DAY 1

13h45 – 14h00	**WELCOME**
14h00 – 15h30	**TRANSFER**
	From the Lisbon Airport to Martinchel.
15h30 – 16h00	**CHECK-IN**
	In the Segredos de Vale Manso Hotel.
16h00 – 18h00	**OPEN WATERS**
	Water Adaptation Swim (2km).
18h00 – 19h00	**REST**
	In the Segredos de Vale Manso Hotel.
19h00 – 20h30	**DINNER**
	In the Segredos de Vale Manso Hotel Restaurant.

DAY 2

7h00 – 8h00	**BREAKFAST**
8h00 – 9h00	**TRANSFER**
	Car transfer from the hotel to Aldeia do Mato.
09h00 – 12h00	**OPEN WATERS**
	Zêzere Castle Tour (4km).
12h00 – 14h00	**LUNCH**
	In a Restaurant in Constância.
14h00 – 15h00	**ACTIVITY**
	Visit Castelo de Almourol.
15h00 – 16h00	**TRANSFER**
	Car transfer from Castelo de Almourol to Cabeça Gorda.
16h00 – 18h00	**OPEN WATERS (OPTIONAL)**
	Relaxed Swim in Cabeça Gorda (2km).
18h00 – 19h00	**REST**
	In the Segredos de Vale Manso Hotel.
19h00 – 20h30	**DINNER**
	In the Segredos de Vale Manso Hotel Restaurant.

DAY 3

7h00 – 8h00	**BREAKFAST**
8h00 – 9h00	**TRANSFER**
	Car transfer from the hotel to Ilha do Lombo.
09h00 – 12h00	**OPEN WATERS**
	Ilha do Lombo Swim Tour (4km).
12h00 – 14h00	**LUNCH**
	In a Restaurant in Tomar.
14h00 – 15h00	**ACTIVITY**
	Visit the Templar City of Tomar.
15h00 – 17h00	**OPEN WATERS (OPTIONAL)**
	Relaxed Swim in Vila Nova (2km).
17h00 – 18h00	**TRANSFER**
	Car transfer from Vila Nova to the hotel.
18h00 – 19h00	**REST**
	In the Segredos de Vale Manso Hotel.
19h00 – 20h30	**DINNER**
	In the Segredos de Vale Manso Hotel Restaurant.

DAY 4

7h00 – 8h00	**BREAKFAST**
8h00 – 9h00	**TRANSFER**
	Car transfer from the hotel to Zaboeira.
09h00 – 12h00	**OPEN WATERS**
	Zaboeira Swim Tour (3km).
12h00 – 14h00	**LUNCH**
	In a Restaurant in Vila de Rei.
14h00 – 15h00	**ACTIVITY**
	Visit Penedo Furado.
15h00 – 17h00	**OPEN WATERS (OPTIONAL)**
	Relaxed Swim in Fontes (2km).
17h00 – 18h00	**TRANSFER**
	Car transfer from Fontes to the hotel.
18h00 – 19h00	**REST**
	In the Segredos de Vale Manso Hotel.
19h00 – 20h30	**DINNER**
	In the Segredos de Vale Manso Hotel Restaurant.

DAY 5

7h00 – 8h00	**BREAKFAST**
8h00 – 9h00	**TRANSFER**
	Car transfer from the hotel to Vale Serrão.
09h00 – 12h00	**OPEN WATERS**
	Vale Serrão Swim Tour (3km).
12h00 – 14h00	**LUNCH**
	In a Restaurant in Vale Serrão.
14h00 – 15h00	**ACTIVITY**
	Visit Dornes, one of the 7 Wonders of Portugal.
15h00 – 17h00	**OPEN WATERS (OPTIONAL)**
	Relaxed Swim in Dornes (2km).
17h00 – 18h00	**TRANSFER**
	Car transfer from Dornes to the hotel.
18h00 – 19h00	**REST**
	In the Segredos de Vale Manso Hotel.
19h00 – 20h30	**DINNER**
	In the Segredos de Vale Manso Hotel Restaurant.

DAY 6

7h00 – 8h00	**BREAKFAST**
8h00 – 10h00	**OPEN WATERS**
	Last Swim in Martinchel (2km).
10h00 – 11h00	**REST**
	In the Segredos de Vale Manso Hotel.
11h00 – 11h30	**CHECK-OUT**
	In the Segredos de Vale Manso Hotel.
11h30 – 12h30	**LUNCH**
	In the Segredos de Vale Manso Hotel Restaurant.
12h30 – 14h00	**TRANSFER**
	From Martinchel to the Lisbon Airport.
14h00 – 14h15	**FAREWELL**
	Until the next adventure!

WHAT IS INCLUDED?

- Safety in and out of water (Insurance)
- Company of experienced guides
- Food supply in training
- Transfers during the SwimCamp
- 5 nights in a 4-star hotel accommodation with river view and direct beach access
- All meals (Breakfast + Lunch + Dinner)

WHAT IS NOT INCLUDED?

- Training Equipment
- Flights
- Drinks other than waters during meals (Lunch and Dinner)

ACTIVITY DESCRIPTION

Looking for fresher waters, calmer surfaces and a winding route, then a river swimming holiday may be the getaway for you.

Discover some of the most breathtaking landscapes in the Center of Portugal with thise truly unique swimming vacation along the River Zêzere. This incredibly beautiful trip features an

adventurous itinerary where we'll swim alongside some of the region's most remarkable natural scenery and have the chance to see the area's local wildlife in their natural habitat.

It's not just the swimming that makes this a trip of a lifetime. Our itinerary see us explore the surroundings of the Castelo de Bode Dam as our journey takes us through Dornes, Penedo Furado, Tomar and Ferreira do Zêzere. The panoramic views we'll have as we down the winding course of the river are impressive. We stay at Martinchel, which is a comfortable and rustic base for the duration of the trip.

Unleash your inner adventurer with this amazing trip!

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 swimming speed is 40min/km.

MEETING POINT

Location: Lisbon Airport

Address: Alameda das Comunidades Portuguesas, 1700-111 Lisboa

Start Time: 2:00 P.M. on Day 1

End Time: 2:00 P.M. on Day 6

EQUIPMENT REQUIRED

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

✓	ITEM	✓	ITEM
☐	Swimming Costume (x 2)	☐	Towels
☐	Swimming Goggles (x 2) *	☐	Small Backpack
☐	Wetsuit	☐	Waterproof Jacket
☐	High Factor, Water Resistant Sun Cream	☐	Sweater / Fleece / Woolly Hat / Hat / Gloves and Warm Socks
☐	Swim Earplugs (if you use them)	☐	Waterproof Watch
☐	Tracksuit Trousers / Sweatpants	☐	Thermal Underwear / Base Layers
☐	Aqua Shoes / Sandals / Slippers	☐	Any Specific Nutritional Needs

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

Extra: If you need some material to carry out the experience you can rent at the meeting point. For this, we need you to request us until 24 hours before the start of the activity.

ACCOMPANYING

This trip may be accompanied by family or friends who travel with you. Each escort may choose to accompany you in a kayak, or on a Stand-Up-Paddle board. Children may also be

present since supervised by an adult. The companions are an excellent complement to the safety of the activities.

SWIMMING DISTANCE

This swimming holiday takes place in the River Zêzere and is approximately 26km (2km on the 1st day, 6km on the 2nd day, 6km on the 3rd day, 5km on the 4th day, 5km on the 5th day and 2km on the 6th day). Click here to see all crossings.

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 river 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.

DAY 1

After your arrival at the Castelo de Bode Dam, you will have time to check in to your accommodation before meeting in the hotel's lounge for a safety briefing in which you'll have a chance to meet your swimming companions and SwimTogether guides.

Then, we walk to the river for our acclimatisation swim. Following this, it's time for the first of our delicious typical portuguese dinners.

DAY 2

We start the first day of the trip swimming at the Praia Fluvial da Aldeia do Mato, a few kilometers from the hotel. From the beach, we swim along the left bank of the river until we reach two islands that we will swim around.

After lunch, we visit the Castle of Almourol, one of the most emblematic monuments of the Christian Reconquest. Before return to the accommodation, we still have time for a rewarding swim on Cabeça Gorda, a small island set just in the middle of the lake.

DAY 3

Our morning swim ventures into the charming small island called Ilha do Lombo, which was a pleasant inn. Due to its geographical location it can only be reached by water, so it will be a very special swim, which few people have the opportunity to experience. The views on this swim are some of the most visually stunning of the whole week.

After time to have lunch and visit Tomar, the afternoon sun lights up the Praia Fluvial de Vila Nova and we'll swim upstream.

DAY 4

We embraced our peace setting this morning as we drive to Zaboeira. From our launch point on the local river beach, we can clearly see the Ferreira do Zêzere bridge in the distance. We enter the lake and swam south to contemplate the beauty of the bridge that connects the district of Santarém and Castelo Branco.

In the afternoon, we undertake a shorter swim from Praia Fluvial de Fontes, a place where we can contemplate the north side of Ilha do Lombo, explored on the day before. But first, we will visit one of the main belvederes in this área, the Penedo Furado, from where you can admire a fine panoramic view of the riverside and dive into the waterfalls and charming natural pools.

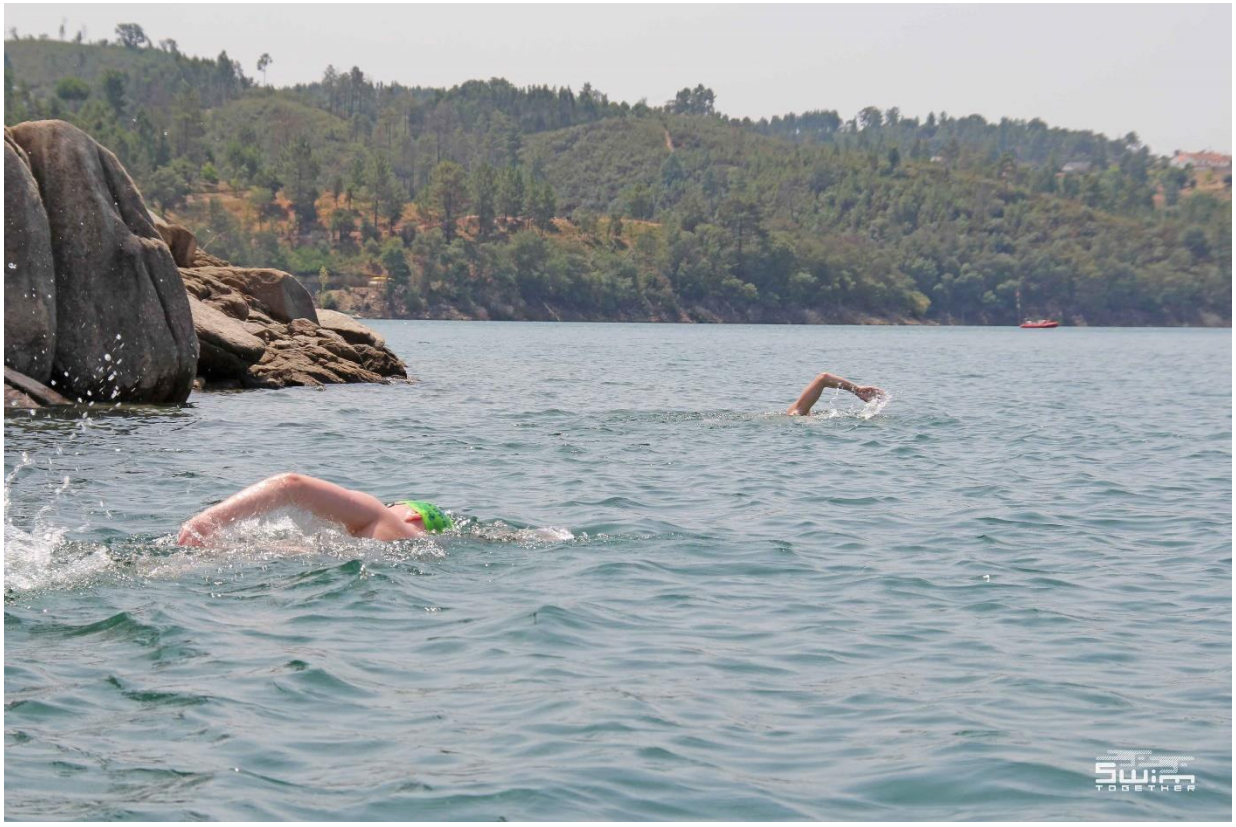
DAY 5

It's an early start today for the swim on the most remote northern part of this winding river. After swimming 3km, we'll enjoy today's lunch in Vale Serrão.

After lunch, we undertake the last leg of the trip and explore the Village of Dornes, with its row of white houses and the pentagonal tower built by the Templars.

DAY 6

After finishing our last swim, we have our final last chance to take in the beautiful scenery of this place on our drive back to Lisbon, where we drop you at Humberto Delgado Airport in order to catch a flight back home.



ACCOMMODATION

The 4-star hotel Segredos do Vale Manso* is a panoramic hotel with prevailing view over the Zêzere River and a privileged location on the beachfront of Aldeia do Mato. With direct access to the beach, you can contemplate a river of sensations and immerse yourself in a wave of pure evasion, in the poetry of the moment. It is located 1h30 from Lisbon Airport and 30 minutes from Tomar.

All the facilities in your room:

- Double room w/ single upgrade
- River view room w/ balcony
- Cable TV with plasma display
- Free WiFi
- Air conditioning
- Hairdryer

* According to the time of year and availability, you can stay in an equivalent hotel.

WEB: www.swim-together.com EMAIL: info@swim-together.com TEL: +351 917 147 424

RIVER CONDITIONS

Swimming in the river is a unique experience, however, you should be aware that contact with marine species such as fish during dives is normal. In addition, the river's own and atmospheric conditions can make swimming more challenging.

WATER TEMPERATURE

The average temperature throughout the year is between 16°C and 24°C (61°F and 75°F), reason why the use of isothermal fact is advised in winter and optional in summer.

GROUP SIZE

This activity has a maximum of 12 participants, including companions. There will be 2 groups, according to the speed of each swimmer. Each group is escorted by a security team.

SAFETY

Throughout the activity you will be accompanied by an experienced team present in kayaks. At any time you can ask for assistance to rest, get out of the water or to feed yourself with the supplies we offer you. Our team is composed of experienced guides with the first aid course.

GUIDES

ANDRÉ SANTOS

Founder & CEO at Swim Together

André Santos is an entrepreneur. With only 20 years old opened his own business. Unsatisfied by nature, he can not stand still, dedicating his time to what he likes the most: to create and to explore. Not only is the voice of the project, but also responsible for motivating his team to follow his dream. What moves him is the will to "make it happen," believing that "difficult is different from impossible".