in and around Porto Petro itself, and you have a fantastic spot to escape for those early or late season swims.

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## WHO IS THIS TRIP FOR?

The stunning location, small group of 11 swimmers and ease of transfer from the airport to your accommodation make this escape to Mallorca feel seamless - you can even see the boat that you'll be swimming from on the rooftop terrace of Hotel Baluma. Swimmers should have a basic understanding of open water swimming and be capable of completing the average daily swim distance of 5km prior to the start of the trip.

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## LOCATION SUMMARIES

### Mallorca

Mountainous in both the north-west and the east, Mallorca's centre is generally flat and fertile and known as Es Pla. The east coast has several caves, the most notable being Coves Dels Hams and Coves Del Drach.

### Migjorn Marine Reserve

Situated between Cabo Blanco, Ses Salines and Cala Figuera, this marine reserve has a total area of 23,000 hectares with a maximum depth of 50 metres. Between Ses Salines and Cala Figuera lies one of the most important areas of seabed for Cleaver Wrasse.

## Mondrago National Park

Situated just 3km South of Porto Petro, the Mondrago National Park is protected from development and remains one of Mallorca's most beautiful areas, with rippling sand dunes, pine forests, gorgeous coastline, and rocky coves.

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## SAMPLE ITINERARY

Start Point	Hotel Baluma, Porto Petro, Mallorca
Start Time	16:00 on Day 1
Finish Point	Hotel Baluma, Porto Petro, Mallorca
Finish Time	12:00 on Day 4

### 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

We meet in the afternoon for our pre-trip briefing where we'll discuss the plan for the days ahead. Following this, we hold an acclimatisation swim a short walk away from the hotel. In the early evening, we will have time for welcome drinks on the hotel rooftop where we can watch the sunset.

#### Day 2

Our first swim today is along the coast towards the stunning Mondrago National Park. The rocky coastline and bays dotted along the swim route are beautifully juxtaposed against the turquoise water and the bay at Cala Mondrago is an explorer's dream with plenty of caves to investigate. While we set up for lunch there is an opportunity for an optional video analysis session. Then, our second swim of the day is from Cala Mondrago as we venture further down the coast, taking in more of the crystalline waters and sheer cliffs lining your route. After the swim, we take a boat trip back to Porto Petro for a nice relaxing evening and some video analysis sessions using the footage taken earlier.

#### Day 3

We head south for our swims today, starting at the isolated beach of Caló des Moro, where there is a fabulous 40-metre-wide beach. We swim North along the coast to Cala Llombards, where we stop for



a well-earned lunch. The beach here is sheltered and offers lovely views along Mallorca's eastern coast. In the afternoon, we continue heading north to the tranquil fishing village of Cala Figuera. Following up the beautifully rugged coastline admiring the depth and clarity of the water, we swim past Cala Satanyi, combing the high cliffs until we reach our destination of Cala Figuera.

## Day 4

For our final morning, we head out early to Na Pont to complete a circumnavigation of the small uninhabited island. After that we follow the coast into many coves along the bay and finish at Calo des Corral. Then we head back to Porto Petro where our trip will sadly come to an end.

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## Group Size and Boat Support

This trip has a maximum group size of only 11. 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 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.

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## TRIP GRADING

### Swimming Distances

Swim	Distance	Swim	Distance
Calo de sa Torre (acclimatisation)	1km	Calo de sa Torre-Cala Mondrago	3½km
Caló des Moro - Cala Llombards	2½km	Es Pontas - Cala Figuera	3½km
Cala Figuera - Cala Mondrago	4km	Na Pont - Calo des Corral	2km

### 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 Conditions

Walking is not a major part of the trip, and we generally walk on sealed paths to and from the bays and beaches that we start and finish our swims on. Appropriate footwear should be worn for these walks.



## Temperatures

Month	Water Temperature*	Air Temperature*
June	19-26°C / 66-78°F	22-28°C / 72-83°F
September	23-26°C / 73-79°F	25-27°C / 77-81°F
October	21-24°C / 70-75°F	22-24°C / 72-75°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 guides as quickly as possible.

## TRIP INFORMATION

### Group Size

This trip has a maximum group size of 11. The group will be split into a maximum of three groups, based on speed, with each group being accompanied by your SwimTrek guide and Safety Support Crew.

### Boat Support

Boat support on this trip includes a combination of canoes and kayaks. Please note that this boat support is subject to change without notice and cannot be guaranteed.

## Equipment Checklist

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2) *	<input type="checkbox"/>	Sweater / Fleece
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Waterproof Jacket
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Walking Shoes / Sandals
<input type="checkbox"/>	Small Daypack	<input type="checkbox"/>	Aqua Shoes / Sandals

\*Try to bring one clear lens and one tinted lens for different light conditions.



Please note that SwimTrek will supply swim hats and provide water and electrolyte drinks in shared water bottles on your safety boat. If you prefer to use your own drink bottle, please feel free to bring one along. If you would like to use a wetsuit, rash vest, or fins during your swims, please ensure that you bring these with you.

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## GETTING THERE

The easiest way to get to Hotel Baluma Porto Petro is to fly into Palma de Mallorca International Airport (PMI) and take a taxi transfer to the accommodation. While we have outlined various travel options below, they are subject to change and should be used as a guide only, we recommend confirming your flights and other travel arrangements as early as possible to avoid price rises and availability issues

### **Taxi from Palma Airport to Hotel Baluma Porto Petro**

From Palma Airport to Hotel Baluma the fastest and simplest way to get there is by taxi. The journey takes approximately an hour, and the cost of the service is €80 one way (for up to four passengers).

### **Public Transport from Palma to Hotel Baluma Porto Petro**

The cheapest form of transport to Hotel Baluma is by bus. Please note that this journey can take up to four hours due to waiting times between connecting buses and costs approximately €15.

From the airport, catch the Number 1 bus to Palma which runs every 15-20 minutes throughout the day and takes approximately 30 minutes. From Palma, catch the 501 to Porto Petro which runs several times per day and takes approximately two hours.

From the bus station in Porto Petro, it is approximately a 5-minute walk to your accommodation. For tickets and timetables for the above bus services, please visit [www.tib.org/en/](http://www.tib.org/en/).

### **Car Hire from Palma Airport to Hotel Baluma Porto Petro**

Another option to get to Hotel Baluma Porto Petro is by car. In previous years, guests have hired a car for the duration of their stay in Mallorca and have found this to be a useful option. When using a Sat Nav, please enter: Carrer Des Patrons Martina, 1, 07691 Porto Petro. The journey from the airport should take approximately one hour and there is on-site parking available at the accommodation. For more information, please visit [www.palmaairport.info](http://www.palmaairport.info).

## Accommodation

Featuring typical Mediterranean decor, Hotel Baluma Porto Petro is situated within a stone's throw of the harbour. Boasting comfortable rooms that are fully equipped with aircon Wi-Fi and twin or double



set beds. Breakfast with a sea view, 25m swimming pool and Sun Deck are just a few of the highlights of the hotel, but the real champion is the location and ease of access to the harbour and beaches.

### **Pre/Post Trip Accommodation**

If you would like to extend your stay in Mallorca and need to book additional nights' accommodation before or after your trip, please contact the hotel directly via [reservas@hotelbalumaportopetro.com](mailto:reservas@hotelbalumaportopetro.com).

### **Food and Drink**

All breakfasts are included throughout your trip, as well as lunch on Day 3, however, other lunches and all dinners are at your own expense. This gives you a fantastic opportunity to explore and experience the local cafes and restaurants of your choice around the wider Porto Petro area over the course of your trip.

### **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 entertainment, lunches, and dinners throughout your trip, not to forget souvenirs. The local currency in Spain is the Euro.

In some countries tipping, gratuities, is not part of the culture in others it has become an expected norm. We believe that tipping is entirely at your 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: [www.swimtrek.com/sustainable-travel](http://www.swimtrek.com/sustainable-travel)

### **Passports and Visas**

Spain 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 E.U. 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 about travel insurance, please visit: [www.swimtrek.com/travel-insurance](http://www.swimtrek.com/travel-insurance).

### **Health Information and Recommended Vaccinations**

For comprehensive health information for people travelling to Spain, including all recommended and required vaccinations, please visit [www.travelhealthpro.org.uk/countries](http://www.travelhealthpro.org.uk/countries). Please note that this information is subject to change, and you should re-check this site regularly prior to your trip.

### **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).