



**MALLORCA
RETREAT INFO**

**MON 14TH - SAT
19TH OCT 2024**

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 on the outskirts of Manacor, near Lidl. The house does have access to Wifi, and an onsite pool with garden area. The bedrooms are singles, twins, some have en-suite facilities, and there are also shared bathrooms too. There is a large lounge area with TV, kitchen with a large dining set up. There is also outside space in the garden for outdoor dining, drying kit, relaxing etc. There is also a washing machine, but no drier.

What's Included

Accommodation in a villa for 5 nights, pool included
3 meals a day
All coaching and guiding
Theory sessions (if wanted)
Transfer to and from Palma Airport
Travel while in Mallorca

What's not included

Any extra snacks outside of meal times, coffee or ice cream when out, entry to day visits etc or meals out in the evening
Any swim specific kit - remember tow floats are mandatory
Any personal travel insurance
Travel to Palma 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 or on rescue boards. The great thing about Mallorca, is most of the swim involve following the coast so you can almost always be close to spot where you touch your feet down, or even get out for a rest.

WEEKLY MEALS

	BREAKFAST	LUNCH	DINNER	AFTERNOON SNACK
MON 14TH	NONE	Make your own packed lunch if your flight gets in at this time	Pasta Bolagnaise or Meatballs with garlic bread Fruit	NONE
TUE 15TH	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	Baked Fish with herby lemon rice Churros	Banana Bread
WED 16TH	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	BBQ Polvorones Cookies	Sweet and Salty Popcorn snacks
THUR 17TH	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	Paella Olive Oil Cake	Cookies
FRI 18TH	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	Fajitas and side salads Custard/Yoghurt and fruit	School Teatime Cakes
SAT 19TH	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	None	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.

We have an option of a dinner out as a group instead of one of the dinners.

On Sat 19th - breakfast as normal, feel free to make a packed lunch but we will be making our way to the airport at lunch - depending on peoples flight times.

ITINERARY

	PLAN FOR THE DAY
MON 14TH	Collection from airport Arrive and unpack at the accommodation, group meeting and plan for the week, safety info. A quick evening dip. Dinner.
TUES 15TH	Pack bags, breakfast, make packed lunch. Swim 1 in AM, lunch, siesta, swim 2 in the afternoon . Chance to visit food shop.
WED 16TH	Pack bags, breakfast, make packed lunch. A swim day based on the rugged East coast, with caves, and a swim through some high gullies/rock corridors.
THUR 17TH	Pack bags, breakfast, make packed lunch. Swim 1 in the morning, and in the afternoon we have a choice of excursions including heritage sites, or a 2nd swim
FRI 18TH	Pack bags, breakfast, make packed lunch Swim 1 in the morning, and in the afternoon head to swim spot #2
SAT 19TH	Pack up, breakfast and head back to the airport!

PLANS WILL NEED TO BE CHANGED DEPENDING ON WEATHER, PEOPLES 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 MINUTE BREAK TO LET FOOD SETTLE BEFORE ANY AFTERNOON SWIMS, ONCE HOME IT'S CHILL AND SHOWER BEFORE DINNER AT 7.30PM. EVENINGS ARE UNSTRUCTURED BUT WE CAN OFFER COACHING IN THE POOL, EVENING WALKS, 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

We do have access to a washing machine if needed, but no drier.

SWIM KIT

- Wetsuit
- 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
- Headtorch

Average water temp in October is around 22C

Day time is around 22-28C and in evenings around 12C 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
- Spain in October does have biting bugs like mozzies, and jellyfish
- Evenings are chilled, bring a book or game to play with the group, we will have evening pool swims, but these will be uber chilled!