



33.3KM | 4 DAYS

SWIMMER ROADBOOK



#15 ROADBOOK *WEBINAR*

Pre-arrival checklists, event planning and supporting information for preparation and arrival.

[WEBINAR: questions and answers on the Roadbook content](#)

Thursday 20 August 2026 20:00 CET

#15 WATERBOOK *WEBINAR BRIEFING**

The on-water details, course, equipment and rules - ***mandatory** to attend or watch recording.

[WEBINAR](#) Sunday 13 September 2026 20:00 CET

CET is Paris time, one hour ahead of UK, 6 hours ahead of New York. Both online events will be recorded and shared.

BUT HERE IS A QUICK LOOK...

POSSIBLE PLAN A ON GOOGLE EARTH



Repi
Pépi

Glossa
Γλώσσα

Λουτράκι

Κλήμα

D1

Νέο Κλήμα

D4

Πάνορμος

D3

† Agios Ioannis Church

Skopelos

Skopelos
Σκόπελος

Μύλοι

Palouki

SPORADES

Stafylos
Στάφυλα

Agnontas
Αγνώντας

ACTION: DOWNLOAD GOOGLE EARTH APP

INDICATIVE ONLY

**Click for Google Earth
version**

COURSE (PLAN A) 33.3

FINAL PLAN WILL DEPEND ON WEATHER - WE NOW HAVE 10 DIFFERENT ROUTES WE'VE SWUM OVER 2 EVENTS TO CHOOSE FROM - DECISIONS MADE USUALLY FOR THE EVENING BRIEFING



2026 #15Greece	Course	Start time	Distance (km)	Feedstations	Finish time range
Thurs 17 Sept	Warm-up swim (optional) Adrina Resort beach	1630	1		1650 - 1720
Fri 18 Sept	A: Loutraki - Neo Klima	0800	4	Refuel Neo Klima	0845 - 0945
	B: Neo Klima - Panormos	1030	4.7		1150 - 1300
Sat 19 Sept	Faros - Mamma Mia Church	0800	8.7	3.5k, 6.4k	0945 - 1145
Sun 20 Sept	Adrina - Limnonari	0800	10	2km (hotel jetty), 6.3km (boat)	1030 - 1330
	Adrina - Milia - Adrina (optional)	1845 -1930	2 x 500m	Sunset swim - optional (not in 33.3)	1945 - 2000
Mon 21 Sept	Around Dasia Skopelou	0800	4.9		0915 - 1030
	Final swim in (untimed but counts)	1045	1		1055 - 1115
			33.3		

KEY ACTIONS CHECKLIST

- ✓ **ROADBOOK:** Read this document and prepare any questions you have for Roadbook Webinar Q&A
- ✓ **ADD CUSTOMER SERVICE** number to your phone in case of arrival problems WhatsApp Alison +44 7586 066605
- ✓ **SWIMMER INFORMATION FORM:** You will have received a form to complete to confirm all your details, such as Date of Birth (DOB - must have for results system), medical or allergies, emergency contacts and if you are ULTRA+ a confirmation of your airport transfer details.
- ✓ **DISCLAIMER and RULES:** you will receive via email a GetSign request for your signature. Please add mark@ultraswim333.com to your email address book now to ensure this does not go to spam/junk.
- ✓ **ADD** our **Swimmer Calendar (iCal / Google cal)** to the devices you will travel with (iPhone etc) On arrival check your timezone has updated.
- ✓ **JOIN** the mandatory **Waterbook briefing on 13 September 2000 CET**
- ✓ **CHECK** if you have a **data roaming** deal on your mobile/cell (for WhatsApp on site)
- ✓ **DOWNLOAD Google Earth** on your mobile

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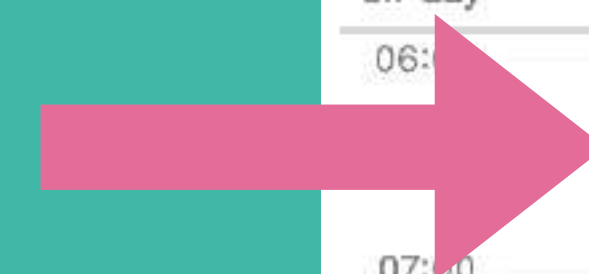
KEY TIMINGS 17 SEPT

1000 - 1200 & 1400 - 1600 Event
Registration - Adrina Resort & Spa reception
1515 - 1600 Swimmer Chat (race
preparation) - Adrina Resort breakfast room
1600 - 1630 Tracker handout
1630 - 1700 Warmup swim (c.1km) Adrina
Resort Beach start
1645 Welcome drink at Adrina Resort beach
1800 - 1900 Main briefing - Adrina Resort &
Spa - Reception building

Wednesday 16 September 1600 - 1800
Early Registration - Adrina Resort & Spa

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September 2026



**DOWNLOAD CALENDAR
FOR ALL KEY TIMINGS
AND LOCATION LINKS**

	Wed 16	Thu 17	Fri 18	Sat 19
all-day				
06:00			SWIM DAY 1 - RACE A Ⓧ Loutrakia to Panormos ⌚ 06:00 (08:00 EEST)	SWIM DAY 2 Ⓧ Panormos to Skopelos ⌚ 06:00 (08:00 EEST)
07:00			RE-FUEL STOP Ⓧ Panormos to Skopelos ⌚ 07:45 (09:45 EEST)	
08:00		Panormos...		
09:00		REGISTRA... Arrival transfers - LOUTRAKI (Glossa) > A... Arrival transfers - SKOPELOS> Adrina >... ADRINA > Blue Gree...	SWIM DAY 1 - RACE B Ⓧ Neo Kima to Panormos ⌚ 08:30 (10:30 EEST)	
10:00			SWIMMER LUNCH MESSAGE SESSION 1	SWIMMER LUNCH Ⓧ Skopel... ⌚ 09:45... MESSAGE SESSION 1 Ⓧ Skopelo...
11:00			SHUTTLES BACK TO HOTEL Ⓧ BlueGreen to Adrin... ⌚ 11:00 (13:00 EEST)	TBC M... BUS SH... BUS SH...
12:00		REGISTRA- TION SESSION 3		BUS SHUTTLE BACK...
13:00		SWIMME... Arrival...	MESSAGE SESSION 2 Ⓧ Adrina Resort & Spa ⌚ 13:00 (15:00 EEST)	MESSAGE SESSION 2 Ⓧ Adrina Resort & Spa ⌚ 13:00 (15:00 EEST)
14:00		TRACKER HANDOUT		
15:00	Arrival trans- fers -...	WEL- COM...	STRETC... SWIMME... Panormos > BlueGree...	STRETC... SWIMMER CHAT Ⓧ Adrina Resort & Spa H... Panormos...
16:00	Early Registration Session 1 Ⓧ Adrina Resort Beach Bar... ⌚ 16:00 - 18:00	BRIEFING MAIN and DAY1	SWIMMER BRIEFING DAY2	SWIMMER...
17:00		ADRINA >... ADRINA > Blue Green >Pa...	ADRINA T... ADRINA T...	Adrina > t... Adrina > t...
18:00				

MORE DETAILS - CLICK TO GO TO CHAPTER

- 1 - Hotel & Travel
- 2 - On site and around the hotel
- 3 - F3 Non-swimming partners
- 4 - Read before leaving home!
- 5 - Sharing information to you
- 6 - In and around the water
- 7 - What we care about
- 8 - People and our Partners

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ULTRASWIM 33.3[®]
#15 GREECE

TRAVEL & TRANSFERS

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SPORADES ISLANDS

ATHENS AIRPORT (ATH)

AIRPORT (JSI)

SKIATHOS

WATER TAXI

GLOSSA ferry port

Hotel Adrina (Panormos)

Skopelos town

ALONNISOS

SKOPELOS

RACE ZONE



TRANSFERS FROM SKIATHOS AIRPORT TO SKOPELOS ISLAND

ULTRA+ & ULTRA++ packages have a dedicated taxi + boat transfer from Skiathos airport to our event base on Skopelos island. **If your package includes transfers and you have not added your flight details to your Hotel & Travel link, please do so as a priority if you want a transfer.** A confirmation of the details our system holds will be shared approximately one month prior to the event for you to check.

An UltraSwim 33.3 representative will be at the Arrivals hall at Skiathos airport to meet your flight. Please look for the UltraSwim 33.3 logo to identify them.

ULTRA package, you will be making your own way by ferry to either Loutraki port (Glossa) or Skopelos Town. Shuttles will meet specific ferry arrivals on 16 & 17 September and will also run from the event hotels back to the ports on September 21 & 22.

If your flight is delayed or missed please WhatsApp Alison on +44 7586 066605

ARRIVALS SKIATHOS AIRPORT (JSI)

ALONNISOS

AIRPORT (JSI)

ULTRA+

GLOSSA ferry port

WATER TAXI

Hotel Adrina (Panormos)

SKIATHOS

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Airport transfers are included on 17 & 21 September.

Transfers on other dates will only be provided if you have booked extra nights through the event.

From Skiathos airport we will transfer you in 3 or 4 minutes to Skiathos port, where we will board you on a fast boat transfer directly to Adrina Hotel, our event base in Panormos on Skiathos island - this takes 25-30 minutes.

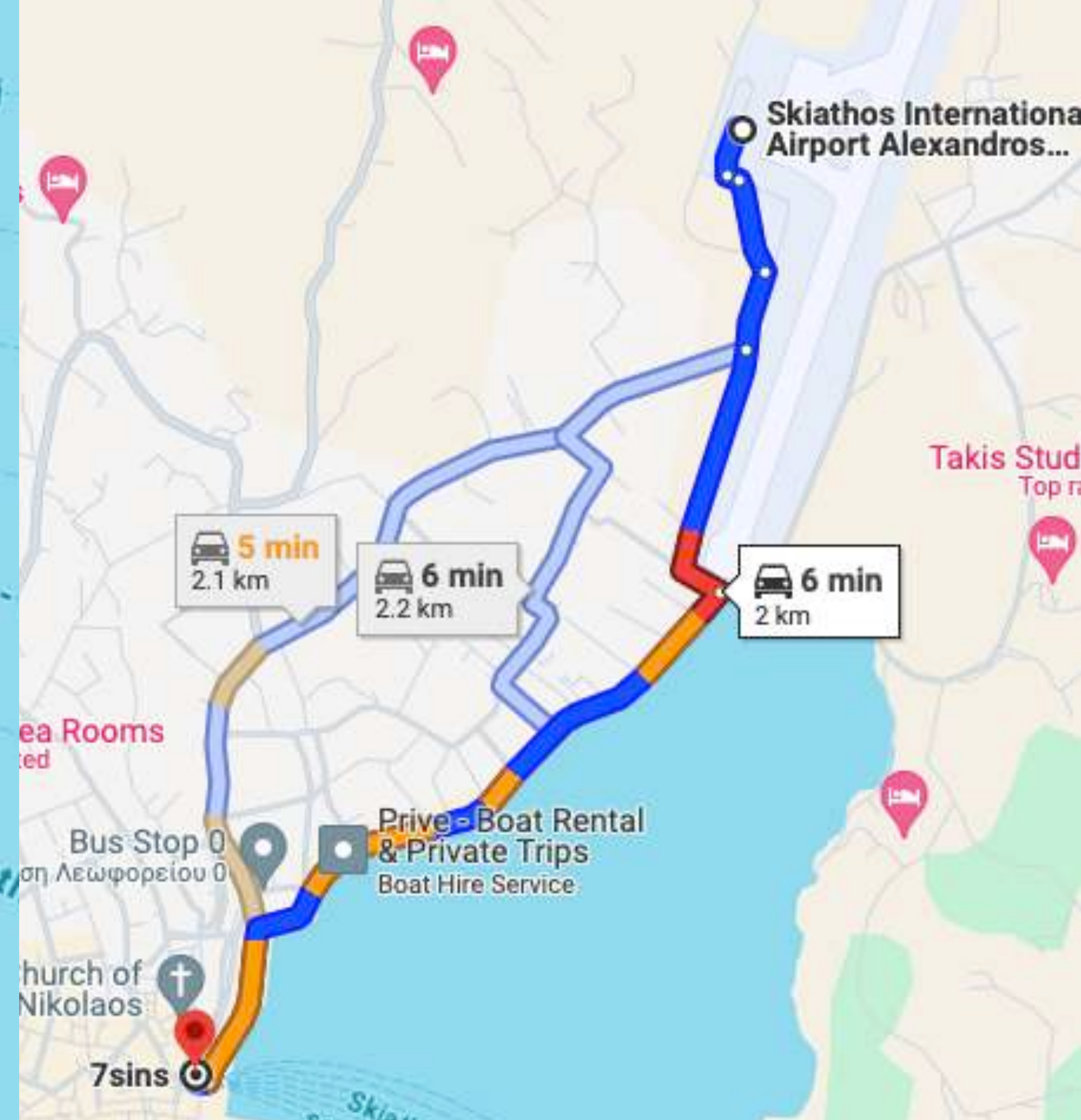
In the case of adverse weather, we may need to board you on a larger ferry to Glossa or Skopelos Town on the island of Skopelos.



7 Sins cafe

Taxi drop off /
pick up

Water taxi



ULTRA+

If you are arriving early and staying in Skiathos, please make your way to the water taxi collection point at the time and date sent to you for your transfer. The water taxi will be alongside the concrete jetty/dock (usually about half way along depending on how much boat traffic there is). The boat will have an UltraSwim 33.3 banner on the side. Meeting point if you are early is the **7 Sins Cafe**
<https://carta.menu/restaurants/skiathos/7sins>



AIRPORT BUS OR TAXI IF ARRIVING ON SKIATHOS EARLIER THAN OUR PLANNED TRANSFERS

By Public Bus

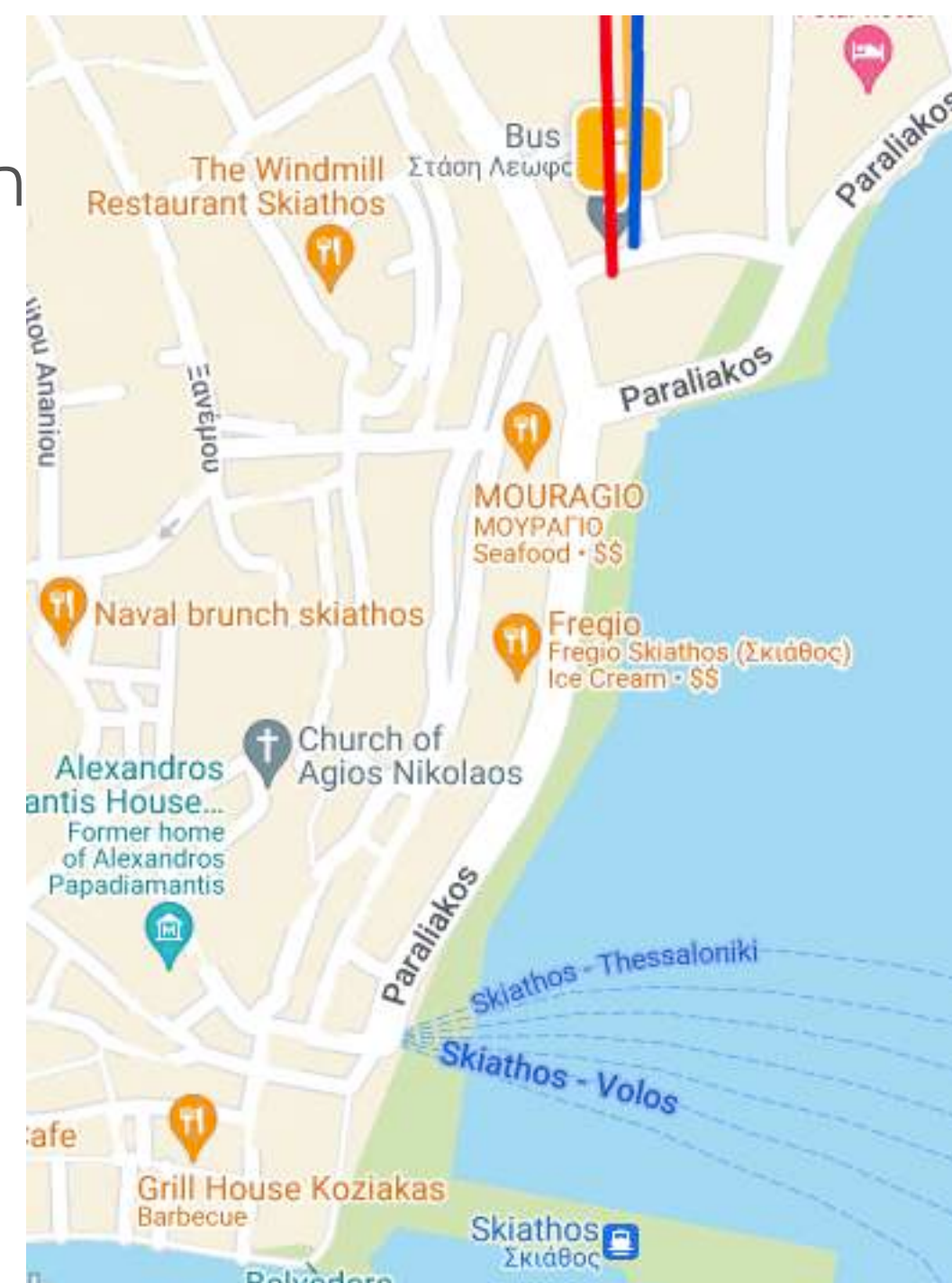
Bus connections provide services between the airport and Skiathos town for all incoming and outbound scheduled flights at JSI airport.

The bus stop is located at the curbside south of the Control Tower building. For more Information contact:
<https://skiathostransports.gr/>

By Taxi

A taxi service is available at the airport. The taxi stand is located outside the Arrivals building. The cost to Skiathos town / port is app €10 one way.

Bus stop



https://www.jsi-airport.gr/en/category-detailed/ctg_id-497/nd_id-1512

<https://skiathostransports.gr/>

ULTRA PACKAGE: SKOPELOS ISLAND PORTS - HOTEL SHUTTLES



* subject to change with ferry times

Loutraki Port, Glossa

Shuttle vans from Loutraki to the event hotels in Panormos (25 mins drive) will meet the following ferry arrivals and serve the following departures:

Arrival time Loutraki	16 Sept	17 Sept
1015 Petroula	X	✓
1430 Petroula	✓	✓
1625 Eagle Jet	✓	✓
Departure time fm Loutraki	21 Sept	22 Sept
0720 Erato (Flying Dolphin)	X	✓
0900 Petroula	X	✓
1500 Zefyros	✓	X
1530 Nissos Aegina (shuttle departs hotels 50 mins prior to departure)	✓	X

Skopelos Town

Shuttle vans from Skopelos Town to the event hotels in Panormos (25 mins drive) will meet the following ferry arrivals and serve the following departures:

Arrival time Skopelos	16 Sept	17 Sept
1115 Seajets	✓	✓
Departure time from Skopelos	21 Sept	22 Sept
1345 Seajets (shuttle departs hotels 50 mins prior to departure)	✓	✓

ON-SITE AT THE EVENT VENUE

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ADRINA RESORT & SPA
AND GRAND HOTEL
CHECK-IN plus **EVENT
BRIEFINGS & EVENT
REGISTRATION**

ADRINA RESORT
& SPA

ADRINA GRAND
HOTEL

ADRINA BEACH
HOTEL CHECK-IN

ULTRA+ MASSAGE

TRACKER HAND OUT

Day 4 Finish &
Prizegiving

TRANSFER BOATS & water taxi
arrivals / departures

Event HQ - Adrina Hotel

Click for [Google Earth detailed version](#) and select POI (Points of Interest)

IMPORTANT: a small local grocery store with essential items is located 5-7 mins walk from Adrina hotels in Panormos, otherwise most amenities can be found in Skopelos Town (20 mins by taxi or bus service). Neo Klima village (7 mins by taxi) has a pharmacy and small supermarket.



FOOD OPTIONS ALL ADRINA GUESTS - LOCATIONS AND TIMINGS

BREAKFAST - from 05:30

RESORT RESTAURANT

For all Swimmers in Grand, Resort & Blue Green Bay

BEACH RESTAURANT

For all Swimmers in Beach

LUNCH

BEACH TAVERNA 13:00-15:30

BEACH CAFE (by the ops office) / small snacks only

Expect some waiting times during busy periods, ie post evening briefing.

DINNER

GRAND RESTAURANT - BUFFET

18:45 - 21:00 - Buffet only
pre-reserve with Reception

BEACH TAVERNA

A la carte option from 18:45 - 22:00
pre-reserve with Reception

EXCELLENT LOCAL DINING OPTIONS ALSO AVAILABLE!

Experience true Greek hospitality in the restaurants of **Panormos** (walking distance from Adrina hotels) and **Glossa** (15 mins taxi) or head to charming **Skopelos Town** (20 mins taxi). There are also local buses running between the towns on the island.

LINKS BELOW TO TRIP ADVISOR

Panormos

Glossa

Skopelos Town

CLICK HERE FOR BUS TIMETABLE

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WATER!

The tap water in the Adrina Hotels is drinkable, but we would advise you to fill up your water bottles from the filtered coolers around the hotel. We will provide you with an UltraSwim 33.3 aluminium bottle but you may wish to bring a second bottle with you.

If you already own an UltraSwim 33.3 bottle please bring it with you!

HOTEL ADRINA RESORT & SPA, ADRINA GRAND & ADRINA BEACH

Adrina Hotels
Panormos
Skopelos, 37003
Greece
+30 2424 023373
+30 2103 006000
info@adrina.gr

WEBSITE

Breakfast: 0800-1100 - non-event days

Breakfast: Event days - from 0530

Check-in: from 1500

Check-out: If you are leaving Skopelos on Monday 22 September we have arranged late check-out at Adrina hotels so you will be able to return to your room for a shower and gather luggage after the swim and prizegiving.

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IF YOU ARE STAYING AT BLUE GREEN BAY HOTEL



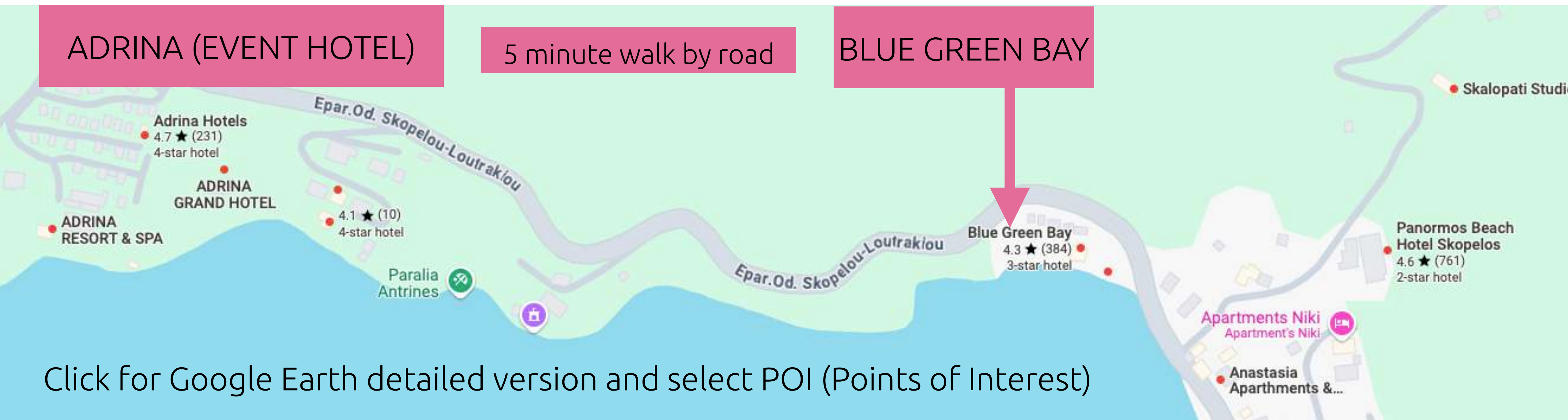
A shuttle van will operate between Blue Green Bay and Adrina for early breakfasts, briefings, swimmer chats and swims. Timings will be posted on the swimmer ical/Google cal and also at each hotel reception.



ADRINA (EVENT HOTEL)

5 minute walk by road

BLUE GREEN BAY



Click for Google Earth detailed version and select POI (Points of Interest)

HOTEL BLUE GREEN BAY

Blue Green Bay
Panormos
Skopelos, 37003
Greece
blue@skopeloshotels.eu

WEBSITE

Breakfast: 0800-1030 - non-event days and for non-swimming partners

Breakfast: Event days @Adrina Resort Hotel - from 0530 / shuttles will operate and for F3s before their programme departure.

Dinner Options: The hotel's main restaurant offers a blend of local Greek and international dishes, served on the decked terrace into the evening hours.

Check-in: from 1500 / Check-out by 1100

Check-out 22 Sept: If you are departing on Monday 22 Sept, please complete check-out of any extra charges on Sunday evening. Bring your luggage on the shuttle to Adrina Hotels on Monday morning where it can be left at the event Ops office during the swim.

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HOW TO GET TO SKOPELOS TOWN OR GLOSSA

Dream Cars will deliver a rental car to the Adrina Hotel
dreamcar@otenet.gr
+30 697 624 3731
+30 2424 033 977

<https://www.skopelosweb.gr/en/transportbustaxiskopelos>

The front desk staff at your hotel are your best point of information for up to date info on bus timetables, local car hire and taxi companies.

Rania & Panos Taxi Services

Contacts:

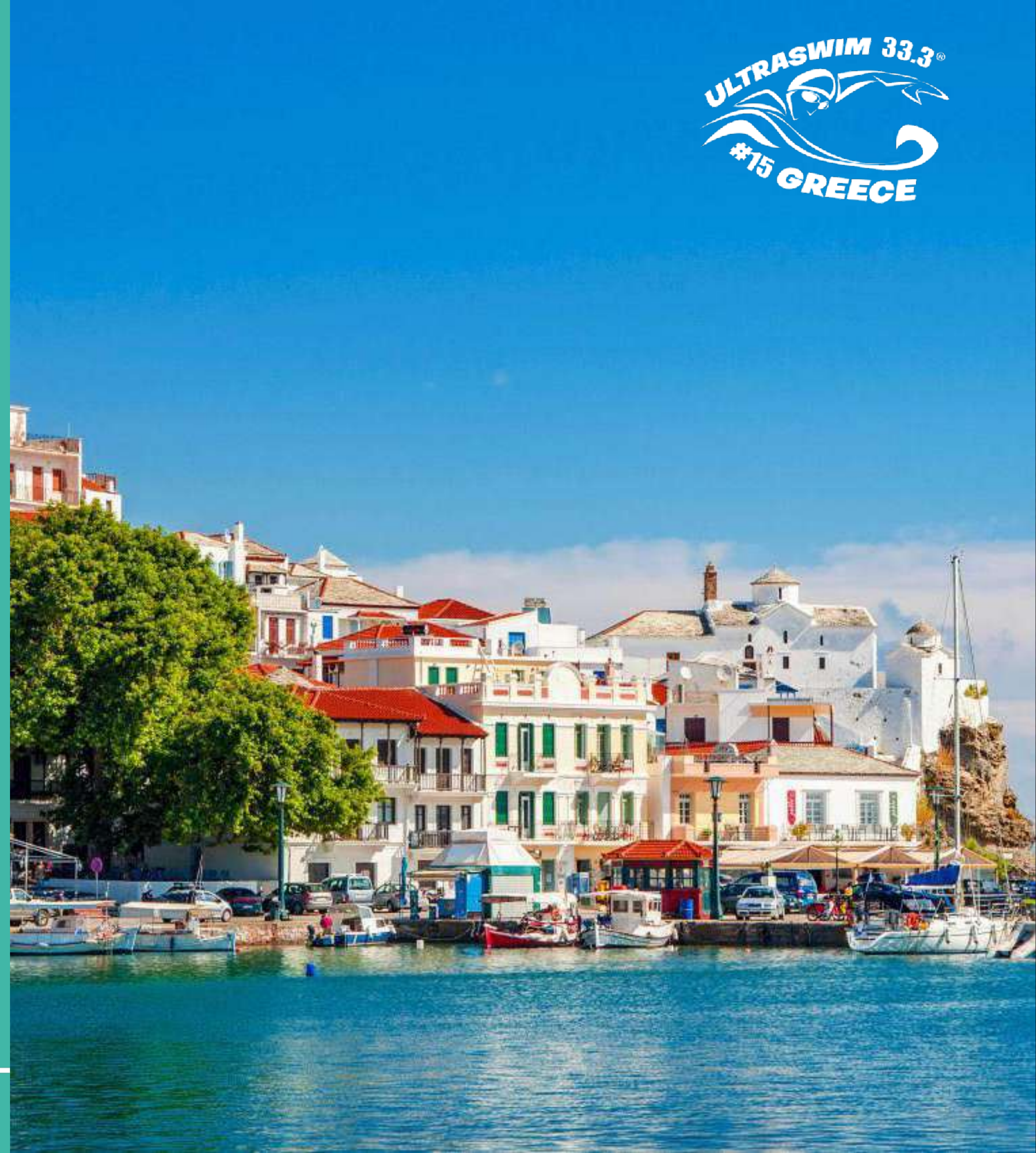
Address: Glossa Skopelos, 37004

Tel.: +30 6979 777830 (WhatsApp and Viber)

E-mail: raniapanagiotou@yahoo.gr

Website: <https://taxi-skopelos-rania-panos.business.site/>

33.3KM | 4 DAYS



BREAKFASTS & REFUEL LUNCHEES

Buffet breakfasts are included in your hotel package with timings on **non-race days** as follows:

Adrina Hotels: 0800-1100 daily

Blue Green Bay Hotel: 0830-1030 daily

Race Days:

Early swimmer breakfasts will be served each morning for all swimmers at Adrina hotels (Blue Green Bay swimmers - we will transfer you to Adrina Beach Hotel). Please note breakfast times can get busy so arrive on time to avoid queues. Please check the Swimmer calendar for daily timings and shuttle times.

Post swim 'refuel' lunches are provided on all race days Friday-Sunday by the organisation (also included for non-swimming partners on the F3 package - please confirm your attendance on the F3 daily programme with the F3 coordinator each evening).

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ACTION:

We recommend carrying at least €25 / credit card (cash not always accepted) in your dry bag to purchase extra drinks/food in addition to those provided at lunch, if you wish.



DIETARY & ALLERGIES

If you (or your F3) have declared a dietary requirement or food related allergy on your **Swimmer Information Form**, please read carefully:

1. Ensure you pick up a dietary card at Event Registration (we have a table for this);
2. At seated lunches, place the card on the table in front of you;
3. At buffet / self-service lunches ask a staff member if you don't see your food group / dietary requirement catered for; some dietary specific dishes will be held back in the kitchen to avoid others taking them by mistake;



4. At feedstations and refuel stops, please ask for what you need. Don't assume if you don't see it, that we do not have it;

Tell Us!

Let us know if we are not meeting your needs; team members are available after every swimmer daily briefing to chat and our Client Services Whatsapp is always available.

Venue Variations

In some destinations, some dietary restrictions are more difficult to cater for. We will do our best. If there is a certain snack or refuel product you know works for you, we advise bringing what you need. Please ask us at epicswims@ultraswim333.com if you have any concerns.

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RENT YOUR OWN BOAT

With a local skipper, or bareboat if licensed.

Recce the course, enjoy an afternoon on the water with friends and family or watch the sunset from the water.

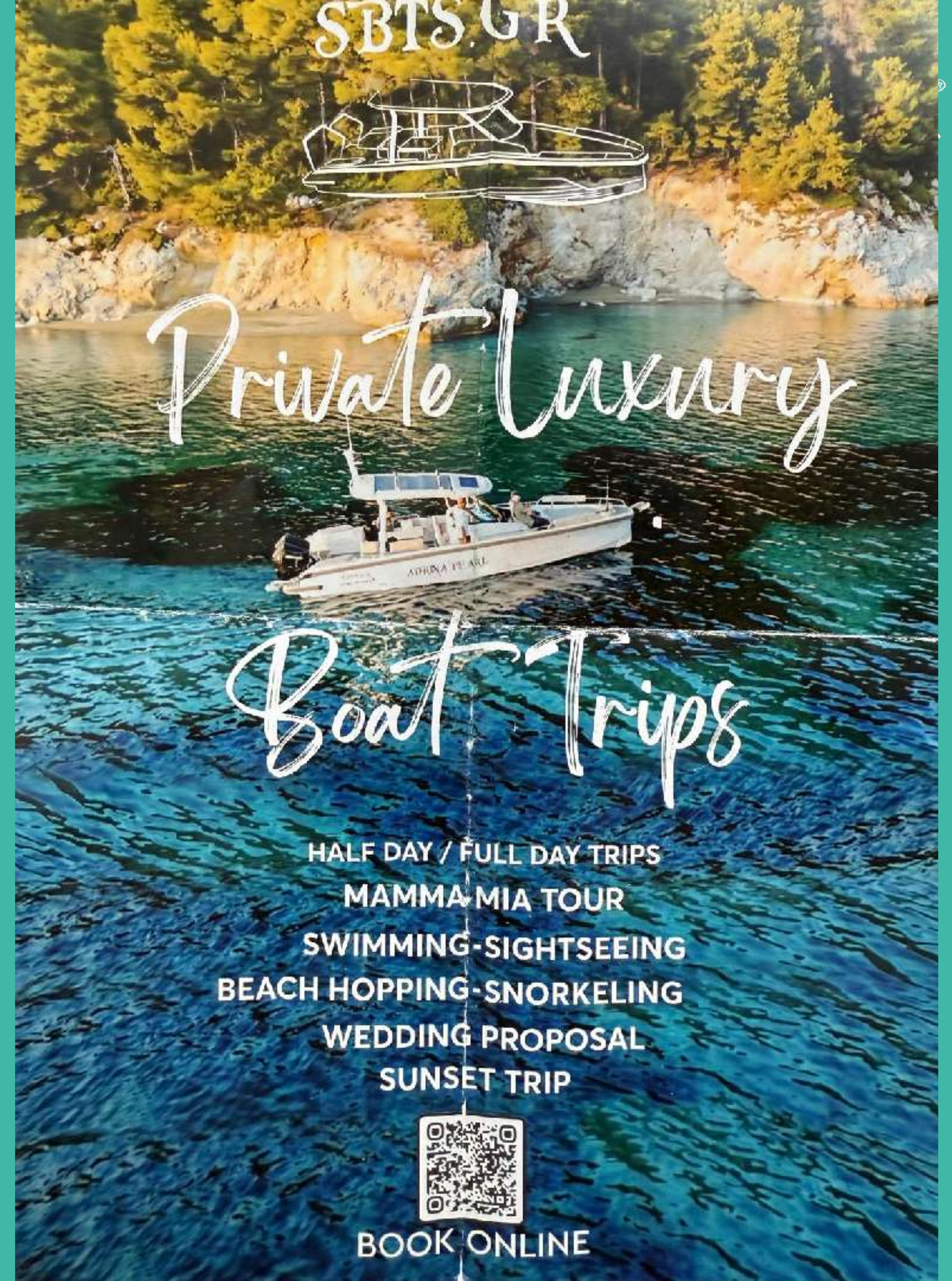
Contact: Adrina Hotels

<https://adrina.gr/skopelos-boat-trips/>

Contact: Windboats / Nikos

<https://rentboatskopelos.com/>

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LOCAL INFORMATION



Time Zone

Time: Greece is on Eastern European Summer time (GMT +3) one hour ahead of CET European time, 2 hours ahead of the UK, 7 hours ahead of New York.

Practical Information

- The official currency is the Euro
- There are ATMs in Skopelos town
- Mastercard and Visa are readily accepted. Some small cafes & stores might accept only cash and it's useful to have small change or smaller notes (ie €5 and €10)
- Most banks work from 08:30 until 15:00 Monday to Friday
- There are pharmacies in both Neo Klima and Skopelos Town.

NOTE: Skopelos Island has fairly limited shopping opportunities when it comes to outdoor gear, equipment and clothing. If you forget a vital item try checking in Athens or Skiathos before taking the ferry (if this is an option).

Sunday Store Closures

Stores in Greece have legally restricted Sunday working days. Since this varies depending on season, region and company it's best to expect that many stores will be closed on Sundays.

Air Temperature

Average air temperature data on Skopelos Island in mid September: low 18°C/64°F to high 28°C/ 82°F

The UltraSwim 33.3 swimwear and clothing store has a selection of garments from sun hats to hoodies !

Pre-order UltraSwim 33.3 goodies and have them delivered to Skopelos. Visit the shop here. ORDERS by 23 August please

SECURITY, HEALTH, CUSTOMS TIPPING



Security

Crime is relatively low on Skopelos compared to many parts of the world. However, there remains the risk of small-time opportunistic stealing from beaches and in resorts, so please take care of your valuables as you normally would.

Health

- The nearest pharmacy to the event is in Neo Klima town (10 mins taxi). There are also a few in Skopelos Town Centre (20-25min taxi).
- If you need to see a doctor you please let us know. The private COSMOSHEALTH POLYCLINIC in Skopelos town offers a call out service to hotels +30 2424 024500 and an emergency number +30 694 246 7768.
- If you take prescription medication, we recommend you carry a doctor's letter confirming you have been prescribed the medication.

People and customs

Skopelos Island is a popular tourist destination in the summer months. The local community are well used to visitors and all hotel, restaurant, bar, shop staff speak English and or other European languages.

Notes on Tipping: we suggest leaving 10% if you are pleased with the level of service you have received.

USEFUL CONTACTS

Skopelos Taxi Numbers

Giannis: +30 694 4734024

Dimitris: +30 697 8025718

Panos & Rania: +30 697 9777830

Stamatis: +30 698 8544272

Emergency services 112

SIM CARDS & DATA ROAMING



Greece is in the EU mobile roaming network so check if your mobile/cellphone contract covers it. If your phone network is non-EU, consider using an e-sim. We recommend Holafly as a great solution if your phone can accept e-sims.

To purchase a prepaid SIM card in Greece, you have several options:

- * Mobile phone stores: Cosmote, Vodafone and Wind Hellas
- * Airports: you can buy a prepaid physical SIM card at Athens airport in the baggage claim area or in the arrivals hall
- * In Tourist areas such as Skiathos or Skopelos town, convenience shops and stores sell prepaid cards
- * NOTE you cannot purchase in the area of the hotel

The event hotel offers free wifi (connection quality may vary) and in Greece many public spaces, cafes and restaurants also offer free wifi.

Communications will be primarily via WhatsApp groups. If inserting a new SIM card it will ask if you want to move your WhatsApp number to the new one - ensure you say NO unless you want to lose connection to your usual number and messages.

PLEASE DO NOT change to a local number as you will no longer receive any WhatsApp messages and we are not able to add you to the groups again.

SKOPELOS ISLAND

Activities & Culture

Skopelos is a Sporadic island known for its unspoiled charm, relaxing ambience and verdant landscapes. The island is so picturesque that scenes from the movie Mamma Mia were filmed on the island. It's two main villages are Skopelos town and Glossa, both of which cling to lush mountainsides and boast breathtaking views of the Aegean Sea. As well as its enchanting villages, Skopelos boasts mesmerizing beaches and impressive sights.

Skopelos does not have a tourist information office. The most informative site to gain useful information about the island all it has to offer is to visit:

www.skopelos.com

For more information about areas of beauty and interest visit
www.visitGreece.gr/islands/sporades/skopelos

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F3 NON-SWIMMING PARTNER PROGRAMME

Discover beautiful Skopelos Island by land and by sea, explore the history and culture of the island including the famed Mamma Mia filming locations, while supporting your swimmer on their challenge around the spectacular coastline.

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WELCOME TO THE F3 PROGRAMME!



We hope you will enjoy UltraSwim 33.3 as much as your swimmers do! Your host on beautiful Skopelos Island will be Jennifer who is the daily programme coordinator and 'go to' person for any questions you have.

What to bring:

Your UltraSwim33.3 water bottle (provided to F3 partners) filled with water from water dispensaries located at Adrina hotels (no single-use plastic please!). The weather can be changeable so come prepared.... sun hat, T-shirts & shorts plus a warmer layer and swimming costume (mask/goggles) and a towel.

Footwear: soft-based shoes or sandals (note for some optional cliff paths and climbs (ie Mama Mia church) sneakers / trainers are strongly recommended - not flip flops.

Seasickness tablets are available, and can be taken before leaving the hotel if you are concerned.

F3 participants will be invited to the F3 WhatsApp group 1 week before the event, when the full program and daily plans will be shared. This will also be the the main channel during the event where any changes to the F3 program will be communicated.

IT IS NOT POSSIBLE TO JUST JOIN IN ON ONE DAY as numbers are pre-planned for transport, boats and buses. The F3 programme is HIGHLY recommended by previous swimmers and their partners!



FOR YOUR SAFETY

For a great day out please read these points for your safety:

- When getting on / off boats, wait until the boat is securely moored and your F3 host or skipper gives the green light;
- If the sea is rough the boat may not always be stable during boarding / disembarking, so take care and do not rush;
- Do not enter the water to swim until your skipper or F3 host gives the clearance for swimming to start;
- Assess the surrounding areas before you jump / enter the water from the boat to ensure the area is clear of other boats and people;
- Please tell us about any injuries during the day, however small;



#15 GREECE F3 BOAT

Usual onboard facilities*

Two spacious decks for relaxing

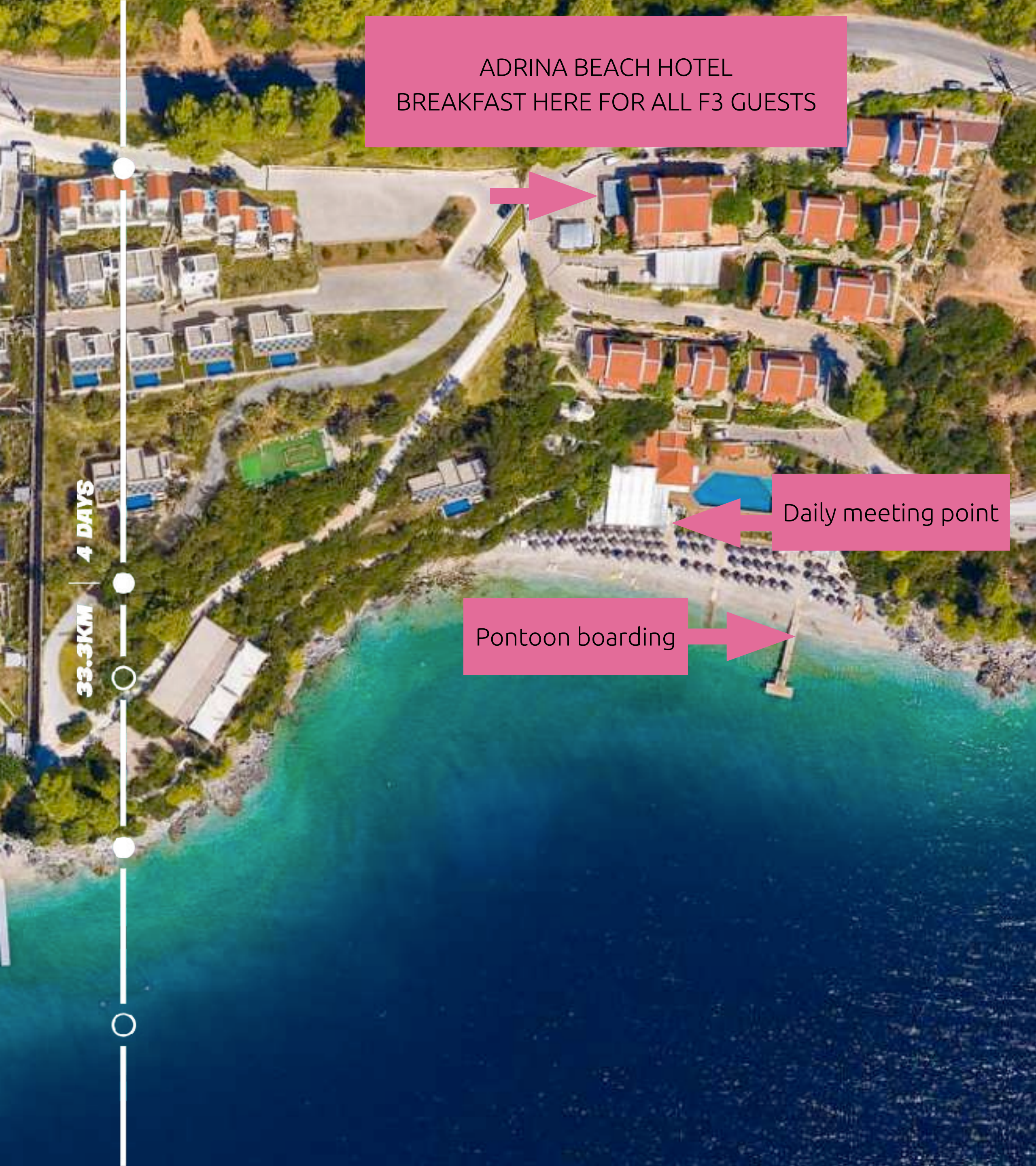
Toilets x 2

Easy access swimming platform

Exit by gang plank if a dock stop

*photo is representative and may not always be the same boat





DAILY F3 MEETING POINTS

Daily meeting times will be re-confirmed by WhatsApp

Meeting Point Day 1:

0845: Meeting point at Adrina Hotel Beach Bar/Restaurant.
0900 : Boarding boat on Pontoon at the Beach Hotel, beach.

Meeting Point Day 2:

0750: Meeting point at **Adrina Hotel Main Reception**
0800: MINI BUS TRANSFER FROM HOTEL to Mamma Mia church

Meeting Point Day 3:

0800: Meeting point at Adrina Resort beach pontoon to watch swimmers pass the 2.5km feed station here.
0915: Boarding boat to follow the race

Meeting Point Day 4:

0745: Meeting point at the beach of the Adrina Resort & Spa - to watch the swimmers leave for the final swim.



BLUE GREEN BAY HOTEL - F3 SHUTTLES TO ADRINA

Day 1 Friday:

BLUE GREEN BAY: 0835

Day 2 Saturday:

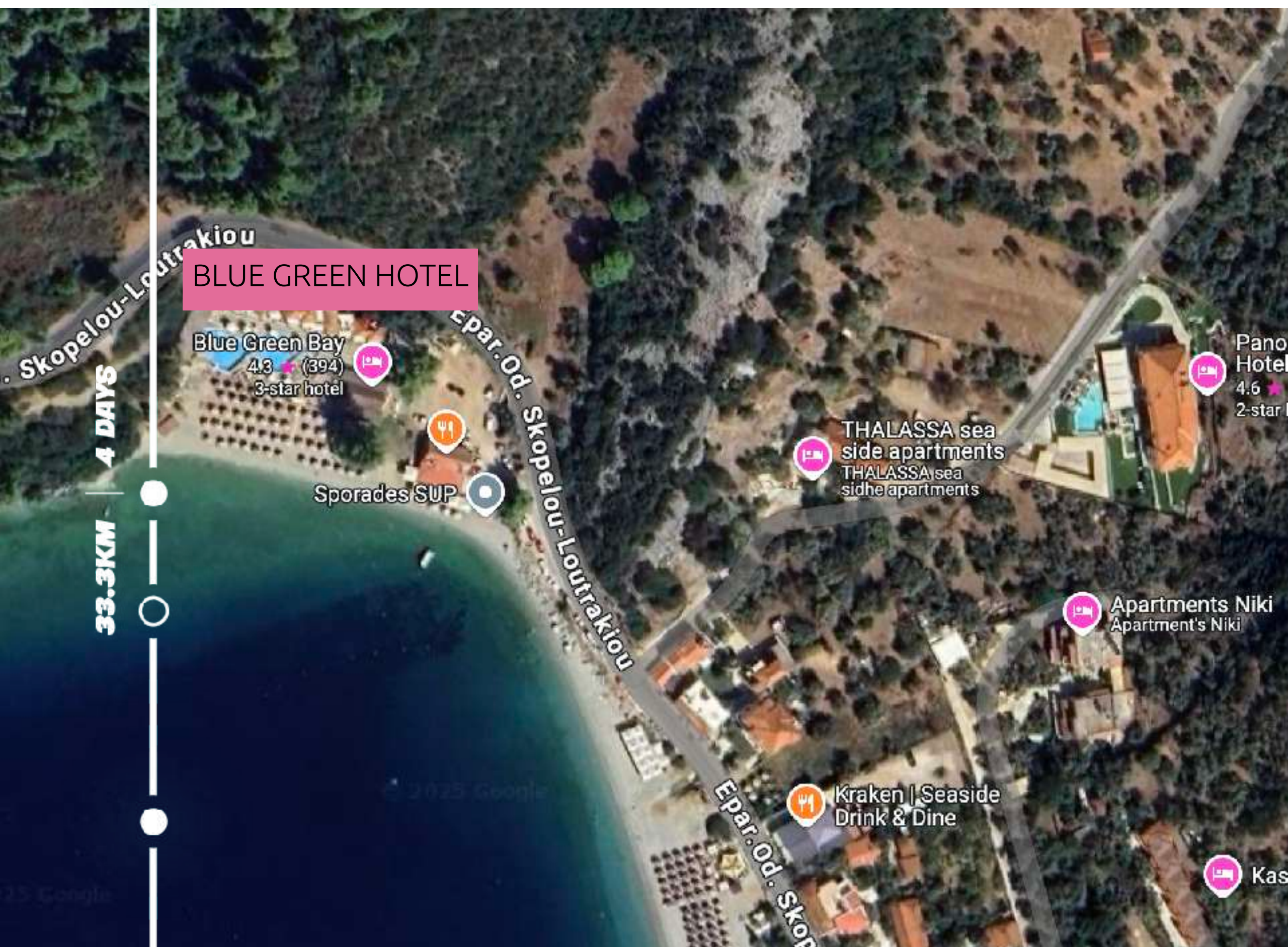
BLUE GREEN BAY: 0750

Day 3 Sunday:

BLUE GREEN BAY: 0750

Day 4 Monday:

BLUE GREEN BAY: 0735



Daily meeting point, PLEASE WAIT AT RECEPTION OF YOUR HOTEL.

WE ASK YOU TO PLEASE BE ON TIME, THE SHUTTLE WILL LEAVE PROMPTLY.

Stop 1 - Neo Klima

Exit: Port Dock

Refuel stop: Beach / Pebbles

OPTION: stop in Neo Klima, coffee at Madalaki Cafe and watch restart



Stop 2 - Panormos Beach

Exit: Beach, via the boats gang plank

Lunch with swimmers

Drop anyone at hotel if they do not wish to join swimmer lunch



DAY 1 PROGRAMME

**ALL WEATHER DEPENDENT - IF THE COURSE CHANGES,
THE F3 PROGRAMME MUST CHANGE WITH IT**

08:45: Meeting point at Adrina Hotel Beach Bar/Restaurant

09:00: Boarding boat on Adrina beach Pontoon

Stop 1 - Neo Klima - refuel stop for the swimmers after their first swim, enjoy refreshments on the beach and watch the second swim restart. Board the boat and follow the second swim along.

Stop 2 - Panormos Beach - one of the most popular beaches on Skopelos Island. Swimming is great since the water deepens almost immediately and is the only beach that has dark blue waters due to the very deep areas. This is the exit point for the second swim and the lunch location for swimmers and F3s.

After lunch, walk or take a boat or van shuttle back to Adrina. For those staying at Blue Green Bay, you will be able to walk back to your hotel.

Stop 1 - Mamma Mia Church



Stop 2 - Skopelos Town - lunch



DAY 2 PROGRAMME

07:50 Minivan collects from Blue Green Bay hotel

07:55 Meeting point at Adrina RESORT Hotel Reception

08:00 MINI BUS TRANSFER FROM HOTEL to Mamma Mia Church

Stop 1 - Mamma Mia Church - You will arrive by minibus and for those wishing to visit the church of Agios Ioannis Kastri on Skopelos, where scenes of Mamma Mia were filmed, you can climb up to see the wonderful view.

This lovely church stands on top of a rock and provides an amazing view to the coasts of Skopelos and to Alonissos. Its name actually means *Saint John on the Castle*, assuming that probably there was a small castle there in the past to protect the island from pirates and enemy invasions.

For those who prefer not to climb up there is a small cafe to buy refreshments, or walk down to the beach to watch the swimmers arrive.

Note: the climb to the church and the path to the beach have steep stairs, wear appropriate shoes, flip flops are **not** recommended.

Stop 2: Boat transfers will take you to Skopelos for lunch with the swimmers followed by bus transfers back to the event hotels.



DAY 3 PROGRAMME

0800 Meeting point at Adrina Resort beach to watch swimmers pass the 2.5km feed station before heading south on their marathon swim.

0915 Boarding boat to follow the race along the beautiful and wild south-west coast of the island to Limnonari beach. Follow the progress of your swimmers on the live tracker link (requires mobile data on your phone).

OPTION 1 - Limnonari Beach - enjoy time at the beach before the swimmers arrive. Lunch will be available here with access to food, drinks and toilets.

OPTION 2 - Remain on the boat and go back out to the finish line in a small bay called Amorandos to watch the swimmers finish, and then return with them to Limnonari beach for lunch.

Return transfers after lunch by boat with your swimmers.



Stop 1- Limnonari Beach
Exit: via boat
Type - Refuel
Pebbles





DAY 4 PROGRAMME

0745 For those wanting to watch the final day start - join your swimmers at the start line on Adrina Beach.

0815 Boarding minibuses to Milia Beach (5 minute drive) - welcome the swimmers at the official finish line of UltraSwim 33.3.

0945 Minibus to Adrina Resort (5 minute drive)- if you are joining your swimming partner on the final celebratory swim.

1000 Minibus transfer to Prize giving at Adrina Beach for all other F3s.

Those wishing to join their swimmer for the celebratory swim-in will be picked up by their swimmer from the pontoon at the Adrina Resort beach and will swim with them to the final exit at Adrina Beach hotel.

- ORANGE (not pink) tow floats are mandatory.

Prize giving reception starts 1130.

F3 OTHER IDEAS



Some ideas of how to spend the rest of your day!

We are delighted that many UltraSwim 33.3 participants are joined by their partners and family. We have put together some options for non-swimmers to make the most of your time on beautiful Skopelos island.



Extra activities

Should you wish to arrange any activities before or after the event, we recommend: [Skopelos Tours](#)

Relaxing

Adrina Resort & Spa has a spa offering a range of treatments. The spa opening hours are 1000 - 1900 and more details can be found and treatments [pre-booked here](#). Clients from any package can make a booking at the spa, no matter which of the three Adrina hotels you are staying at.

Practice your swimming in the hotel pools for the final day

On Monday, the final non-timed swim is just a few hundred metres. Weather permitting, our F3 guests are invited to join this final swim. We provide a safety tow float (mandatory) and you must swim with your partner - a fantastic way to finish off this shared long weekend experience

WORTH READING BEFORE YOU LEAVE HOME!

33.3KM | 4 DAYS



WHAT SHOULD I PACK?

- Goggles (we suggest bringing spares, no local stockist)
- Swimsuit (any neoprene and/or buoyancy material within the suit design or construction will put you into the wetsuit category)
- Wetsuit if you use one
- Gels or other race fuel you like to use, and recovery drink mix
- PrecisionF&H will provide energy gels at feed-stations but of course bring what you are used to/ know as well if needed
- Sunscreen and anti-salt/friction Lubricants (we will have some Sailfish neck lubricant roll-ons at the feedstations). Any creams you might like to have to deal with some inevitable friction sores from a multi-day saltwater swim event...including wetsuit rash if you are not in skins. We recommend NOK cream and the Sailfish lubricant strongly from experience, but ideally avoid petrochemical based creams that damage biodiversity underwater

- A lightweight waterproof/wind jacket
- Casual clothing for the evenings
- Any medication you might need - there is a pharmacy close by.
- Your own towel for massages after swims (hotel towels may be used for massages in the hotel spa - but cannot be taken out of the hotel)
- 25 Euros cash for extras each day
- 50 Euro refundable deposit for tow float, race bag & tracker
- Warm layer for post race and early morning transfers
- Hoodie such as the UltraSwim 33.3 hoodie for post-swim and evenings
- Woolly hat (ULTRA+ are provided with an official beanie)
- If you already have an UltraSwim 33.3 dry bag from a previous event, please bring it back to the event and we'll swap it for a new personalised one (and we can re-use the old one). Likewise with water bottles from any previous event. Let's avoid new production where we can please!
- **For fun!! Join the Mamma Mia fun on the final finish line / prizegiving with a wig, sunglasses or any Mamma Mia related accessory!**

PERSONAL ACCIDENT INSURANCE



UltraSwim 33.3 strongly recommends that you take out personal accident insurance to protect yourself against any personal injury you may suffer. To protect yourself from the unexpected and the accidental. We have created a special insurance policy for this with our partner Besafe.

Besafe insurance now covers EU and non-EU residents with the following:

- Medical expenses outside country of residence: €100,000
Example: a Swiss or Brazilian who comes to race in France is outside his or her country of residence (Switzerland, Brazil).
 - Repatriation assistance worldwide: actual costs
 - Search and rescue costs: €10,000
- And a lot more benefits on top of this for EU residents.
More information on Besafe [HERE](#)

A screenshot of the Besafe Accident Insurance form. The form is titled "Accident insurance" and has a sub-header "If I get hurt, I'm insured.". It features three sections: "Area of residence" with buttons for "European Union" and "Outside the European Union"; "Period of insurance" with buttons for "7 days" and "1 year"; and "Number of practitioners" with a row of buttons numbered 1 through 6. The form is overlaid on a background image of a rocky coastline with waves and a swimmer. The UltraSwim 33.3 logo is in the top left corner, and a contact number and French flag are in the top right corner.



HOW WE WILL SHARE KEY INFO WITH YOU

During the event

33.3KM | 4 DAYS



SWIMMER BUBBLE

Master copy of all
information [HERE](#)

Password is [33.3](#)

CONTENT FOR REGISTERED SWIMMERS #15Greece 2026

General information for all 2026 events

[WEBINARS](#)[TRAINING
PLANS](#)[INJURY
CONCERNS](#)[FUEL &
HYDRATION](#)[VIDEO
ANAYLIS](#)[RULES](#)[SHOP!](#)[INSURANCE](#)[OFFSET
FLIGHT](#)[ADD
CALENDAR](#)[ROAMIN
DATA](#)[PARTNER
PROMOTIONS](#)

Specific information for your event in Greece

[WHATSAPP
GROUPS](#)[TRAVELBOOK](#)[HOTEL
UPGRADES](#)

33.3KM | 4 DAYS



WHATSAPP

You will be added to our **33.3 #15BROADCAST** Whatsapp group which you are strongly advised to keep subscribed and non-muted during the event. This is the **primary communication method** we will use to share course, timing and other changes as well as key details with you before and during the event.

On purpose there is no way to reply on this group - if you have a question, post it on the general chat group or if urgent directly WhatsApp to Client Services (Alison)

We also warmly invite you to join our:

- **33.3 #15CHAT Whatsapp** group - ask event specific questions, meet new people;
- **UltraSwim 33.3 TRAINING & SUPPORT Whatsapp** group - supporting 33.3 swimmers across all our events;

33.3KM | 4 DAYS

#15 BROADCAST

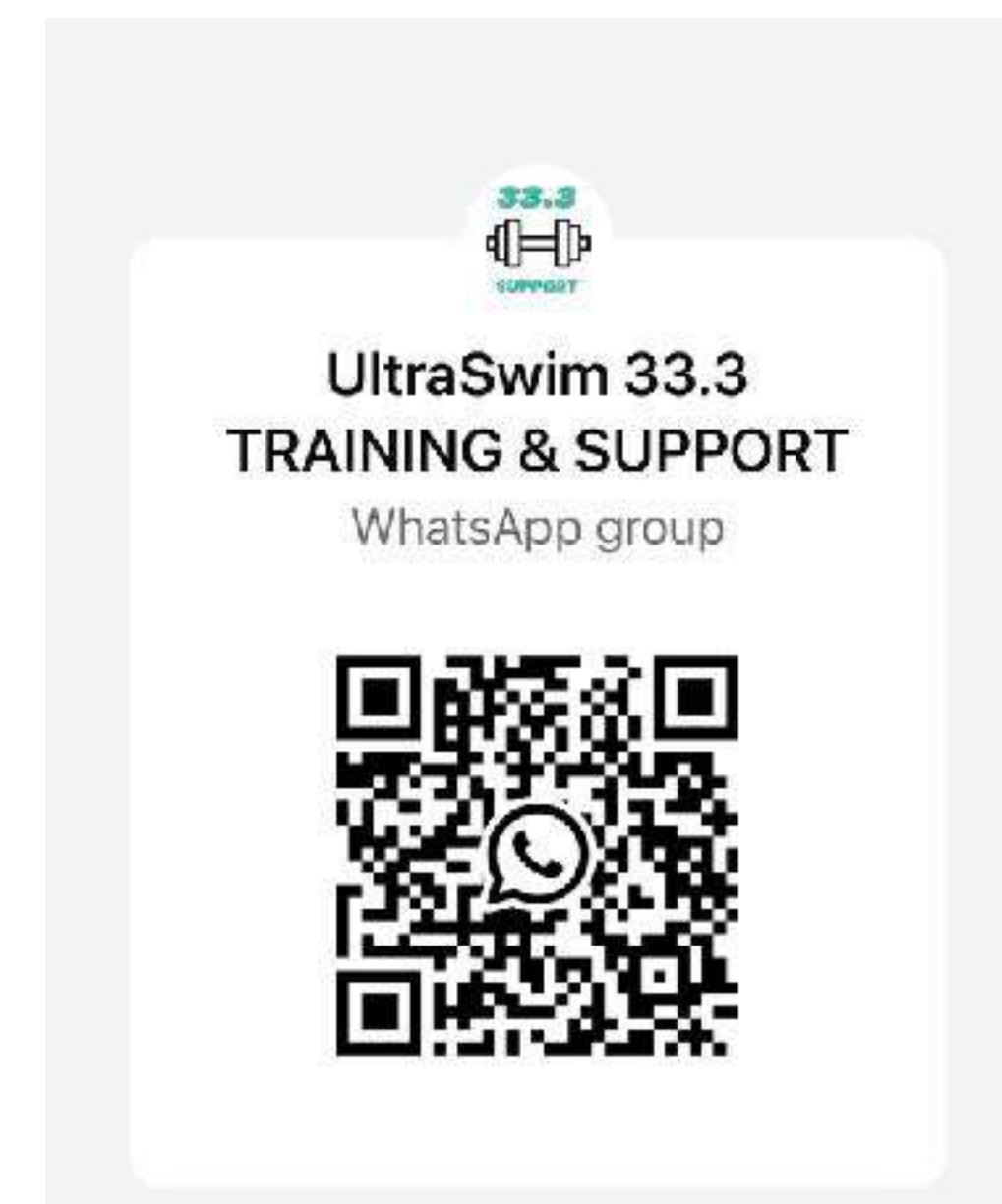


<https://chat.whatsapp.com/F1Z7DdewZ9a1JzgdG3ZztF>

#15 CHAT



<https://chat.whatsapp.com/Gh5BjQT715RJnHhVOSxpeB>



<https://chat.whatsapp.com/GHKl3WdBFKrHIPEOnFzgtj>

DAILY SCHEDULE

Shared via iCal/google calendar - this will be kept fully up to date with any changes, as long as you are online and it's updated, you should be able to see any modifications to your programme via our calendars as long as you set them up correctly in the first place. You can view on laptop, tablet or mobile. It is really worth the effort of setup...

33.3KM | 4 DAYS

17 September 2026

Thursday

all-day

08:00

09:00

REGISTRATION SESSION 2
📍 Adrina Resort Reception
🕒 09:00 – 11:00

Arrival transfers -
SKOPELOS > Adrina > Blu...

REGISTRATION SESSION 2

Arrival transfers - LOUTRAKI (Glossa) >
Adrina > Blue Green > Panormos

Arrival transfers - SKOPELOS > Adrina >
Blue Green > Panormos

ADRINA > Blue Green > Panormos SHU...

Panormos > BlueGreen TO...

Panorm

Arrival transfers - LOU
Adrina > Blue Green >

ADRINA > Blue Green

12:00

13:00

REGISTRATION SESSION 3
📍 Adrina Resort reception
🕒 13:00 – 15:00

SWIMMER CHAT

TRACKER HANDOUT

Arrival transfers
- SKOPELOS > A...

REGISTRATION SESSION 3
📍 Adrina Resort reception

SWIMMER CHAT

TRACKER HANDOUT

Arrival transfers -
SKOPELOS > Ad...

WELCOME DRI...

Panormos > BlueGreen TO...

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Panormos...

Panormos...

Arrival
transfe

WARM UP SWIM

17:00

BRIEFING MAIN and DAY1

BRIEFING MAIN and DAY1

18:00

ADRINA > Blue Green > Pa...

ADRINA > Blue Green > Pa...

ADRINA > Blue Green > Pa...

ADRINA

ADRINA > Blue Green > Panormos SHUTTLE

ADRINA > Blue Green > Panormos SHU

19:00

HOW TO SET UP ICAL/GOOGLE



On a Mac, do not click the link below just COPY it – then follow the instructions below for Mac.

First, copy this link

<https://calendar.google.com/calendar/ical/ultraswim333%40gmail.com/public/basic.ics>

For Mac

In the Calendar app on your Mac, choose **File > New Calendar Subscription**.

1. Enter the calendar's web address, then click **Subscribe**.
2. Click the Auto-refresh pop-up menu, then choose how often to update the calendar.

For Google Calendar (on web)

1. On your computer, open [Google Calendar](#).
2. On the left, next to "Other calendars," click Add **From URL**.
3. Enter the calendar's web address in the field provided.
4. Click **Add calendar** Copy the iCal feed address.
5. **OR** On the left next to "Other calendars," click Subscribe to calendar - ultraswim333@gmail.com

For iPhone

1. Open Calendar App > Click on Calendars at the bottom of the screen
2. Click Add calendar > choose Add Subscription
3. **Paste** calendar's web address

For Android

1. Follow the instructions for Google Calendar, from a computer.
2. Then on phone Settings>More>UltraSwim33.3 Swimmer
3. Switch the **Sync** option on
4. You may also change your notifications for this calendar on this screen.

SHARING CONTENT VIA WHATSAPP - PLEASE SHARE IT WITH YOUR FRIENDS!

During your time with us, we will have a professional multimedia team covering the event so get ready to receive some amazing content - here comes your next profile picture! At the end of each day, we will provide you with links to images and pictures via the event WhatsApp group that you are free to share on social media and WhatsApp as you please as long as you reference UltraSwim 33.3! Send it to those who are missing out!

Of course, we're also interested in your own photos and videos, our swimmers' experience is what makes our event so special so please email us at comms@ultraswim333.com or WhatsApp to Clea +33 7 50 86 41 03 with all your pictures and videos - we love to see it and share!

Our social handles are:

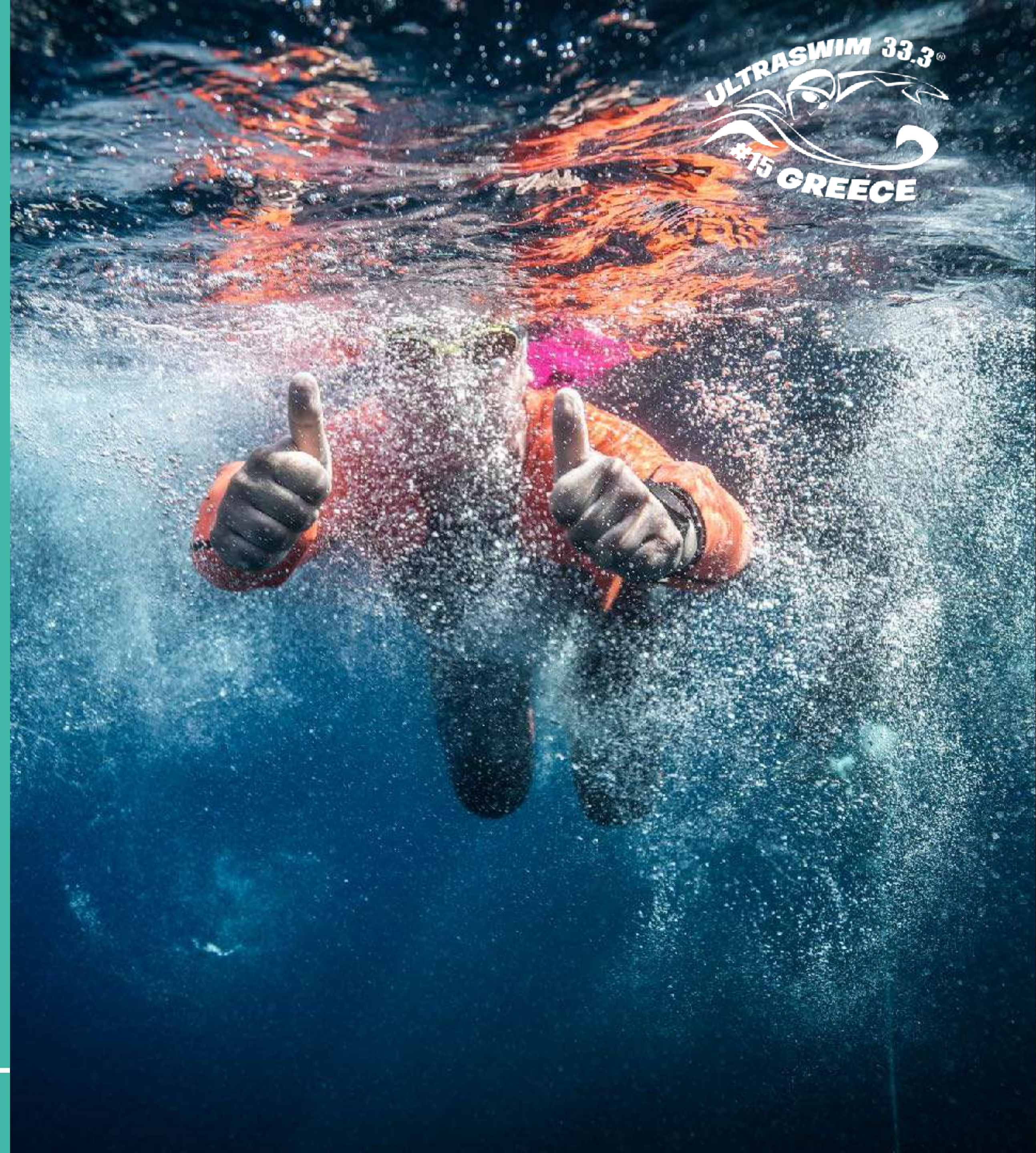
Instagram: @ultraswim333

Facebook: @ultraswim333

Strava: (Club) 'UltraSwim 33.3®'

LinkedIn: (Company) UltraSwim 33.3

33.3KM | 4 DAYS



HAVE YOU GOT YOUR SOCIAL POST YET?

We'd love to create a social media post for you to announce that you'll be joining UltraSwim 33.3! This is a great way to share your exciting journey with friends, family or swimming groups.

If you don't have one yet - please email community@ultraswim333.com

33.3KM | 4 DAYS

I'M DIVING IN!

#15GREECE... HERE I COME!

18-21 SEPT 2026

33.3 CLASSIC

ALLISON MORTON



GERMANY



DISCOVER YOUR NEXT ADVENTURE!
www.ultraswim333.com



33.3KM | 4 DAYS

THE SWIMMING!

On and near the water...

33.3KM | 4 DAYS



33.3 TOW FLOATS



It is mandatory to use our numbered tow floats which are also used to carry the tracker we provide you on each swim. When jumping into the water, ensure you hold the tow float under your arm and hold firmly to avoid breaking the leash.

Can I store gels / items inside the tow float?

Yes, there is space inside to store extra gels / small items together with your tracker but you are towing it, so ensure its lightweight and that you can still fully roll the top down twice as a minimum.

How to use:

We recommend over-tightening the belt strap around your waist as it always feels looser once horizontal in water, reduce drag! Use the small black rubber bands, made especially for this tow float, to secure the strap at both buckles. There is a whistle attached, make sure it's tidied away but accessible - this is your best method to attract help if you need it. Ensure the neck can be rolled 3 times before securing to ensure it's watertight (the tracker inside is not). Ensure it's fully blown up each day once you have the tracker back in it, at the bottom of the float (lights facing out so you can verify the tracker is working before race start).

You may only use your own tow float if there is a documented medical reason for carrying extra nutrition or medication with you. Apply for a dispensation to Race Director if needed. We will need to write your race number in large on the float with a permanent marker.

33.3 DRY BAGS



Use our 30l provided dry bags, not your own (ULTRA+ package - your dry bag is to keep, ULTRA - the dry bag is a loan, name badges are removable to keep)*

Your bags will be transported for you from the start to the finish or next refuel stop. **On some days you may need to swim a short distance with the bag** so ensure that the waterproof seal is folded tightly (2-3 folds). **Please do not attach anything to the outside of the bag, it will be left behind.**

What to pack / what can fit in my dry bag?

- UltraSwim 33.3 microfibre towel (please do not take hotel towels on the water)
- a warm hoodie/fleece
- flipflops/shoes,
- dry shorts/shirt
- beanie/hat for post swim (it can be cold on the boats even when sunny)
- any recovery drinks or food you want for post-race,
- your 33.3 750ml wide top water bottle filled up (NO single-use plastic bottles)
- anti-friction stuff, some Euros for extras at lunch
- extra sunscreen, spare goggles etc in your bag

*Reuse / Return

If you are a returning swimmer and have an old dry bag, please bring it and we will swap it for a new version;

ULTRA swimmers, please do not mark your bag in any way as it needs to be returned to get your deposit back. There will be an opportunity to purchase it if you wish.



DAILY TIMINGS

Swim starts and finishes are always in-water starting either from a boat or a beach and exiting to a beach or boat afterwards.

Most days start very early to minimise the on-water traffic risks and to take advantage of generally better wind & water conditions. The advantage is that we are usually finished by lunchtime leaving you the afternoon free. Sunrise is around 0710, sunset c.1930.

Post-swim refuel lunch is provided in a different place and time each day, according to the swimming programme but is generally near to the daily finish point or somewhere on the way back towards the hotels (where you should arrive at the latest by 1500 each day, usually earlier).

Refer to the online diary for up to date and precise timings, in particular when to meet at boat/daily registration and tracker handout.

TIMES WILL CHANGE! Please do not be late, we cannot hold up the day to wait for anyone.



33.3KM | 4 DAYS

PHYSIO / INJURIES



During the event Expert sports physio, Laure Bady will be flown in by us and available on site for consultations during the event - and of course beforehand if you are worried about any issues.

ULTRA+ initial consultation free.
Additional sessions at 75€

ULTRA 30 minute sessions €75

Book pre-event via the website below ensuring you ask for Laure and mention UltraSwim 33.3 or at event via WhatsApp (QR code on this page), citing the event you are competing in and your race number if you have it.
www.lacliniquedusport.com (Based in Chamonix, France)



Neil Maclean-Martin
WhatsApp Business Account



Make a booking



MASSAGES

A daily post-swim massage is included in all ULTRA+ and ++ packages on swim days 1-3.

Depending on the location, massages are usually available at the refuel lunch locations and then afterwards at the event hotels in a designated location (not the spa). On arrival at the lunch venue, please head over to the Massage desk to collect a time slot token.

Locations

Day 1 - Lunch venue at Blue Green Bay and after at Adrina hotel

Day 2 - Lunch venue in Skopelos town and after at Adrina hotel

Day 3 - Lunch venue in Limnonari and after at Adrina hotel

STRETCHING SESSIONS

Outdoor stretching sessions are planned at the Adrina hotel at 1700 on Friday, Saturday and Sunday.

All timings and locations will be updated on the Swimmer iCal / Google cal before the event start.

TIMING AND TRACKERS

We use tablets with a dedicated 3 person team on the finish line to record your times electronically. Timing chips are not used as the bands cause skin damage with salt water. We will also record on video the finish line if needed to verify post race.

Each swimmer will be provided with a GPS enabled tracking device at registration each day before getting on the boat. It will be carried at the bottom of your tow float during the swims and returned daily at the finish line for charging. The device battery will not last more than one day, so it is VERY important that you return it each day after the swim and re-collect it the next morning.



33.3KM | 4 DAYS



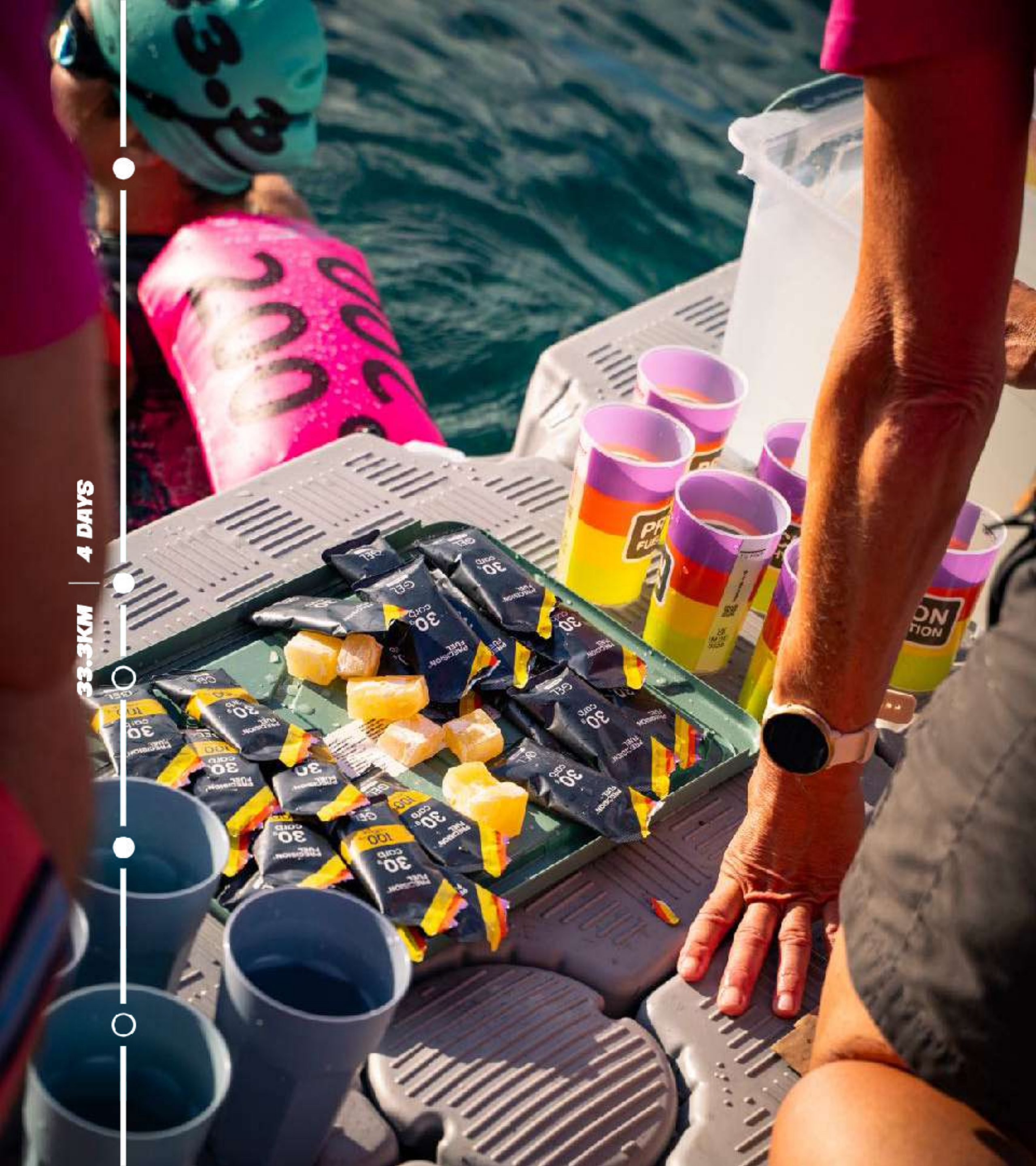
FEEDSTATIONS

Remember you will have your waterproof official dry bag at each finish line (including on spilt swim day 1) - so put any recovery drink or nutrition you want in there if you have personal preferences. And of course the **aluminium water bottle** we give to you - **single-use plastic is strictly banned** throughout the event. Drinking water from the taps is not safe everywhere on Skopelos, however we will provide drinking water at lunch stops, feedstations and Adrina hotels has filtered water dispensers where you can refill your bottles.



ORDER HERE
PF30B

<https://www.precisionhydration.com/eu/en/products/pf-30-gel/>



33.3KM | 4 DAYS

FEEDSTATIONS



Subject to plans changing due to weather...

Day1: A beach refuel stop is provided provided between the two swims.

Day2: With a planned c.8km swim, there will be one feedstation at c.3.5km.

Day3: Planned as the 10km+ marathon day, there will be two feedstations on the route at c.2.5km and c.6.5km approximately. See Waterbook for more details.

You are advised to carry your own energy gels, either in the top of your safety tow float, or tucked in your swimming costume/wetsuit (including the used wrappers - discarding wrappers in the sea is a disqualifiable offence). There will be other supplies at the feedstations, local fruit where possible and Precision gels and energy drink. You are strongly advised to pre-purchase the Precision sample pack so that you have tried their product before race day. There will also be neck lubricant for anyone suffering from salt sores. You ARE allowed to touch and hold on to feedstations if needed and to exit the water for up to 15 minutes if needed without penalty if you are not feeling 100%.

Day4: One swim with no feedstation.

This could still be a long swim for some - so consider taking gels in your tow float or costume. Kayakers will have some water and gels for emergency use (not intended as a planned use however, please don't abuse this).

PRECISION FUEL & HYDRATION



OFFICIAL FUEL AND HYDRATION PARTNER



To help you prepare your hydration and fuelling strategy for the challenge, we've asked our partners Precision Fuel & Hydration to provide a breakdown of what's on the course.

If you haven't already, it will be worth reading the How To Fuel and Hydrated UltraSwim 33.3 Guide.

At Registration we'll provide you with:

- 1 x tube of low-calorie PH 1500 electrolytes
Add 1 x tablet to 500ml (16oz) of water and drink to thirst before and after each swim
PH 1500 contains 3x more electrolytes than most sports drink and are designed to help you start optimally hydrated
- 1 x PF-30 Gel
The most efficient way to get 30g of carbohydrate into your system fast. Our gels have a very mild, citrus-based flavour ('Original') to reduce flavour fatigue during longer efforts.

During each swim:

The feed stations will offer the following:

- PH 1000 electrolytes
There won't be many opportunities to drink during the swim (we don't recommend taking on too much salty sea water!), so it will be worth topping up on the low-calorie PH 1000 from the coolers at aid stations. PH 1000 contains 2x more sodium than most off-the-shelf sports drinks, which will be ideal to help you stay hydrated (and yes, you do sweat when you swim!)
- PF 30 Gels
Each gel contains 30 grams of carbohydrate, so you can top up your energy stores during each swim
- PF 30 Caffeine Gels
If you're someone who benefits from using caffeine, it will be worth using a caffeine gel when you're feeling fatigued. These gels contain 30g of carb and 100mg of caffeine

After each swim:

You'll need to top up your energy stores after each stage. You'll be able to do this through 'real foods' at meal times, but you may want to consider taking a PF 30 Chew as soon as possible after each swim to help replenish your stores.

- PF 30 Chews
Each packet contains two chews, which each deliver 15 grams of carb. They come in Mint & Lemon or Original flavours

You can test out the on-course products by purchasing a discounted UltraSwim 33.3 sample pack before you get to Montenegro by using this link.

And you can book a free one-to-one video call with PF&H's Athlete Support Team to discuss your strategy for the challenge.

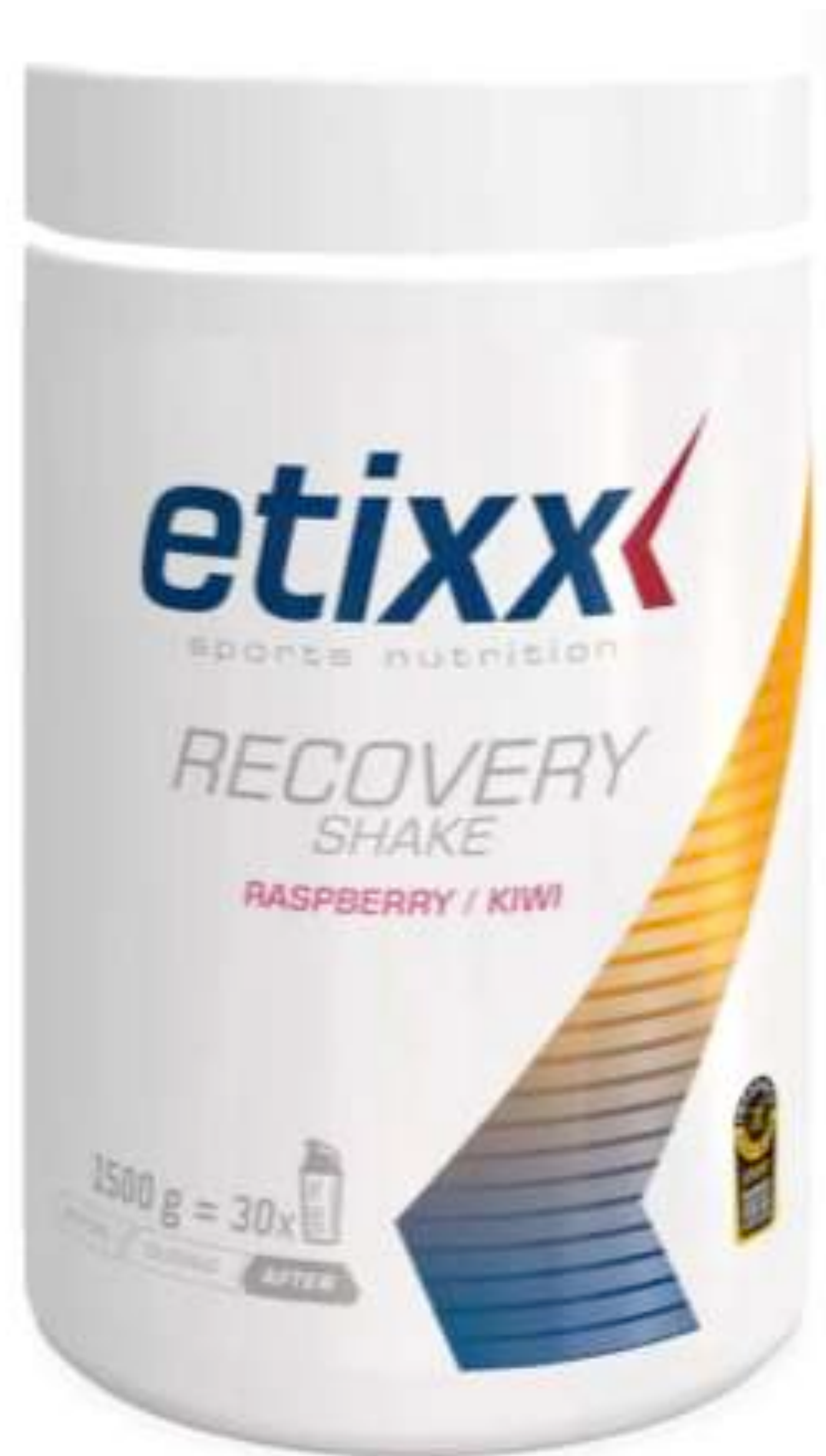
**AND FOR THE BRITS...
SOMETIMES THESE!**



FINISH LINE
(WITH OTHER SNACKS)

HOT AND COLD
‘PINK DRINK’

GLUTEN AND SOY FREE
CONTAINS LACTOSE



10KM+ MARATHON SWIM DAY 'CAPTAIN WEBB' RULES OPTION



The 'Captain Webb' Rules are a 'back to basics' approach to marathon swimming that offers in particular for swimmers planning a significant solo swim or challenge (e.g. an English Channel crossing), an opportunity to gain valuable experience under more restrictive rules.

Whilst not strictly adhering to the full Marathon Swimmers Federation (MSF) Rules for an individually recognised marathon swim (e.g. the MSF don't permit the use of tow floats, which we consider indispensable for safety, and give no advantage only a bit of extra negative drag), our 'Captain Webb' Rules do enable an MSF LongSwims Database application to be made under their 'events' category, such application being made by us as organisers. There is no certainty it will be accepted however by MSF.

You will need to confirm yes/no at registration if you intend to do this, and will pick up a special colour swim hat for the Marathon swim day at the evening briefing on Saturday night. Note that this is NOT a ratifiable MSF solo swim - it is a Marathon swim EVENT that MSF *may* include in their Long Swims database, events section only.

See the Rules document Appendix A (available in your Swimmers Bubble) for details - but the key elements you must commit to on the Marathon swim day (weather permitting of course) include

- No drafting
- No wetsuits or any other equipment other than swim costume, goggles, hat, ear plugs
- No watches or electronic devices
- No touching feed-station boats or kayaks at any time (you will be fed by fishing net)
- You will wear a special pink hat with your race number manually added so we can identify you apart from the other swimmers and verify you are following these rules.
- You will exceptionally still use a tow float for safety reasons (visibility), but you may not at any time use it for flotation, including at feedstations.



OFFICIAL SHOP

You can now explore our cool selection of eco-conscious clothing and swimwear exclusively available to 33.3 participants. Everything is available to **pre-order only** for collection at your next event participation (on-site). We are unable to post out merchandise directly unless on special request.

Please visit the shop to see all products and how to order. Your items will be waiting for you at the event at registration!

[VISIT OUR SHOP HERE](#)

THEMAGIC5



The essence of THEMAGIC5 is to create a better swimming experience, free from distractions. The founders of TheMagic5 are swimming with you in Greece and are offering an exclusive deal just for #15.

Order a pair of the all-new THE MAGIC 5 Vector goggles and receive:

- 33% off your purchase
- A FREE second pair of TM5 goggles which will be ready for collection at registration in Greece

Co-founders Niklas and Rasmus, along with David from the TM5 team, will all be taking part in UltraSwim 33.3 Greece themselves and will be available to help with adjustments, recommendations and general advice!

Discount Code: [UltraSwim333Greece](#)

TOP FACTS

- The only custom-fit swimming goggles on the market
- Our algorithm and the approach to solving problems of Customization at scale is our core
- Using advanced robotics manufacturing
- 120,000+ customers around the world
- The two world-class athletes, Jan Frodeno and Matt Grevers, joined as investors

THEMAGIC5
OFFICIAL SUPPLIER



Please use the code: UltraSwim333 for a 20% discount on orders.

FJORD 4.0

the fastest
wetsuit
ever



DEBOER

You're looking for an edge in open water, right? That's where deboer comes in. They've essentially turned wetsuit design into a science. Forget just slapping on neoprene; they're fine-tuning buoyancy, optimizing hydrodynamics, and working with elite athletes to make sure you get a measurable performance boost. You're not just buying a piece of gear; you're investing in technology that's designed to make you faster and more efficient in the water.

deboer

OFFICIAL WETSUIT PARTNER



15% discount to all swimmers Please use CODE: ULTRA333

Swimmers can arrange a virtual wetsuit fitting with co-founder and wetsuit designer Alex deBoer by emailing deboer at info@deboerwetsuits.com to arrange a time.

33.3KM | 4 DAYS



CHANGING ROBE

Best known for their industry-leading stand-up paddleboards (SUPs), Red Equipment also designs high-performance clothing, accessories, and Dry Robes—perfect for open-water swimmers tackling the elements. Their premium changing robes provide warmth, comfort, and protection, ensuring UltraSwim 33.3 participants stay dry and ready for action.



OFFICIAL CHANGING ROBE PARTNER



[Pre-Order from our shop for delivery on site](#)



PEOPLE...

A massive thanks to all the staff, sponsors, venues, partners, volunteers, friends and family that work so hard to pull off these events and provide you with the experience you deserve and expect!

33.3KM | 4 DAYS



SOME OF YOUR #15 SUPPORT PERSONNEL

**AFFILIATE COACH
Heather Shelhase**



**AFFILIATE COACH
Samir Barel**



**AFFILIATE COACH
Anna - Karin Lundin**



**CONTENT MANAGER
Cléa Moulin**



**AFFILIATE COACH
Paul Newsome**



**PHYSIO
Laure Bady**



**CLIENT SERVICES /
Alison King**



**RACE DIRECTOR
James Bainbridge**



#15GREECE SWIMMER CHATS

JOIN OUR HOST **MONICA DELEVAUX** AT OUR SWIMMER CHATS AS SHE INTERVIEWS ULTRASWIM 33.3 EVENT AMBASSADORS, OUR SERIES PARTNERS, AND OTHER INVITED GUESTS AND COACHES

These ambassadors are elite athletes and inspiring people personalities, who will share their experiences, stories and tips for success.



VENUE:
ADRINA HOTEL RECEPTION

THURSDAY 17 SEPT 15:15 - 16:00

**ARE YOU
ULTRA
READY?**

Hosted by Monica, featuring Paul Newsome and Heather Shelhase.

Join our expert coaches for advice and any questions on final preparations !

FRIDAY 18 SEPT 17:00 - 17:45

**CAPTAIN
WEBB, TRUDY EDERLE
&
THE CROSSING THAT
STARTED IT ALL**

Hosted by Monica. Featuring Paul Newsome, Nigel Robson and Julia Pritchard - our English Channel swimmers.

Join us to hear how they have continued the Webb and Ederle legacy through the ultimate open water swimming challenge; the English Channel.

SATURDAY 19 SEPT 17:00 - 17:45

**THEMAGIC5
Swimming tech**

Hosted by Nathaniel Waring
Guests: The Magic 5 founders

SUNDAY 20 SEPT 17:00 - 17:45

**ANNA-KARIN
LUNDIN**

Hosted by Monica, featuring Anna-Karin Lundin, Olympian and swimming's biggest Instagram account.

Join us to hear her story from the Olympics to one of the most well known coaches in swimming.

SWIMMING WITH PURPOSE WE HAVE SUSTAINABILITY AT OUR CORE AS FOUNDERS

**WE'VE GOT PLENTY OF ACTIONS ONGOING AS AN EVENT...
...BUT WE ALSO NEED YOU TO COMMIT TO
THE SWIMMERS' CHARTER...**



As an event we are carbon-positive. This means reducing our footprint as much as possible, but then also contributing to positive impact projects such as [Sea Trees](#) to offset what we can't eliminate. We strongly suggest you could do the same with your personal travel to the event, in particular if you are flying.



Protecting the very waters that are our playground is naturally a major priority for us. As one of the first signatories of the [IUCN's Sports for Nature](#) programme, we strive to leave our playground in better shape than when we found it. We do this through our campaign against single-use plastics, our push for filtered not bottled water, research and rules to eliminate toxic lotions harmful to marine life.

HOW YOU CAN CONTRIBUTE AS A SWIMMER

MORE INFO ➤

HOW WE CREATE POSITIVE IMPACT AS AN EVENT

MORE INFO ➤

33.3KM | 4 DAYS

Our 2026 Official Host Venues



OFFICIAL HOST VENUE
ULTRASWIM 33.3™



Turistička zajednica
Grada Staroga Grada
STARO GRAD
TOURIST BOARD

OFFICIAL HOST VENUE
ULTRASWIM 33.3™



OFFICIAL HOST VENUE
ULTRASWIM 33.3™



Our 2026 Official Partners



OFFICIAL FUEL AND HYDRATION PARTNER



OFFICIAL MEDIA PARTNER

Our 2026 Official Suppliers

THEMAGIC⁵

OFFICIAL GOGGLE SUPPLIER

deboer

OFFICIAL WETSUIT PARTNER
ULTRASWIM 33.3™



OFFICIAL CHANGING ROBE PARTNER
ULTRASWIM 33.3™

GEORACING

OFFICIAL TRACKING PLAYER

Our 2026 Hotel Partners

VALAMAR



HELIOS FAROS d.d.
managed by VALAMAR



Adriana
resort & spa
★★★★★

LAZURE
HOTEL & MARINA

Affiliated Events

OPEN
SWIM STARS
Harmonie mutuelle

Sustainability



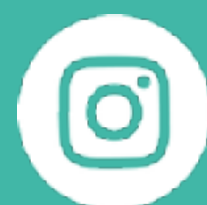
EPIC! SEE YOU SOON!

Questions? Contact us via:

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33.3KM | **4 DAYS**

