

Swimming Holidays

A Dream Weekend in the South

Adamastor Swim Adventures - 4 Day trip

Dates: May 1–4, 2025

Location: Algarve, Portugal



Program / Introduction

Algarve (*Al-Gharb, an Arabic word meaning "Land of the West"*) evokes the romantic, enchanting Moorish era of the Al-Andalus kingdom.



This captivating region is steeped in the poetic legacy of the Moors and the charm of mythical maidens enchanted by the rhythmic waves of Southern Iberia.

Hello everyone! Welcome to my dream!

One of my earliest and most cherished memories takes me back to the same paths where I spent countless days playing on the white sand with my grandparents—memories that have become timeless.

While the landscape above water has evolved over the years, the underwater world remains eternal—the marine life continues its familiar embrace. The unique aroma of this coastline, the striking yellow and brown tones of the cliffs blending seamlessly with the emerald green waters of the Algarve, warmed by the gentle touch of the Mediterranean, holds a special place in my heart.

I invite you to discover Al-Gharb with open arms, immerse yourself in its 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!

Ricardo Jorge Correia

Where Will We Stay?

In **Portimão**, you'll experience the best of Algarve living. Accommodation is at the **Jupiter Marina Hotel**, located just 800 meters from Praia da Rocha.

Portimão, nestled on the stunning Algarve coast, is a city rich in history and tradition, where the sea and land harmoniously meet. With over 300 days of sunshine annually, this coastal gem enchants visitors and locals alike with its golden beaches and crystal-clear waters.

Portimão's history dates back to Roman times when it was a major trading port known as "Portus Magnus." Over centuries, the city flourished under various influences, including the Moors, who contributed fishing techniques, architecture, and agriculture to the region.

Today, Portimão has evolved from a maritime trading hub to a vibrant tourist destination, renowned for its charming atmosphere, the iconic Praia da Rocha, and a beachfront promenade filled with cafés and restaurants offering fresh Atlantic flavors.

Breakfast at the hotel is continental buffet style.

By clicking below...

[Check one of the swim spots](#)



What 's on the Menu?

Since Portuguese cuisine is appreciated worldwide, we'll offer local delicacies such as sardines, octopus, and other fantastic fish, along with premium local meats. Everything will be fresh and prepared with love.

Vegetarian options will also be available at all included meals.

Included meals:

- Day 1: Dinner
- Day 2: Lunch
- Day 3: Lunch
- Day 4: Breakfast only

Dinners not included will be accompanied by recommendations from the organizing team, drawing on their local expertise.



Schedule / Activities

Safety Measures:

Please read the safety guidelines at the end of this program. Kayaks and motorboats will be present for activities on Day 2 and Day 4.

On the sunrise swim day, only Coach Ricardo Correia and a guide will be present.

For the introduction to "water in the Algarve," Coach Ricardo Correia and an additional guide will ensure safety. All swimmers must wear signal buoys to increase visibility in the water. The boat and expedition leader will always remain in contact with the swimmers.



Day 1: May 1 – Arrival and Welcome

- **Time:** 4:00 PM (adjustable to your needs)
- **Activity:** Easy swim near the hotel for relaxation and calmness.
- **Location:** Faro Airport (pick-up available upon prior agreement). Transfer to the hotel.
- **Details:** Welcome meeting, safety protocol briefing, program presentation, and swimmer kits distribution.
The swimmer kit includes an event T-shirt, a reusable bottle, and an activity schedule.
- **Dinner:** 7:45 PM at the hotel.



300 days of Sun!

Day 2: May 2 (Friday)

- **Distance:** 2500m to 3000m
- **Time:** 8:15 AM, meet at the hotel reception.
- **Location:** Albandeira / Captain's Cave / Benagil area.
- **Activity:** Open-water swimming.
- **Afternoon:** Visit Silves Castle and Quinta do Francês winery.
- **Return to the hotel:** 4:00 PM.



Swim in Sagres also
[Click for Sagres Vídeo](#)

Here in the Algarve, we are perhaps the most distinct of all the regions of Portugal. Proudly seafarers, yet with Moorish influence. We are Portuguese, but we are special. We have our own foods, our medronho and melosa spirit, and we take pride in our people, but above all, we are Algarvians.

We have a unique dialect—shortened, easy for locals to understand and follow—but we are affectionate towards those who visit us.

Algarvians were once pirates and defended themselves against them. But today, we are friendly folk who love to host everyone who comes to this land of sunshine.

Thank you for visiting us.



Day 3: May 3 (Saturday)

- **Distance:** 2500m to 3000m
- **Time:** 8:15 AM, meet at the hotel reception.
- **Location:** Sagres.
- **Activity:** Open-water swimming.
- **Afternoon:** Swim in the Natural Reserve of Martinhal islets and Costa Vicentina, followed by a cliff walk in Sagres (West Coast).
- **Return to the hotel:** 4:00 PM.



Day 4: May 4

- **Time:** 5:45 AM, meet at the hotel reception.
- **Location:** Portimão or Lagos (weather-dependent).
- **Activity:** Sunrise Swim – Open-water swimming (2000m to 2500m).
- **11:45 AM:** Transfer to Faro Airport.
- **Farewell:** Time flies too fast!



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Safety Guidelines & Legal Notice

Please read carefully.

By booking an adventure with Adamastor Swim Adventures, you understand that our activities involve outdoor risks. You confirm that you are in sound mental and physical health and that your condition will not compromise your or others' safety during any activity.

If the organizer deems safety conditions inadequate, activities may be stopped to ensure no one is at risk. Weather or sea conditions may prompt program adjustments or alternative activities. Personal accident insurance is provided for all participants.

Swim Safety: All open-water swims are supported by kayaks or boats for visibility and assistance. Bright-colored swim buoys are mandatory for all open-water sessions.

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For detailed safety measures and other included services, contact us at:

- **Email:** info@adamastor-swim.pt
- **Phone:** +351 965551899

We look forward to seeing you in the Algarve—Europe's best-kept swimming secret!

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**Your Host and Adamastor Swim
Adventures Founder**

Ricardo Jorge Correia

Book right away for only 650 euros

Send us an email to adamastor.swim.pt asking for more details

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

[Algarve - 1 to 4th of May](#)

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

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TOTAPTPL (swift code)

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