

Swim holidays

The Algarve Dream Swim Trip
Adamastor Swim Adventures - 7 day trip!



Swimming Holiday Program in SW of Portugal

Dates: July 12th - 18th, 2025

Location: Algarve - Mainland Portugal.

1. Program Overview

Hello Everybody!

Welcome to my cherished dream!

One of my earliest and dearest memories takes me to the same routes where I spent so many days playing in the white sand, with my grandparents, those memories came to be timeless.

Though the landscape above has changed over the years, the underwater world remains timeless—the rocks, the arches, and the lively dance of fish, squid, and octopuses are all waiting in their familiar embrace. The unique scent of this coastline, the striking yellow and brown hues of the cliffs blending seamlessly with the emerald green of the Algarve waters, warmed by a Mediterranean's gentle touch, is something that holds a special place in my heart.

I invite you to discover Al-Garbh with open arms. Culture, and savor the flavors we've lovingly prepared for your journey.

Everything that makes this place extraordinary is here for you to experience.

Welcome to Adamastor! Welcome to my home!



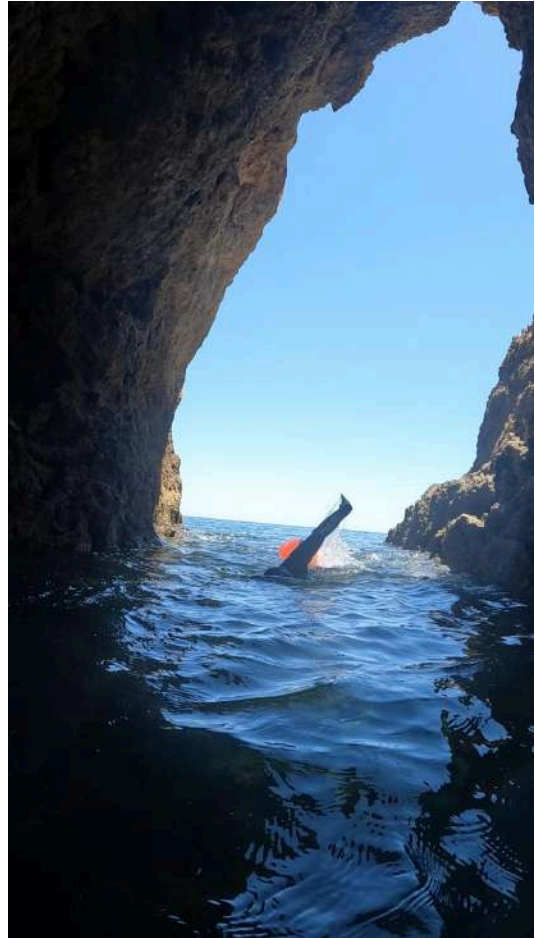
Ricardo Jorge Correia

The Algarve, with its captivating coastline and golden beaches, has been a sought-after paradise for centuries. This region in southern Portugal has a rich history marked by waves of settlers and conquerors, from the Phoenicians and Romans to the Moors, each leaving a unique imprint. The Moors, who named it "Al-Gharb" (meaning "The West"), brought advancements in architecture and agriculture that still echo in its culture and landscape. Today, the Algarve's timeless allure continues, drawing visitors eager to experience its sun-soaked shores, vibrant towns, and rich traditions. Adamastor Swim Adventures invites you to become part of this enduring legacy, exploring waters once traversed by seafarers and coveted by explorers from distant lands. Come and be enchanted by this living history, now at your fingertips.



2. Where are we going to Sleep and recover ?

The accommodation will be at the “Júpiter Marina Hotel,” in the Portimão area, just 800m from Praia da Rocha. Portimão, located on the stunning Algarve coast, is a city rich in history and tradition, marked by the harmonious meeting of the sea and the land. With more than 300 days of sunshine per year, this coastal gem attracts visitors and captivates its residents with its landscapes of golden beaches and crystal-clear waters. The history of Portimão dates back to Roman times, when it was an important trading port known as "Portus Magnus," a name reflecting its significance at the time. For centuries, the city thrived under different influences, including the Moors, who contributed to the region’s culture with fishing techniques, architecture, and agriculture. The city evolved from a maritime trading center to a vibrant tourist destination, known for its picturesque charm, the iconic Praia da Rocha, and a seafront promenade lined with cafés and restaurants offering the fresh flavors of the Atlantic. Breakfasts at the hotel are continental-style and served buffet-style.



3. What is there to eat?

As we know, Portuguese cuisine is highly appreciated around the world, so we will be offering some local delicacies such as sardines, octopus, and other fantastic fish, as well as quality local meats. Everything will be fresh and made with great care. We will also have a vegetarian option available at every meal included. If you need anything else or any adjustments, just let us know!



The following meals are included

Day 1 - welcome drink , snack and Dinner

Day 2 - Lunch

Day 3 - Lunch

Day 4 - Lunch

Day 5 - Lunch

Day 6 - Dinner

Day 7 only breakfast

For the dinners, do not worry , even if they are not included, we will give our best local advice from a walking distance .

Trust us, we are demanding a good quality of the food we are going to serve you!

4. The safety protocol:

- **Please read the safety protocol in the end of the program**
- Kayak and or motor boat will be in the water to provide safety.
- All the routes will be explained and the weather forecast shall be seen on the days prior to the start.
- On the “sunrise swim” we will have Coach Ricardo Correia and another safety swimmer in the water, leading the way , and explaining all there is to learn.
- On the acclimatization swim, we will be in the water with the swim coach Ricardo Correia and another swim safety swimmer.
- The swimmers must use a bright and colorful swim buoy.
- All the safety swimmers, boats and kayak, will be in constant contact between and with the swimmers.



5. Timetable and activities

Dia 1: 12th of July - Welcome

The Algarve

PICK UP in FARO Airport

- **Time: 14h00** (this time can change due to the planes arrivals)
- **Location:** Hotel or designated meeting point (sent to you in advance)
- **Activity:** Welcome meeting and introduction to the program. Participants will receive their swim kits and safety instructions. Overview of the week's activities and schedule.
- **Easy and short swim to relax** from the trip and to start mingling with your new paradise.
- After the Introduction swim , we will have dinner at the hotel.
Dinner at 19h30

The swim kit is a reusable bottle , a swim cap and a company t´shirt, all so that you stay pretty and hydrated.



Day 2: September 13th - Salema Swim

- **Time:** 9:00 AM - 12:00 PM
- **Location:** Salema and SW Natural Park, The water here is usually clear and there is plenty of marine life.
- **Activity:** Open-water swimming session near Salema Village / Burgau. This is near some of the most amazing cliffs you will see.
- **Afternoon :** Small hike on the cliffs of Sagres (45 min hike - easy hike)



On the left - Praia da Luz Vulcano (70M years old)



On top - one of our happy swimmers in Portimão

Day 3: July the 14 th - Albandeira and The Captain's Dome.

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- **Time:** 08h30-11h00
- **Swim :** Carvoeiro / Benagil / Albandeira to visit the most iconic and natural caves and arches we have for you.
- **Afternoon :** Guided tour to visit Silves Castle, and have a wine tasting at Quinta do Francês.



in the Photo - you can see Ferragudo - by night this fishing village is what you can see from Portimão on the other side of the "Arade" river.



*in the photo - swimmers in a distance (taken on september)
(Sagres, 2024)*

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In the Algarve, we are perhaps the most distinctive of all Portugal's regions. Proud seafarers, yet shaped by Moorish influence. We are Portuguese, but undeniably unique. We love our own cuisine, our "medronho" and "melosa" spirits, and take pride in our people. But above all, we are Algarvians.

Our dialect is our own—concise, straightforward, and easy for locals to pick up—yet always warm and welcoming to those who visit. Once, Algarvians were pirates, defending our shores from the same. Today, we are friendly people who love to host all who come to this land of sunshine.

Thank you for visiting us..



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Day 4: July the 15th - Sagres Special Reserve Islands

- **Time:** 08h:00 AM - 12h30 PM
- **Location:** Sagres
- **Activity:** A scenic swim, on to the Sagres Special Reserve Islets, and along the coast line, it might be here where you can see the most amount of fish swimming around, not only you, but everywhere.
- **Afternoon:** A small tour around the Cape of St Vicente (cabo de São Vicente) (Most SW place in Europe's main land.

on the photo - one of my young swimmer athletes that just loves open water swimming



Day 5: July the 16th
Portimão and Alvor
Reefs

Portimão , in the water, is a paradise to be explored.

On this day ,you will start offshore , you will be dropped by our boat and then swim in the west direction up to Alvor.



- **Time:**08h30AM-12:00 PM
- **Location:** Portimão & Alvor Beaches
- **Activity:** Open water swim Along the Portimão cliffs , and reach Alvor.
This is one of our favorites.

Afternoon: After a good lunch in Alvor, the afternoon is off.

Alvor was founded as a commercial and fishing port in 436 BC, by the Carthaginian general-Hannibal Barca. after that named "Albur" by the moorish , Today is one major paradise in the Algarve, up to the date is a great place that nowadays is not attacked anymore by the pirates (for example Francis Drake), and the best thing to do is swim, hike and eat on those amazing restaurants.

- **Day 6: July the 17th Sunrise Swim**
- **Time:5h20 AM**
- **Location: Alvor Swim (beach Shoreline Swim in Alvor) .**
- **Activity:** We swim at dawn, it's hard, but the special moment of the sunrise makes us understand the good life that's passing by.
Small hike around the area where we swam.
- **Afternoon** : afternoon off. The big question now.....sunbath or souvenirs ?

This day does **not include the Lunch** - it has the **dinner instead.**

- **Dinner (pick up on the hotel at 19h00)**



Day 7: July the 18th - Departure and some obvious tears

After the breakfast , it will be time to pack

Goodbye Algarve, I really did not want to get on to this day, but we have to go back to our normal lives. See you again in the Sea one day! Might be The Azores!

- **Time: 9:00 AM - 11:00 AM** or at the time that suits better the group
 - transfer to the airport and farewell Adamastor Swim Camp is included.
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2. Safety Guidelines & DISCLAIMER

Please read carefully

- By booking at an Adventure with Adamastor swim adventures, you understand that our activities involve some outdoor risks.
- By booking you also acknowledge that you are in a perfect mental and physical health and that your physical and mental condition will not affect your safety or others involved in any situation where you may participate, on normal conditions.
- If the organizer understands that at any moment any of the safety conditions will not be OK, we are entitled to stop the activity at the moment, to make sure no one will be at risk.
- If the weather or sea conditions are not making the organizer feel comfortable on the safety issues, we will not start, and we will suggest a new, replacement activity.

- 1. Swimming Safety: All open-water swims will be supported by kayaks for visibility and assistance. Each swimmer must wear a bright swim buoy during all swims.**
- 2. Kayak Support and Boat support: Kayak and or Motor Boat guides will accompany swimmers during all open-water swimming sessions. Participants must follow the instructions of the kayak guides at all times for safety.**
- 3. Emergency Procedures: In case of an emergency, the local emergency number in the Algarve is 112. A first aid kit will be available during all activities.**
- 4. Health & Hydration: Participants are advised to stay hydrated throughout the day and bring water for all activities. Swim sessions will include regular breaks.**
- 5. Equipment: All participants should bring their own swim gear, including goggles, swim cap, and suitable footwear for the hike. If needed, extra buoyancy aids for swimming will be provided. Unless the water is under 23 degrees, you won't be needing a wetsuit, but it's up to your personal choice.**
- 6. Hike Safety: we advise that you bring some sporty sneakers.**
- 7. Weather Conditions: All activities are subject to weather conditions. If weather becomes unsafe, alternative activities or changes to the program will be arranged.**
- 8. Supervision: All activities will be supervised by experienced swim coaches, guides or instructors, ensuring the safety and well-being of all participants.**

We look forward to seeing you on Algarve, for an exciting week of swimming, adventure, and memories!

For more information and registration, please contact:

<https://adamastor-swim.pt/>

Email: info@adamastor-swim.pt

Phone: + 351 965551899



What do i get at:

Adamastor Swim Adventures 7 day trip?

- **The dinner at day one and day 6 are included**
Some snacks and drinks on the boat recovery (Swimming only)
- **All the lunches are included. (minus the day 1 and 6 - dinners only)**
Hotel / lodging - breakfasts are included.
- **Transfers to all the activities on a 9 seat van , transfer or as needed.**
- **Transfer to the airport and from airport included**
- **Boat support (when needed)**
- **Insurance for personal accidents included.**

What is not included -

Extra Consumptions at the hotel except at breakfast

Tips for the coaches / guides

Nothing that had not been mentioned above.

- The schedule may change due to weather conditions.
If you wish, we can accept two payments of 50% of the total fare, but up to 60 days before, and on bank transfer.
- An invoice / receipt will be sent upon the first payment, and after all the values have been confirmed. The schedule, restaurants and places , might change due to weather conditions or any other situation that Adamastor Swim Adventures does not control.
- **In any case, we always have a plan B.**



**Your Host and Adamastor Swim
Adventures Founder**

Ricardo Jorge Correia

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