

Designed for the open water swimmer or triathlete in training for any significant open water swim in the coming season. The tour is also ideal for those undertaking a solo crossing of the English Channel or similar as sea temperature will be approx. 14-16°C. The tour features long open water swims with full escort boat provision as well as technique coaching and training seminars all aimed at making your major swim a successful one.

Island Summary

Mallorca, the largest of the Balearic islands lies 175 kms off Spain's West coast. It's an island of contrasts, with the mountains of the North combining with the flat lands of the West and the cliffs and rocky landscape of the East coast.

We are based in the town of Cala Ferrera on Mallorca's South-East shore. From Cala Ferrera there are swims in the Mondragó National Park and further afield. Our Hotel accommodation is located within close proximity to Cala Ferrera Bay.

Weekly Schedule

We meet at the hotel in Cala Ferrera for a pre-trip safety briefing and to discuss in detail the plans for the week ahead, focusing on the swim schedule and seminar plan.

Daily Swim Time: up to 3hrs

We hold an initial swim in Ferrera Bay. This is an ideal time to get used to the conditions and temperature. Following this, we head to the pool to film your stroke under the water using specialised video equipment. In the afternoon we have another swim. Later in the evening we will meet in the hotel to view the film offering detailed stroke analysis for each person, followed by our first seminar.

Daily Swim Time: up to 5hrs

A big day as we fit in 2 long swim sessions heading towards the Mondragó National Park. Distances will vary according to each swimmer and their training goals, and we will also focus on your feeding plan suggesting alterations if required.

Daily Swim Time: up to 6hrs

One six hour swim. The precise swim location will be based on the current weather, so for Channel soloists it's a mandatory pre-qualifier and for all others it's a chance to see what you can do! We will provide full safety boat cover and nutritional support during your swim. Following this we will work with you individually on assessing the outcome.

Daily Swim Time: up to 2 hours

A day to swim, a day to focus on your technique, a day to relax! The day is planned with an easy but important recovery swim after yesterday's efforts, and a chance to chill on a boat by. Time will be set aside for a full Q&A session to cover any points not previously answered during the week.

Daily Swim Time: up to 1 hour

There's time for one more morning swim session before the trip ends. We swim as a group and it is an excellent time to work on your technique and afterwards to swap information with other guests and guides from your tour.

Weather Caveat

As regards safety, for obvious reasons we rely on decent weather conditions. As a consequence, open water swimming does require an inherent degree of on-trip flexibility, so required changes in the planned itinerary will not be uncommon and will undoubtedly add to the uniqueness of your tour.

The initial discussion on the Saturday evening between you and the guides will help determine your recommended daily swimming time. This can vary between swimmers and in many cases it is often exceeded! The tour is an ideal opportunity to swim some big distances and gain expert knowledge both during the day and at the evening seminars.

Swim Coaching

Your guides are all experienced coaches and a number are experienced English Channel solo swimmers. They will work with you on understanding your sometimes complex needs during this week of highly specific training.

Kevin Murphy, Fiona Southwell and Trish Brennan are currently guiding on all 2014 tours. Cliff Golding is currently guiding March 29th—April 10th and Anna Wardley is guiding April 12th—April 24th. It is worth noting that these guides could change at anytime.

Seminars

These are an important part of the trip and areas covered:

Mental preparation

Feeding & hydration

Stroke technique and analysis

On-going training

Pilots & crew

Hypothermia & fatigue

Other long-distance swims

Water based Communication

Practical Information

Cala Ferrera, Mallorca
Ferrera Beach Apartments

From 6pm on the Saturday
Cala Ferrera, Mallorca
11am on Thursday

To get to Mallorca, you will need to fly into Palma. There are a number of scheduled services operating to Palma from various British and European cities.

British Airways: _____
EasyJet: _____
Thomson Airways: _____
Thomas Cook: _____

We recommend www.skyscanner.net when looking for flights.

We recommend taking a transfer from Mallorca airport to the Ferrera Beach Apartments. Shuttle Transunion provide a shared shuttle service for around €15. For further information or to book visit their website www.shuttletransunion.com

You require a full passport, that should be valid for 6 months beyond the expected length of stay. You should check if you require a visa. Most nationalities do not require a visa to enter Spain. Visa regulations do change. Please check!

There are no essential vaccination requirements for Spain but you should ensure that your tetanus and polio are up to date.

As a requirement to come on this trip, you will need to provide a medical form signed by your doctor. If you have already completed a medical in preparation for a swim in 2014, then please send a copy as this may be sufficient. If you do not have this then please contact the office.

Guests who book a twin will share a one-bedroom apartment, and guests who book a single will get their own apartment. They're all modern, light and airy. All of them equipped with A/C, kitchen, bathroom, Safe deposit box, balcony or terrace, LCD TV, hair drier, glass-ceramic hob, microwave oven. (Single Supplement applies)

All breakfasts and lunches are included, excluding Thursday. Dinners are not included, as this allows you to choose where, when and with whom you would like to dine. There is always an opportunity to dine as part of the group or cook in your apartment if you so wish.

You should bring extra money with you to cover such items as entertainment, dinner, souvenirs, etc. The local currency in Mallorca is the Euro (€).

Up to a maximum of 16 people, with 3 to 4 swimming guides/coaches, local boat pilot and/or motorised boat escorts.

These will vary depending on the individual and will be tailored according to the swim being trained for.

Late March	13-14	20
Early April:	14-15	22
Late April:	15-16	23

Water temperature caveat:

Obviously sea temperature is out of our control and we cannot guarantee that the water will be 15°C or under for the 6-hour swim.

In addition to "normal" items, you will need to bring:-

Swimming costume (2 of)	Sweater/Fleece/woolly hat
Swimming goggles (2 of)	Water bottle
Towels	Sun hat and sun cream
Gloves and warm socks	Swim Ear plugs
Small daypack	Waterproof watch
Tracksuit trousers/sweatpants	Waterproof trousers/Jacket
Aqua Shoes / Sandals (which you don't mind getting wet!)	

Try to bring a number of goggles with a selection of clear and tinted lenses for different light conditions.

Please note that SwimTrek will supply nutrition drinks and swim hats. You may bring any other kit that you want.

Swimming Caveat:

Swimming in the sea is a fantastic experience, but you need to be aware of certain marine life such as jellyfish, sea urchins and coral. These could be present during a swim, so in all cases we will work on minimising their occurrence.

In the event you are stung by jellyfish, in most cases you can normally carry on swimming. However, if you do have a problem, we can assess/treat the affected area immediately on the escort boat. If this area continues to cause discomfort and/or becomes infected during or after the tour, you should seek medical attention immediately explaining the nature of the cause. Please ensure you contact us prior to booking if you suffer from Anaphylaxis.