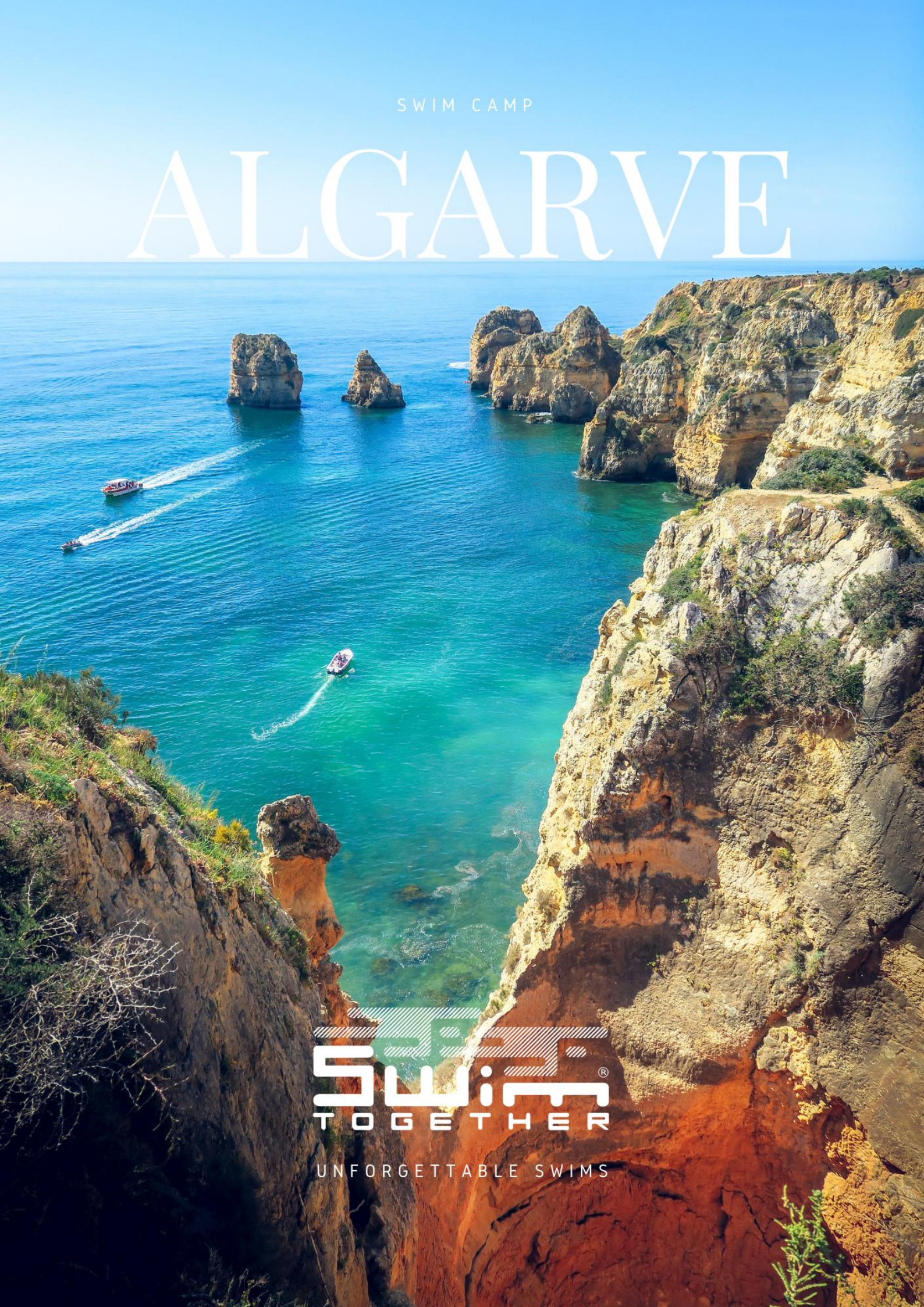
SWIM CAMP

ALGARVE



SWIM TOGETHER®

UNFORGETTABLE SWIMS



TRIP DESCRIPTION

Imagine swimming into the heart of the iconic Benagil Cave, surrounded by golden cliffs, clear turquoise waters, and sea caves accessible only to those brave enough to dive in.

This is the Algarve at its rawest and most beautiful, and for the very first time, we are bringing our Race Week experience to this incredible coastline!

From the dramatic coastlines of Sagres and Lagos to the hidden gems of Portimão and Carvoeiro, our swim camp seamlessly combines breathtaking clifftop walks with immersive coastal swims. You will experience Praia da Marinha from the water to see why it is consistently named one of Europe's finest beaches, swimming past sea stacks, through natural tunnels, and into secret marine spots completely unreachable by land, all with expert, specialized safety support leading the way. Beyond the ocean, you will relax in a charming local fishing village, soak up coastal traditions, and enjoy pristine, secluded beaches.

To top it all off, your week of training and exploration builds up to the ultimate grand finale on the final day: taking the start line at the inaugural Oceanman Algarve! Be part of history as this prestigious event takes place in the region for the very first time, putting your skills to the test in either the 5km or 10km race distance.

Are you ready to train, explore, and race in our inaugural Algarve Race Week?



ITINERARY

DAY 1 | WELCOME & ACCLIMATIZATION SWIM

We will meet you at Faro International Airport (FAO), where your transfer will be waiting to greet you. From there, enjoy a smooth and scenic drive of around 45 to 50 minutes through the heart of the region to our hotel in Portimão for check in. Once settled, we'll gather for a relaxed welcome lunch with your fellow swimmers, followed by an introductory briefing to go over safety protocols, ocean conditions, and the exciting week ahead. In the afternoon, we will head straight to the beach for our acclimatization swim in the clear, calm waters of the Algarve. It is the perfect opportunity to adjust to the sea temperature, test your equipment, and enjoy your very first strokes along this incredible coastline.







DAY 2 | FROM SALEMA TO THE MARTINHAL ISLETS

The first full day of our Algarve adventure takes us to the wild beauty of the western coast. Setting off by motorboat from Praia da Salema, we will head west to explore hidden sea caves, dramatic secret grottoes, and pristine coastal stretches on our way toward the iconic Martinhal Islets. After completing our swim around these striking rock formations, we will head back on board for a traditional Portuguese lunch. In the afternoon, we will take a short coastal walk around Ponta da Piedade to soak in the incredible ocean panoramas and marvel at the breathtaking scenery that makes this region so unforgettable.







DAY 3 | THE GOLDEN CLIFFS & SEA CAVES OF PORTIMÃO

After breakfast, we'll start exploring the coast of Portimão. We will leave the Portimão Marina in a small boat to our starting point, Praia da Senhora da Rocha. From there, we will swim around breathtaking rock formations, including the Arco de Albandeira. We will swim through inland caves which has under cliff access to the beaches. After a stunning pass under a double sea arch we arrive at Praia de Marinha where we will board our support boat again. Returning to the city of Portimão, we will visit the highlight of this tour, the famous “Cathedral” or Cave of Benagil, which we will only visit by boat. After tasting the local gastronomy, we will walk by Algar Seco, along the Seven Hanging Valleys cliff path.







DAY 4 | THE ROCKY COAST OF PONTA JOÃO DE ARENS

Our morning begins in Portimão as we set out to swim along one of the Algarve's best-kept secrets: the pristine headland of Ponta João de Arens. This secluded stretch of coastline is defined by towering limestone cliffs, hidden coves, and dramatic sea stacks scattered throughout the turquoise water. You will navigate around these rocky islets, swimming through natural ocean channels while admiring the rugged beauty of the coastal landscape from the sea. After completing our morning session, we will gather for a leisurely meal to savor authentic local flavors at Alvor. The rest of the afternoon is yours to unwind, soak up the sun, and fully recharge as we prepare for the final swim adventure of the trip.



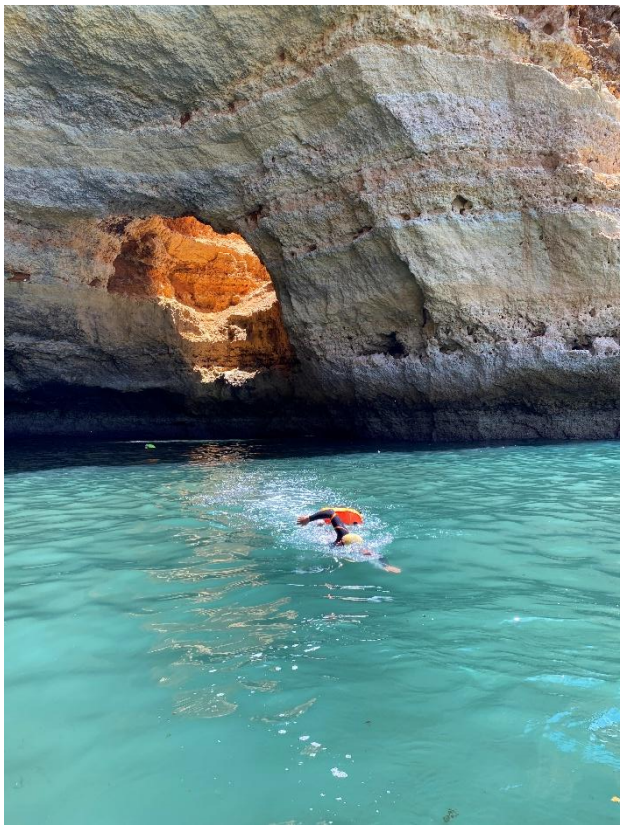




DAY 5 | THE WILD FRONTIER OF SAGRES & CABO DE SÃO VICENTE

We conclude our expedition in Sagres, a legendary fishing village situated at the edge of the European continent. This final swim takes us directly beneath the dramatic, towering cliffs of the headland, swimming right between the iconic Fortress of Sagres and the lighthouse of Cabo de São Vicente. You will navigate these powerful waters alongside sheer rock walls, experiencing one of the most awe-inspiring stretches of coastline in the world. After our swim, we will celebrate the end of our journey with a delicious lunch of fish, locally caught fish. Known historically as the "End of the World," this dramatic headland features towering cliffs rising straight out of the Atlantic and one of Europe's most powerful lighthouses. It is the perfect, awe-inspiring setting to wrap up an unforgettable week of open-water swimming.







DAY 6 | THE GRAND FINALE: OCEANMAN ALGARVE & DEPARTURE

What better way to conclude an incredible race week than by joining the inaugural edition of Oceanman Algarve! On our final day together, swimmers will take on the ultimate challenge, competing in the 5km or 10km race options to cap off an unforgettable week on a high note. For anyone who wants to celebrate and recharge, you are welcome to extend your stay with an extra night at the hotel to rest and recover after the race. After celebrating our race achievements, we bid a fond farewell to everyone taking their flights back home. A transfer service will depart from the hotel to Faro International Airport, scheduled according to the group's overall arrival and departure schedule to ensure a smooth and seamless journey. Thank you for sharing this epic swim adventure across the Algarve with us. Safe travels home, and we hope to see you in the water again soon!

OCEANMAN®
WE ARE OPEN WATER SWIMMING
ALGARVE
PORTUGAL



WHAT IS INCLUDED?

- **Safety:**
  - Personal Accidents Insurance
  - Accompanied by experienced swim guides
  - Open water sessions are accompanied by one boat and one kayak (when possible)
- **Food:**
  - Breakfasts
  - Lunches[1]
  - Water, tea, dry fruits and oranges during swimming moments
- **Accommodation**:
  - 5 nights at Jupiter Algarve Hotel[2]
  - Twin rooms for all customers with standard view. Upgrade to single and/or sea view available
- **Transfers:**
  - During all trip in a 9-seater van or similar
- **Others**:
  - Oceanman Algarve Registration
  - Photos
  - Special discount at the hotel Spa

[1] Only waters included. Other drinks with extra cost. **NOTE**: Vegetarian option included.
[2] The accommodation is subject to availability and may change to a similar alternative.



WHAT IS NOT INCLUDED?

- Equipment
- Flights
- Personal extras, gratuities for local guides
- Anything not mention in the up section
- Evening meals[3]
- Personal travel insurance
- City Tourist Tax at accommodation
- Extra activities

EQUIPMENT CHECKLIST

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

✓	ITEM	✓	ITEM
☐	Swimming Costume (x2)	☐	Towel
☐	Swimming Goggles (x2)*	☐	Small Daypack / Dry bag
☐	Wetsuit (Optional)	☐	Poncho / Dry Robe
☐	Swim Buoy	☐	Warm Clothes and Waterproof Jacket
☐	Sun Hat and Sunglasses	☐	Walking Shoes / Sandals
☐	High Factor, Water Resistant Sun Cream	☐	Anti-chafing cream or neck protector
☐	Fins and Paddles (Optional)	☐	Aqua Shoes

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

Equipment Rental: Wetsuits and swimming gear can be rented at the meeting point. Please request your equipment at least 2 weeks prior to the start of the trip.

[3] Special conditions with the hotel. **NOTE**: Vegetarian option included.



ACCOMMODATION

Located right on the vibrant beachfront of Praia da Rocha in Portimão, Jupiter Algarve Hotel is a 4 star oceanfront destination offering a breathtaking setting with panoramic views over the Atlantic Ocean and the golden cliffs of the coastline. Situated just steps from the sand and the lively seaside promenade, the hotel provides the perfect balance of relaxation, convenience, and comfort after an inspiring day in the water. Whether relaxing by the outdoor swimming pool, unwinding at the Soul Spa, or enjoying a quiet evening overlooking the waves, Jupiter Algarve Hotel serves as an exceptional base for an unforgettable Algarve swim camp experience.





SWIMMING DISTANCE

This swimming holiday takes place in the Algarve and is approximately 17-20km (average of 3.5km / day). 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 and distances will vary according to local weather and sea conditions. Your SwimTogether 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.

SEA CONDITIONS

Swimming in the sea is a unique experience, however, you should be aware of marine life such as jellyfish, sea urchins and seaweed. In addition, the sea and weather conditions may make the swimming more challenging.

WATER TEMPERATURE

The average temperature during this time of the year is between 16ºC and 20ºC (61ºF and 68ºF), reason why the use of wetsuit is advised.



WHO CAN PARTICIPATE?

The experience of outdoor swimming can be challenging, but extremely out of the ordinary. Having a natural self confidence to swim in open waters is an asset. The minimum required swimming speed that you can achieve is 30min/km, and the minimum required swim distance you can do nonstop is 2km. This swim camp can be accompanied by adult family members or friends who travel with you and are not participating in the swimming.

GROUP SIZE

This swimming holiday has a maximum of 10 participants. According to the speed of the swimmers we can make 2 groups. Each group is escorted by a safety team.

SAFETY

The whole Swim Camp will be accompanied by 2 experienced guides who will stay with you in the water and at your hotel. Whenever you need you can ask them for information and assistance. All open water swimming sessions that are not performed in front of the hotel will be accompanied by a boat and one kayak (when possible). During the open water swims you can get out of the water or ask for something to eat or drink.



MEETING POINT

Location: Faro Internacional Airport Gago Coutinho (FAO), Algarve.

Pick Up Time: 10.30am on Day 1

Drop Off Time: after the Oceanman Algarve Race on Day 6

We will meet you at Faro International Airport Gago Coutinho, where your transfer will be waiting to greet you. From here, enjoy a scenic drive of approximately 50 minutes through the heart of the region to our hotel in Portimão for check in.

