



## TRIP OVERVIEW

Swimming around Italy's Tremiti Islands is the perfect way to experience this beautiful and remote part of the country. Located in the crystalline waters of the Adriatic Sea, the four islands that make up this tiny archipelago also form part of the larger Gargano National Park.

The waters that surround the four islands of San Domino, San Nicola, Capraia and Cretacio are known not just for their incredible clarity, but also for their wealth of spectacular caves, gorges and arches. Swim freely in turquoise waters with a backdrop of limestone bluffs and boulder-strewn beaches. On this unique tour, where we'll travel all over the Isole Tremiti archipelago, you'll enjoy a combination of coastal swims, crossings and a full circumnavigation swim of the island of San Nicola - before we return to San Domino each day for lunch. We'll enjoy our week's swim from several small support boats, giving you the opportunity to experience the region's stunning natural beauty from a truly unique perspective. Our accommodation at Hotel La Vela is the perfect base to relax and unwind at the end of the day, within a peaceful pine forest, above the quiet Matano Bay.

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## WHO IS THIS TRIP FOR?

This trip is ideal for swimmers who want to explore a remote and less visited part of Italy and the Adriatic Sea. You will have the opportunity to carry out several short crossings, longer coastal swims and a full island circumnavigation.

Swimmers should also have a basic understanding of open water swimming and be capable of completing the average swim distance of around 2 km prior to the start of the trip. The average daily swim distance is around 4km (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

### Gargano National Park

The "Parco Nazionale del Gargano" is one of Italy's most spectacular areas, scattered with white limestone cliffs, fairy-tale grottoes, sparkling sea and ancient forests. It has more in common with Dalmatia across the Adriatic than with the rest of Italy.

### San Domino

Our base for the week, San Domino is the largest of the Tremiti Islands and has a 7km circumference. Pine forests reach right down to the shoreline and junipers, rosemary, myrtle and other fragrant plants are dotted along the coastline.

### San Nicola

San Nicola is where most of the local population of 450 resides. It is the site of a monastery where a



monk named Nicolò was buried. Legend has it that every time someone tried to move his corpse off the island, a violent storm would break out, preventing his removal.

## Capraia

Originally named after the wild goat which roamed these islands, Capraia is the third smallest of the archipelago and is only a 350m swim from San Nicola.

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## TRIP SCHEDULE

Start Point	Hotel La Vela, San Domino <a href="http://www.hotel-lavela.it">www.hotel-lavela.it</a>
Start Time	18:30 on Day 1
Finish Point	Hotel La Vela, San Domino
Finish Time	09:30 on Day 7

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 at Hotel La Vela where we hold a welcome meeting, featuring a description of the days ahead followed by a safety briefing and an optional group dinner.

### Day 2

After breakfast we head down to Cala delle Arene for our acclimatisation swim. Following this you will have an opportunity for your stroke to be filmed which will be played back in the week. We'll then return to the hotel for lunch.

After lunch, we head out for a coastal swim from the white sandy beach of Cala delle Arene to Cale Cesare, near the southern tip of the island. This gives you the chance to experience the island of San Domino from water level. Later this evening, the guides will play back the videos filmed earlier in the day, and also offer technique advice.

### Day 3

We start off the day on San Domino, swimming into Cala Tonda - a cave set between cliff faces, as well as through sea grottoes at Rondinelle, before reaching Cala Tamariello. After this we head back for lunch before heading off to Capraia island, which is relatively bare and uninhabited. We start our swim at Punta Secca, where we will follow the coastline to Cala Dello Straccionne. The highlight is surely the swim through the Arch of Capraia, discovering the underwater statue of Padre Pio - one of the largest underwater statues in the world.



## Day 4

Today, we cross to the island of San Nicola, home to a fortress and the Benedictine abbey of Santa Maria a Mare. The swim around this island is a mix of straight coastal swimming and exploring scenic coves and bays. At the end of the circumnavigation, we can visit both the abbey and fortress and explore the island, before returning to San Domino.

## Day 5

We start the morning by heading off to Cala del Turchi on Capraia island, along the southern coast to Cala della Straccione. The island was once called 'Capperaia' due to the abundance of caper bushes that still grow there. After lunch back on San Domino, we prepare for our crossing from Capraia to San Nicola to the finish point at Grotta della Madonna.

## Day 6

It's the day of our biggest crossing of the week as we swim from the island of San Domino to Capraia and into the bay of Cala dei Turchi. We then return to Hotel la Vela for our final lunch of the trip. In the afternoon, we explore the coastline from the striking headland at Punta del Diamante. The underwater vista here is just as interesting as above the surface, with sea caves and stacks stretched along the coastline.

## Day 7

After the exertions of the week, it's time for a relaxing swim on the nearby beach, which is a short walk from our hotel, before the trip finishes at 9:30am. This should allow you time to catch the morning ferry for your return.

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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 delle Arene	2km	Cala delle Arene - Cala Cesare	2½km
Punta del Diavolo – Cala Tomariello	3km	Punta Secca – Cala del Straccionne	3km
San Nicola circumnavigation	3km		
Cala dei Turchi - Cala dello Straccione (Capraia)	3km	Capraia – San Nicola	2km
San Domino - Cala dei Turchi (Capraia)	2½km	Punta del Diamante	1km

## 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

Please note that as we return each day to San Domino for lunch, there will be two 10-minute uphill walks back from the port, following our morning and afternoon swims.

Walk	Duration
Afternoon Hike San Nicola	45 minutes

## 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 and care should be taken in these areas.



## Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
June	20-25°C / 68-77°F	22-29°C / 72-84°F
July	23-26°C / 73-79°F	24-31°C / 75-88°F
September	21-26°C / 70-79°F	20-26°C / 68-79°F
October	20-22°C / 68-72°F	17-22°C / 63-72°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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## TRIP INFORMATION

### Group Size

This trip has a maximum group size of 15. The group will be split into two groups, based on speed, with each group being accompanied by their own safety vessel/escort

### Boat Support

Boat support on this trip includes three small 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.

**Please also note that the support boats might be challenging to get in and out of if you have any physical disabilities or injuries, especially when conditions are choppy.**

### 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	<input type="checkbox"/>	Waterproof Jacket
<input type="checkbox"/>	Aqua Shoes / Sandals	<input type="checkbox"/>	Walking Shoes / Sandals



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

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## GETTING THERE

The easiest way to reach San Domino is to fly into Bari International Airport and then take a train to Termoli, followed by a ferry to the island. There are a wide range of airlines serving Bari from various British and European cities and this is the route SwimTrek would recommend.

The Tremiti Islands are also accessible via Pescara and Rome airports. Please note that travelling via Rome involves a significantly longer transfer to Termoli compared to Pescara and Bari.

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. Please note that due to the remote nature of the Tremiti Islands, travel to the islands make take longer than one day.

### Option 1: Travel to Termoli via Bari

#### Public Transport from Bari Airport to Termoli

From Bari International Airport (Aeroporto) you can take the subway to Bari Centrale (Bari C.LE) which takes approximately 15 minutes and costs €6. The trains run approximately every hour and, once released, a timetable of scheduled journeys can be found at the following website: [www.ferrovienordbarese.it](http://www.ferrovienordbarese.it).

Once at Bari Centrale, you will need to take a train to Termoli. This will take approximately 1½-2 hours and costs between €20 and €30 one way depending on the train and time of booking. Once released, a timetable of scheduled journeys can be found at the following website: [www.trenitalia.com](http://www.trenitalia.com).

#### Accommodation In Termoli

Travel to and from the Tremiti Islands is determined by the ferry schedule. If your flight does not match up with the ferry schedule, you may need to spend a night in Termoli during your journey

#### Helicopter From Foggia

As an alternative to catching the ferry from Termoli to San Domino, an exclusive helicopter connection is available from Foggia Heliport to San Domino, which takes approximately 20 minutes, costs around €30-€60 one way and lands only 150m away from our hotel. Please be aware that there is a 10kg baggage limit per person on this flight. Once released, flight timetables for this helicopter journey can be found at [www.alidaunia.it](http://www.alidaunia.it). Please note, the entrance of Foggia Heliport is located a 30-minute walk from the main Foggia Airport entrance, along a highway.

To get from Bari Airport to Foggia Heliport, you can take the subway from Bari International Airport to



Bari Centrale (Bari C.LE), which takes approximately 15 minutes and costs €6. The trains run approximately every hour and, once released, a timetable of scheduled journeys can be found at [www.ferrovienordbarese.it](http://www.ferrovienordbarese.it)

Once at Bari Centrale, you will need to take a train to Foggia. This will take approximately 1-1½ hours and costs between €9 and €25 one way depending on the train and time of booking. Once released, a timetable of scheduled journeys can be found at [www.trenitalia.com](http://www.trenitalia.com).

We would then recommend taking a taxi from Foggia train station to Foggia Heliport, which is around a 5km drive away.

## **Option 2: Travel to Termoli via Pescara**

### **Public Transport from Pescara Airport to Termoli**

From Pescara Airport, you can take a taxi or the No.38 bus to the railway station in Pescara City Centre. This leaves from outside the airport terminal and takes approximately 10 minutes. The railway station is the sixth stop on the journey (Piazza della Repubblica). Tickets are sold via the automatic machines in the arrivals area of the airport. The name of the bus company is GTM.

Once at the railway station, you will need to take a train to Termoli. This will take approximately 50 minutes and will cost between €10 and €20 one way depending on the train and time of booking. A timetable of scheduled journeys can be found at [www.trenitalia.com](http://www.trenitalia.com).

## **Ferry travel from Termoli to San Domino**

From the train station, the Termoli ferry port is approximately a 20-minute walk or a five-minute taxi ride. There are two different ferry lines that operate ferries from Termoli to San Domino. Once released, the timetables for these ferries can be found at <https://www.traghettiup.com/en/tratte/termoli-san-domino>

Once you arrive in San Domino, Hotel La Vela operates a complimentary shuttle service which will transport you from the port to the hotel. This can be arranged with the hotel directly via email at [info@hotel-lavela.it](mailto:info@hotel-lavela.it).

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## **ACCOMMODATION**

The family-run Hotel La Vela is located amongst the pine woods above Matano Bay and is just a stone's throw away the nearest beach and only 200m from the small village of San Domino. The hotel offers comfortable accommodation, local cuisine and includes the option of upgrading to partial sea view rooms for our guests. Our accommodation is based on twin-share rooms with en suite facilities. 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 Italy and need to book additional nights' accommodation before or after your trip, please contact the hotel directly via [info@hotel-lavela.it](mailto:info@hotel-lavela.it).

## Food and Drink

All breakfasts and lunches are included in your trip price, and we will return each day to San Domino for lunch. Dinners are at your own expense, which gives you a fantastic opportunity to explore and experience the local cafes and restaurants of your choice over the course of your trip. The average price of a two-course dinner in Tremiti is between €25 and €30 per person.

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 (€). There is one ATM available on San Domino where you can draw local currency out, it is located at the Post Office, directly across the road from our hotel. However, it is advised to draw local currency out before arriving on the island.

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

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

### **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**

There is complimentary Wi-Fi internet access in the hotel in communal areas. For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit [worldstandards.eu](http://worldstandards.eu).