PROGRAM

7h45 – 8h00	**WELCOME**
8h00 – 9h00	**TRIP**
	Car transfer from Funchal to Seixal.
9h00 – 12h00	**OPEN WATERS**
	Warm Up + Swimming (3km) + Stretching.
12h00 – 14h00	**LUNCH**
	In a Restaurant in Porto Moniz.
14h00 – 16h30	**ACTIVITY**
	Achadas da Cruz Cable Car.
	Visit Fajã da Quebrada Nova.
16h30 – 17h45	**TRIP**
	Car transfer from Achadas da Cruz to Funchal.
17h45 – 18h00	**CHECK-OUT**
	Farewell. Until the next adventure!

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

WHAT IS INCLUDED?

- Safety in and out of water (Insurance)
- Company of experienced guides
- Food supply in training
- Lunch
- Transfers during the adventure
- Visit Achadas da Cruz (cable car included)

WHAT IS NOT INCLUDED?

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

ACTIVITY DESCRIPTION

Porto Moniz is Madeira's most north-western valley. You'll have a full day of fun, pure emotions and impressive views! During this tour, you can observe unique coastal areas with deep valleys embedded between the highest peaks and cliffs and adorned with indigenous coastal flora. Starting from the Seixal beach, here you will meet your friendly and local guides, who will accompany you from from 8.30am to 6pm. After all the swimming, they will take you out to a pleasant restaurant where you can try the local sea food or other delicious local dishes in Porto

Moniz. After the lunch you will take Achadas da Cruz cable car and visit the small village of Fajã da Quebrada Nova.

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: Funchal.

Address: Av. Sá Carneiro, 9000-017 Funchal (in front of Pestana CR7 Funchal).

Start Time: 7.45 A.M.

End Time: 6.00 P.M.

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 Trousers / 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 activity 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 activity.

SWIMMING DISTANCE

This swimming experience takes place along the north coast of Madeira and is approximately 3km. Click here to see the crossing.

SEA CONDITIONS

Swimming in the sea is a unique experience, however, you should be aware that contact with marine species such as jellyfish, sea urchins, seaweed during dives is normal. In addition, the sea conditions and atmospheric conditions themselves may make the swimming more challenging.

WATER TEMPERATURE

The average temperature during the year is between 18°C and 24°C (64°F and 75°F), reason why the use of isothermal fact is optional.

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.

GUIDE

MAYRA SANTOS

Swim Guide at Swim Together

Mayra Santos is an ultramarathon swimmer. In 2019 and with 40 years old, she became the first woman to swim from Porto Santo island to Madeira island. Mayra is a "force of nature". She started swimming at the age of 36 and only a year later completed her first big challenge, swimming 18km in the Canary Islands. For her, "each dive is a flash".