



F3 PARTNER PROGRAMME #17BARCELONA [COSTA BRAVA]

Discover the beautiful coast of Costa Brava, explore the history and culture of Catalonia

WELCOME TO THE F3 PROGRAMME!



We hope you will enjoy UltraSwim 33.3 as much as your swimmers do! Our compact format weekend event is still a great option for non-swimming partners, friends and family. Our programme centres around supporting the swim from the shore on each day with a guided walk and lunch included on Day 1 as well as Prizegiving and lunch on Day 2.

What to bring:

Your UltraSwim33.3 water bottle (provided to F3 partners) no single-use plastic please!

The weather can be changeable so come prepared.... sun hat, woolly hat, T-shirts & shorts plus a warmer layer and swimming costume (mask/goggles) and a towel if you would like to swim from one of the beaches.

Footwear: Walking shoes or sandals. Flip-flops are not recommended.

F3 participants will be invited to an F3 WhatsApp group, 1 week before the event, when the final programme and daily plans will be shared.

This will also be the the main channel during the event where any changes to the plan due to the weather or other factors will be communicated.

DAY 1 PROGRAMME

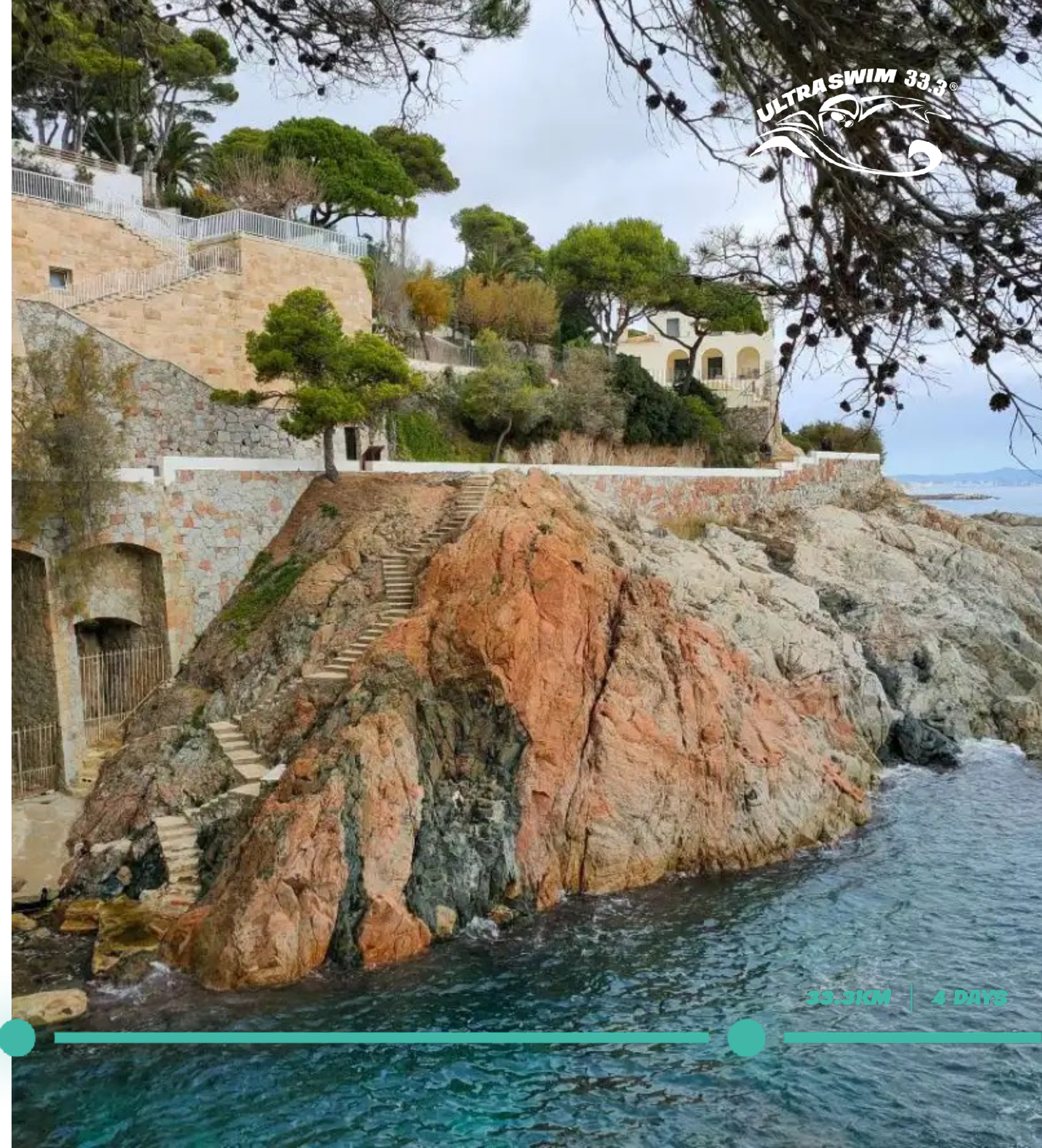
08:30 Meeting point at S'Agaro Hotel Reception

Enjoy a beautiful 35 minute cliffside walk from S'Agaro Bay to Platja Sa Conca where the swim has a refuel stop. Watch the swimmers arrive and join them for a coffee on the beach.

When the second swim starts, walk back to S'Agaro where the swim finishes in front of the S'Agaro Hotel with a paella refuel lunch on the beach. Cheer your swimmers across the finish line!



33.3KM | 4 DAYS



DAY 2

PROGRAMME

08:30 Meeting point at S'Agaro Hotel Reception

Walk to the opposite side of the S'Agaro Bay for a morning coffee with beautiful views from the Alabriga hotel.

Return back to the beach to cheer on the swimmers at the finish line of the 10km swim followed by the prizegiving and lunch at the S'Agaro Hotel.

