



**CYPRUS
RETREAT INFO**

**SAT 19TH TO
SAT 26TH APRIL
2025**

USEFUL INFO

We are Kate and Ivan Burton. Both swimming enthusiasts, triathletes, and lovers of the outdoors. We have both spent our entire lives working in the outdoor environment. Kate's background is in Outdoor Education, and experience in guiding groups in water and on land. Ivan is a qualified Senior Beach Lifeguard for the RNLI. We're also both qualified Level 2 Open Water Coaches, so you're in competent and experienced hands.

We will be staying in a villa in Goudi, about 15 mins south of Polis on the North Coast. The house does have access to WIFI, and an onsite pool with sun loungers. The bedrooms are twins and double and have shared bathrooms (unless you are a solo occupant in a double - there is 1 en suite). There is a large lounge area with TV, kitchen with a large dining set up. There is also outside space in the garden for BBQ, outdoor dining, drying kit, relaxing etc.

What's Included

Accommodation in a villa for 7 nights, pool included
3 meals a day, most nights we eat out at local restaurants, 1 meal will be homecooked - the night of arrival
All coaching and guiding
Theory sessions (if wanted)
Transfer to and from Paphos Airport
Travel while in Cyprus

What's not included

Any extra snacks outside of meal times, coffee or ice cream when out, entry to day visits, starter, pudding and drinks at dinner time
Any swim specific kit - remember tow floats are mandatory
Any personal travel insurance
Travel to Paphos airport

Your safety is our number one priority, we have lots of options due to diverse coastline, and unless the conditions are really poor then we should almost always be able to find somewhere for a swim. The majority of our safety cover is done from by swimming with the group in the water, towing safety equipment and from rescue boards. The great thing about Cyprus, is lots of the swims are fairly shallow meaning you are almost always close to spot where you touch your feet down.

ABOUT THE SWIMS

One of the most asked things about our swim holidays are how far, and how fast do you need to be able to swim. The majority of our clients can swim 1km in 40 mins, and are happy swimming at this pace for 1km in the morning, and 1km in the afternoon. If you can swim 1km you will be able to access the most exciting and scenic swims in Cyprus. We regroup a lot, and because there is lot of exploring we tend to swim slowly too. Here are a few examples of days we had in 2024 from our Garmin data:

Example 1 - Swim 1 was 1.4km and it took 1 hour and 15 mins, Swim 2 in the afternoon was 600m and took 40 mins, and another group did a 2nd 600m in 25 mins.

Example 2 - Swim 1 in the morning was 1km and took 62mins, Swim 2 in the afternoon was 1.1km in just under an hour, but a group who wanted more carried on and completed a total of 2km in 90 mins.

Example 3 - Walked 10km across 10am -5pm, Swim 1 was 1.8km and took 1 hour and 25 mins, Swim 2 was a bob, we covered around 300m in 30 mins.

We have a lot of options, and can make swims shorter or longer for people who wish to swim less or more. As you can see, most of the group complete around 2km a day.

ABOUT THE VILLA

The villa is a beautiful place to be based during the week, and we have access to a small private pool, and a larger communal pool shared with the 6 villas.

The house has a large kitchen which everyone has access to and is welcome to use throughout the week. We stock the kitchen with breakfast and lunch foods, and it is your job to self serve a breakfast and make a packed lunch each day. There are also snacks and drinks available for you to make use of. The house is very communal living style for the week, and bathrooms are shared unless you have purchased an en-suite.

There is access to a washing machine.

WEEKLY MEALS

	BREAKFAST	LUNCH	DINNER	AFTERNOON SNACK
SAT 19TH	NONE	NONE	Pasta Bolagnaise or Meatballs with garlic bread Fruit	NONE
SUN 12TH	Make your own options of cereal, porridge, bread, jams, eggs etc	Make your own packed lunch - a wrap/sandwich /pitta, with fruit x2 and chewy bar	Meal Out	Banana Bread
MON 21ST	Make your own options of cereal, porridge, bread, jams, eggs etc	Make your own packed lunch - a wrap/sandwich /pitta, with fruit x2 and chewy bar	Meal Out	Sweet and Salty Popcorn snacks
TUES 22ND	Make your own options of cereal, porridge, bread, jams, eggs etc	Make your own packed lunch - a wrap/sandwich /pitta, with fruit x2 and chewy bar	Meal Out	Cookies
WED 23RD	Make your own options of cereal, porridge, bread, jams, eggs etc	Make your own packed lunch - a wrap/sandwich /pitta, with fruit x2 and chewy bar	Meal Out	School Teatime Cakes
THUR 24TH	Make your own options of cereal, porridge, bread, jams, eggs etc	Make your own packed lunch - a wrap/sandwich /pitta, with fruit x2 and chewy bar	Meal Out	Coffee Cake
FRI 25TH	Make your own options of cereal, porridge, bread, jams, eggs etc	Make your own packed lunch for the airport/travel	Meal Out	None

FOOD INFO

There will be snacks available in the kitchen areas, but please feel free to bring you own. We will facilitate a trip to a supermarket for you to shop.

On Sat 26th - breakfast as normal, feel free to make a packed lunch but we will be making our way to the airport - depending on peoples flight times.

SAT 26TH IS DEPARTURE DAY, MAKE BREAKFAST AND A PACKED LUNCH AND RETURN TO AIRPORT

ITINERARY

	PLAN FOR THE DAY
SAT 19TH	Collection from airport Arrive and unpack at the accommodation, group meeting and plan for the week, safety info. Dinner and then optional evening walk.
SUN 20TH	Pack bags, breakfast, make packed lunch. Shipwrecks and reef day
MON 21ST	Pack bags, breakfast, make packed lunch. Swim and Hike day in Northern Cyprus. Hiking is around 2.5 hours and fairly flat, and we stop for 3 scenic swims along the way.
TUES 22ND	Pack bags, breakfast, make packed lunch. Swimming in the morning, and in the afternoon we have a choice of excursions including UNESCO sites, or shops/exploring in Paphos
WED 23RD	Pack bags, breakfast, make packed lunch We hit the south coast this day, possible shipwrecks, sunken harbors, mythical rocks and more
THUR 24TH	Pack bags, breakfast, make packed lunch. In the AM we will enjoy a trip to the sea caves, and in the afternoon enjoy a swim just north of Paphos, Elysium for sunset maybe? Or we could adventure out to a secluded wreck!
FRI 25TH	Friday we will head to the South of the island to see shipwrecks, sunken harbors and mythical rocks! A full day out with a longer drive in the morning.
SAT 26TH	Completely pack up, out of accommodation by 11am, make packed lunch. Then dropping people off to airport/next accommodation and saying goodbye!

PLANS WILL NEED TO BE CHANGED DEPENDING ON WEATHER, PEOPLE'S WANTS AND NEEDS. WE AIM TO BE OUT MOST DAYS BY 9.30AM, THEN BACK BY 5PM, THE MIDDLE OF THE DAY IS A 60-90 MINUTE BREAK TO LET FOOD SETTLE BEFORE ANY AFTERNOON SWIMS, ONCE HOME IT'S CHILL AND SHOWER BEFORE AIMING FOR DINNER AT 7-7.30PM. EVENINGS ARE UNSTRUCTURED BUT WE CAN OFFER COACHING, EVENING WALKS, SWIMS, AND BOARD GAMES AS ENTERTAINMENT.

KIT LIST

CLOTHES

A range of clothes to last a week, for warm, cold and windy weather including:

- Warm/waterproof jacket
- Think lots of layers
- Sunhat and sun glasses
- Trainers for rough ground or walking boots

SWIM KIT

- Wetsuit (if needed)
- Cossie/Trunks x2-3
- Swim Hat (provided)
- Goggles
- Earplugs
- Tow Float (mandatory)
- Swim shoes or socks
- Towel and/or Dry robe
- Rash Vest
- Chaffing Lube
- Snorkel/fins or swim accessories if wanted

Entries and exits can be rocky, sharp or slippery so something on your feet makes a huge difference. Think about a small towel you can easily carry on a hike, and it's sometimes nice to have a dry cossie for the 2nd swim of the day!

PERSONALS.EXTRAS

- Sea Safe Sunscreen
- Moisturiser
- Wash Kit
- Personal medication
- Bug repellent
- Hairbrush and ties
- Euros
- Passport
- Travel Documents
- Camera
- Go Pro
- Device Chargers
- Lunch box/bag
- Day rucksac to fit kit
- Drinks bottle
- Book/games

Average water temp in April is around 22-24C

Day time is around 22-28C and in evenings around 16C which feels pretty chilly!

A few handy tips:

- pack a drybag so after the swim you can put your wet kit in it without soaking the rest of your backpack
- A lunchbox and drink so you can refill it each morning before our day out
- Swim socks or shoes really save the feet on rocky entries
- Remember tow floats are mandatory, and goggles a must too
- Cyprus can have biting bugs like mozzies
- Evenings are chilled, bring a book or game to play with the group.



KITCHEN AREA



TWIN ROOMS



LIVING ROOMS



BATH ROOM



OUTDOOR AREA