

Swim holidays

Azores dream Swim Trip

Adamastor Swim Adventures 7 day trip!



**Swimming Holiday Program in São Miguel, Azores**

**Dates: September 20th - 26th, 2025**

**Location: São Miguel Island, Azores**

---

## 1. Program Overview

**Hello Everybody!**

**Welcome to my dream!**

*My first time in the Açores was in 2004 with college friends. I came back in 2008 for a fishing trip, but what hooked me on to the islands was the calm, the sea and this amazing green, being from Algarve, mainland. I am a “Sea-Man” but the Islands in the middle of the Atlantic rift, the depth and the amazing amount of sea life , made me think..... What about swimming here? From that to the business model where I will care for your learning and safety, was just like jumping out of my bed , when I was a six year old on Christmas day.*

*Welcome to Adamastor ! Welcome to my home !*



On the Photo -  
“I am taking my younger one to swim  
in the sea, it was her first swim tour”

*Ricardo Jorge Correia*

***The Green Island - São Miguel the Capital of The Azores.***

The profile of São Miguel is marked by two mountainous areas separated by a low-altitude platform. Called Green Island, the landscape is characterized by extensive meadows and patches of forest forced into the river valleys and difficult-to-access areas. The mountains serve as a shelter for a very special bird, the “priolo” and help to compose a palette of different shades of green stretched across the horizon.



in the above Huyou can see “Ponta do Arnel Lighthouse”



Join us for an incredible week of swimming, outdoor activities, and exploration on the beautiful island of São Miguel in the Azores. This program combines open-water swimming, and coastal exploration, providing the



perfect balance of aquatic sports and nature immersion. With a special focus on safety, you will enjoy guided swimming sessions with kayak and boat support, as well as a chance to discover the island's stunning landscapes, culture and secrets that only the locals know.



## 2. Where are we going to Sleep and recover ?

The lodging will be at the **Caloura Hotel and Resort**, located in Agua de Pau Village. (<https://calourahotel.com>) an amazing 4 star facility that will make you feel cared for and special.



The lodging at Caloura - as seen from the ocean





### 3. What's there to eat?

As we understand that Portuguese cuisine is very appreciated around the world, we will surely give you some local delicacies, the most famous Azores Islands Cheese, some good **local meats and fresh caught fish**. We will also have a **veggie option** on all the included meals.



*Açores pineapple*

- The meals that are included are described below.
- The lunch on day 2,3,4,5 are included
- The Dinners on day 1 and day 6 are included. All the swim activities will have some snacks and recovery foods.
- The breakfasts are in the hotel (included)



Traditional Fishing method for Atlantic Bonito  
*Katsuwonus pelamis*

[Check the Video](#)



## Safety Measures:

**Please read the safety guidelines (in the final part of the program)**

Kayaks and or motor boat support will be provided throughout the swims. Swimmers will be required to wear brightly colored swim buoys (bring yours please) for visibility. A guide on the kayak and or in the water will be present to monitor the group, and the boat , kayak and captain will be in continuous communication between themselves and the group.

## 4. Schedule

### Day 1: September 20th - Arrival & Welcome

- **Time: 16h00**
- Easy Swim
- **Location:** Hotel or designated meeting point
- **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.

The swim kit is a reusable bottle , a swim cap and a company t'shirt, all so that you stay pretty and hydrated.

- **Easy and short swim to relax** from the trip and to start mingling with the island.
- **Dinner** will be served in the hotel at 19h00.

### Day 2: September 21st - Ferrara swim

- **Time: 9:00 AM - 12:00 PM**
- **Location:** Ferrara (West Coast)



- **Activity:** Open-water swimming session
- **Afternoon :** guided e-bike tour at Lagoa das Sete Cidades (easy ride with a local adventure company). - you will need shorts and a t shirt or a biking gear and a small backpack (no helmets, or gloves needed , as we will provide them)



Some of the North coast of São Miguel coastline.



### Day 3: September 22nd - Swim in Caloura area and Whale Watching day

#### (Moby Dick day)



- **Time:** 08h30-11h00
- **Swim** in Caloura área
- **Location:** Atlantic Ocean
- **Afternoon :** guided tour to see a remarkable story and to learn about the past and the future of the oceans
- **Safety Measures:** provided by the boat / whale watching company.

Photo Source : Futurismo Azores Adventures

The Azores are currently one of the largest whale sanctuaries in the world. Among resident and migratory species, common or rare, more than 20 different types of cetaceans can be seen in its waters. The number is impressive and corresponds to a third of the total number of existing species. We are in an ecosystem with unique characteristics. With the presence of majestic whales and friendly dolphins, the blue of the Atlantic becomes even more magical and blessed around these nine islands. And it brings to the new times, where preservation is the keyword, an old cry: “Whale in sight!”.



Adamastor Swim Adventures - All rights reserved. 2024- 2025



Adamastor Swim Adventures 7 day trip! v1.6  
<https://adamastor-swim.pt/>



## Day 4: September 23th - Mosteiros and West Coast Swim

and a SPA moment

- **Time:** 08h:00 AM  
- 12h30 PM
- **Location:**  
Mosteiros
- **Activity:** A scenic swim, on to the Mosteiros Islets, and along the coast line.
- **Afternoon:** Visit to the Steam Pits in Furnas Village , you will have a spa afternoon on the Poça da Dona Beija natural heated spring.



[Visit Azores with Adamastor](#) book now

Adamastor Swim Adventures - All rights reserved. 2024- 2025



Adamastor Swim Adventures 7 day trip! v1.6  
<https://adamastor-swim.pt/>

## **Day 5: September 24th - Swimming at Ponta do Arnel (sunrise swim)**

**Farol do Arnel (Arnel's lighthouse, if translated)** is the oldest lighthouse in the Azores.

Located in the extreme northeast of the island of São Miguel, this private construction has a privileged location overlooking the immensity of the sea and is one of the tourist attractions that most impress visitors to this island.



It has been in operation since November 1876

(Rita Puga - In :  
(<https://www.futurismo.pt/blog> )

According to the existing documentation, the complete equipment of the lighthouse had a total cost of 21 thousand reis (old Portuguese coin). 101 euros

- **Time:** 06h30 AM - 10:00 PM
- **Location:** Nordeste , São Miguel
- **Activity:** Open water swim before and after sunrise. If you wish to ask someone to marry you, this is the moment!



**Afternoon:** Optional nature walk on the “Lagoa do Congro” , one of our favorites. 45 min Hike.



- **Day 6: September 25th - Vila Franca Islet**

- **Time: 08:00 AM - 11:15 PM**

- **Location:** Praia do Porto Santo in Vila Franca will be the start of our adventure.

- **Activity:** Swim from the shoreline to the “small” island in our direction, with a motor boat

Support and a breathtaking underwater sight .This will be the top, on marine life.

- **Afternoon :** afternoon off.

- **Dinner and closing party at 20h00**



## **Day 7: September 26th - Departure and some obvious tears**

After the breakfast , it will be time to pack

Good bye Açores, 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!

- **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.



---

**NOW IT'S TIME FOR YOUR FUN**  
**Click Below to Check the Price range**  
**[Booking ON](#) (click to book)**  
**Great Value !**





## **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 Azores 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. Bike ride Safety: we advise that you bring some sporty sneakers, as we will do mountain bike (e-bike) on one of the days.**
  - 7. Weather Conditions: All activities are subject to weather conditions. If weather becomes unsafe, alternative indoor activities or changes to the program will be arranged.**
  - 8. Supervision: All activities will be supervised by experienced guides and instructors, ensuring the safety and well-being of all participants.**



---

**We look forward to seeing you on São Miguel Island - Azores , for an exciting week of swimming, adventure, and memories!**

**For more information and registration, please contact:**

**Email: [info@adamastor-swim.pt](mailto:info@adamastor-swim.pt)**

**Phone: + 351 965551899**

---



## What do i get at:

### Adamastor Swim Adventures 7 day trip?

- **The dinner at the closing party is included**  
**Some snacks and drinks on the boat recovery (Swimming only)**
- **All the lunches are included. (minus the day 6 - dinner 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*

***BOOK NOW***

**[EASY WAY TO PARADISE](#)**

Send us an email to [adamastor.swim.pt](mailto:adamastor.swim.pt) asking for more details

Contact on [whatsapp +351 965551899](https://www.whatsapp.com/business/profile/351965551899)

[September - Azores - The Magical Islands](#)

With **only a 30% deposit** make sure you don't miss out this amazing escape in the portuguese paradise (ask us for [interest free payments](#))

PT50 0018 000805740740020 30

TOTAPTPL (swift code)

Adamastor Swim Adventures - All rights reserved. 2024- 2025



Adamastor Swim Adventures 7 day trip! v1.6  
<https://adamastor-swim.pt/>