



TRIP OVERVIEW

Located in the Caribbean Sea some 70km west of Antigua, the island of Nevis is the smaller of the two islands making up the Federation of Saint Kitts and Nevis. It is one of the most unspoilt and relaxing islands in the Caribbean. Vividly green with blue skies, clean air and long empty beaches, Nevis has a gentle pace of life that encourages you to stop and appreciate the natural beauty around you. A perfect setting, then, for a challenge to swim from one island to another!

The Nevis to St. Kitts Cross Channel Swim started in 2002 and the number of competitors has grown year by year with almost 300 swimmers now taking part from around the world! The race is inclusive, supporting a range of swimming abilities from world-class swimmers to those who appreciate the challenge and sense of accomplishment of swimming from Nevis to St Kitts. Plus, you can see the bottom throughout the race, making it a truly unique event.

Our base is on Nevis and with a number of accommodation options, you will be sure to find something perfect for you. This package includes your entry into the annual Nevis to St Kitts Cross Channel Swim.

Entries for this iconic event are limited and SwimTrek is the only package provider. Be quick to secure your place on this unforgettable swimming event!

WHO IS THIS TRIP FOR?

The Nevis to St Kitts crossing is a significant open water swim of 4.1 km/2.5mile across The Narrows. Conditions during the event may be challenging and swimmers should have a good understanding of open water swimming. They should be capable of swimming 4 km in the open water and be comfortable swimming in choppy waters and currents prior to the start of the trip. Please note, there is a cut off time of 3 hours for the swim.

LOCATION SUMMARIES

St Kitts

The biggest of the two sister islands, St Kitts sits on the arc between Grenada and Puerto Rico, in the centre of the Caribbean Basin. The chicken drumstick-shaped island has uncrowded beaches, green hills, and one of the best preserved forts in the region, the 17th-century Brimstone Hill. St Kitts changed hands between the British and the French over the centuries, and the fort's views of Dutch neighbouring islands, St Eustatius, Saba and on a clear day St Martin, allowed the British rulers to see invaders coming from miles away, and to unload deadly cannon fire on them when they got close.

Nevis

Nevis is defined by its impressive natural vistas, deserted swaths of sand, and a long-dormant volcanic peak that sits shrouded in cloud – a verdant stairway to heaven. Here, there are no traffic lights and the only semblance of a rush hour is when word gets around that Killer Bee cocktails at Sunshine's (one



of the island's iconic beach bars) are 2 for 1!

TRIP SCHEDULE

DATE	ACTIVITY
Day 1: Arrival	Hotel Check-In
Day 2: Pre Race Swim	Breakfast
	Welcome meeting, briefing and Q & A
	Acclimatisation Swim
	SwimTrek Group Lunch
	Race Registration
	Swim course familiarisation – boat tour
Day 3: Race Day	Nevis to St Kitts Cross Channel Swim RACE
	Awards Ceremony on St Kitts
	Return transfer to Nevis
Day 4: Post Race Swim	Breakfast
Reserve Race Date	Hotel Check out

***Please note that the above itinerary is subject to change during the course of your trip.**

Day 1

You will have the opportunity to meet your SwimTrek guide at your accommodation before relaxing or perhaps completing a short, local swim before exploring the options for dinner.

Day 2

After breakfast, we will carry out our official welcome meeting at Oualie Beach on Nevis. For those staying on St Kitts, you will be transferred over by water taxi from the island to Oualie Beach. For those staying at the Hamilton Villa and Spa, you will be transferred by taxi to Oualie Beach. Here we will carry out a full briefing before our acclimatisation swim, a perfect pre event warm up.

After your morning swim, we invite all SwimTrek guests to join us for a group lunch at Oualie beach, which is included in your package. You will have the opportunity to relax and enjoy each other's company and discuss the event.

The afternoon is allocated to event registration (compulsory) and the boat tour for a course familiarisation and final questions. This boat tour is exclusive for SwimTrek guests.



Day 3 (Race Day)

Today we are up early for the Cross Channel Swim race. We'll head to the pre-race briefing before commencing the crossing. Upon arriving successfully into Cockleshell Bay on St Kitts, we'll be treated to a post-race awards ceremony before returning back to Nevis where you can continue the celebrations.

Day 4

This is your day to relax and reflect on the successful day before. There is always an opportunity for a swim before breakfast and farewells.

TRIP GRADING

The Nevis to St Kitts Cross Channel swim is the Caribbean's premier open water swim race. We have given this trip a 'Challenging' grading designed for people who want to experience more challenging swims. These are for experienced open water swimmers who want to push themselves.

Swimming Conditions

The Narrows, the strait between Nevis and St Kitts, is a natural body of open water, and is affected by local weather conditions, which can vary considerably from one day to the next. The preferred option is to conduct the race on April 6th however, in the unlikely event that swimming conditions are so unfavourable that the race time is changed, the Race Organisers will try to reschedule to April 7th.

Please keep this in mind when booking your return travel.

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.

Race Distance

The total distance of the Nevis to St Kitts Cross Channel swim is approximately 2.5miles/4.1km

Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
April	25-28°C / 77-82°F	26-29°C / 79-84°F

* Please note that these temperatures are indicative and should be used as a guide only.

Weather Caveat

For safety reasons, the event organisers rely on decent weather conditions in order to carry out the swim. In the event of bad weather and the swim being cancelled, there are no additional alternative times or days available after April 7th



EVENT INFORMATION

Race Organisers

Please note that while SwimTrek organise the tour part of this package, St Kitts and Nevis Swim Events are the organisers of the swim and are fully responsible for race safety, logistics and contingency planning.

Group Size and Boat Support

The Nevis to St Kitts Cross Channel swim is a mass start event. Boat support on this trip includes a flotilla of small boats arranged by the event organiser, some of which SwimTrek guides will be aboard. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Event transport for Swimmers

For those staying on St Kitts, a water transfer will be arranged for you from near the finish location, over to Nevis, for the start of the race. Once you finish the race, you will then be required to make your own way back to your accommodation.

For those staying on Nevis, we will arrange transfer from your accommodation to the start of the race. Once you have finished, a water transfer will be arranged for you from the finish to Oualie Beach. You will then be required to make your own way back to your accommodation.

Supporter's Package

There are a limited number of supporter's packages available which include shared accommodation with a race participant. Depending on where you are staying, we cannot guarantee that supporters will be able to travel to the start or finish of the race on, however, we will do our best to make this possible.

Race Equipment

Swimmers must wear appropriate swimwear and although not compulsory, it is recommended that swim goggles are worn. As stated in the Event Rules, please see the following

- Swimsuits must be FINA approved. Tech-suits banned by FINA are not allowed in this race.
- All swimmers must wear an official race hat (provided by the organisers) and a tow-float. **A tow float is included in your SwimTrek merchandise package.** Failure to start, swim or finish with both your swim hat and tow-float will lead to disqualification from the event.
- The use of swimming aids such as pull buoys, flippers, paddles, and wetsuits is allowed but will result in the swimmer not being considered for the general classification results and podium places.
- The use of snorkels is prohibited.
- The use of, mp3, radio devices etc. during the race is prohibited

Essential Equipment Checklist

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



✓	ITEM	✓	ITEM
<input type="checkbox"/>	Insect Repellent	<input type="checkbox"/>	Reef friendly waterproof Sun Cream / Zinc block
<input type="checkbox"/>	Towel	<input type="checkbox"/>	Rash Vest
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Small waterproof backpack/dry bag

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. There is also useful information on the Nevis Tourist Board website www.nevisisland.com

There are a number of travel options to get to Nevis, however please note that an additional night's accommodation is often required during transit. The more common route is to fly into St Kitts (Robert L. Bradshaw Airport - SKB) as this is the larger of the two islands and there are generally more flights available.

Travel from St Kitts Airport to Accommodation

If you are staying in one of our accommodation options on St Kitts, please contact the hotel directly for assistance in arranging transfers. For Timothy Beach, please contact using info@timothybeach.com. Alternatively, there are a number of taxis available from the airport who will be able to take you to your hotel.

Travel from St Kitts to Nevis

If your flight arrives into St Kitts (SKB), the easiest way to reach your accommodation is to join a pre arranged group transfer.

A group transfer has been arranged at for either 2pm or 5pm depending on your arrival time but is at your own expense. To book onto a group transfer please select the required time as an EXTRA during the booking process. If you know your flight number, please add this to special requests so we can monitor your arrival, or send it into our customer team once confirmed. The transfer from St Kitts airport to Nevis is approximately 45 minutes and will need to be paid locally. The taxi is \$15per person and the boat transfer is \$20per person.

If you are staying at The Hamilton Beach Villas and Spa then you will need to catch a taxi from Oualie Beach to Hamilton, but our SwimTrek guides will be able to assist you with this locally.

Alternatively, you can arrange your own transfer to your accommodation. You can take a taxi from the



airport to the ferry terminal in Basseterre (approximately 15 minutes) and take a ferry across to Charlestown on Nevis approximately 20-50 minutes. If travel times are known, a return ticket costs \$50 XCD. For flexibility, a single tickets costs \$28XCD. Please note for the return, there is a small departure fee to pay at the port in Nevis which is \$5XCD per person.

ACCOMMODATION

We have accommodation options on both [St Kitts and Nevis](#). There are a number of twin and double rooms on offer with a limited number of single supplement rooms which can be reserved during the booking process, subject to availability. Some double rooms can be offered as a triple or quadruple, perfect for travelling families. Please enquire with our customer team at info@swimtrek.com for more information.

On St Kitts

Timothy Beach Resort

Timothy Beach is located in Frigate Bay on St Kitts. With direct access to the water, its property is perfectly located amongst the tree lines gardens for the best 360 views. All rooms have an ensuite bathroom with wifi and air conditioning. The resort boasts a lovely pool, restaurant and beach bar.

St Kitts Marriott Resort

The Marriott resort on St Kitts is an inviting and relaxing resort, offering everything from a large on site pool, to beach front access and even a golf course. The resort caters for all guests with a variety of rooms and optional extras, there is something for everyone. All rooms in the resort have an en suite bathroom and are comfortable double or twin beds with air conditioning, a TV and refrigerator. The hotel also a number of an onsite restaurants for you to choose from.

On Nevis

Oualie Beach Resort

The resort is located on a coconut tree-lined beach on the quiet and unspoilt island of Nevis. The rooms are light and spacious, scattered along the beach in single and two storey 'gingerbread cottages' that reflect the traditional Caribbean style architecture of the island. Rooms are based on twin share in Deluxe Twin/Double or Queen rooms with en suite facilities.

The Hamilton Beach Spa and Villas

Tucked into the tranquil setting of Pinneys Beach, The Hamilton Beach Villas & Spa invites you to enjoy the beauty of Nevis with a practical and comfortable contemporary space. Expect an indoor and outdoor dining area, full baths, and a well-equipped kitchen complementing the charm of views spanning the Caribbean Sea, lush gardens, and the imposing Nevis Peak.

Relax in one of their two inviting pools or savour a delightful meal at our seaside restaurant, located a stone's throw from your accommodation.



Please note you will be required to catch a taxi to and from Oualie beach on both the pre race day (day 2) for the acclimatisation and registration and on Race Day (day 3). These transfers are included in your SwimTrek package but please allow additional time in the mornings and ensure you pack everything you need for the day. We recommend you bring a small, waterproof bag.

Pre/Post Trip Accommodation and Trip Extension Options

If you would like to extend your stay in Nevis and need to book additional nights' accommodation before or after your trip, you will be able to contact your chosen hotel directly;

Timothy Beach Resort (St Kitts) info@timothybeach.com

Oualie Beach (Nevis) faith.bertie@oualiebeach.com

The Hamilton Beach Villas and Spa (Nevis) info@thehamiltonnevis.com

St Kitts Marriott Resort reservation@stkittsmarriott.com

Food and Drink

All breakfasts are included in your package, however due to the potential early start on race day, you may not be able to have a full breakfast. We will do our best to ensure a small packed breakfast is available for you but please consider bringing additional items you require for race day.

One group lunch is included in your package but dinners are at your own expense. This gives you a fantastic opportunity to explore and experience other bars and restaurants on the island over the course of your trip. The average cost of dinner in a local restaurant. Some restaurants will require a taxi drive away which will be at your own expense, however reasonable rates are offered for groups and our guides will help arrange transport.

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 dinners, drinks, entertainment, souvenirs, and transfer travel costs. The official currency is the East Caribbean Dollar (XCD) although US dollars are commonly accepted and used. Change is usually given in XCD, regardless of the payment currency.

Please note that upon departure, there is a fee of approximately US\$37 for leaving the island, which includes an environmental levy and airport tax. This fee is often included in the cost of your airfare, however, this can vary from one company to the next, so please check with your own airline.

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 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.

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 St Kitts and Nevis 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 the St Kitts and Nevis, however, if travelling via the US, you may need to obtain a visa. For further information on St Kitts and Nevis visas, please visit www.foreign.gov.kn/countries-that-need-visas-to-travel-to-st-kitts-and-nevis.

For information about US visas, please visit <https://esta.cbp.dhs.gov/esta/>.

Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel.

Travellers are advised to complete the embarkation form before departure for St Kitts and Nevis – this will make the arrival process in St Kitts and Nevis speedier

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