



F3 PARTNER PROGRAMME #21 MONTENEGRO [BAY OF KOTOR]

Montenegro offers a truly unique blend of sea and land exploration. From the water, you'll experience the dramatic beauty of the Adriatic coastline — hidden coves, crystal-clear bays, and historic towns rising from the shoreline. On land, the adventure continues with charming old towns, scenic coastal paths, and breathtaking mountain backdrops making Montenegro such an unforgettable place to explore.

DAY 1 PROGRAMME

08:00 Meet at the daily meeting point;

- Follow Swim A from Lazure Marina to Portonovi Beach Club on the F3 boat, watch the swimmers' arrival at their refuel stop; Coffee / drinks available to purchase at this stop;
- Follow Swim B to Rose beach finish line on the F3 boat, time/weather permitting stop for a swim along the way;
- Proceed by boat to lunch at Herceg Novi harbour, joining the swimmers;
- Shuttle transfers back to the hotel, or take a stroll in Herceg Novi and get a taxi or walk back to the hotel.



DAY 2 PROGRAMME

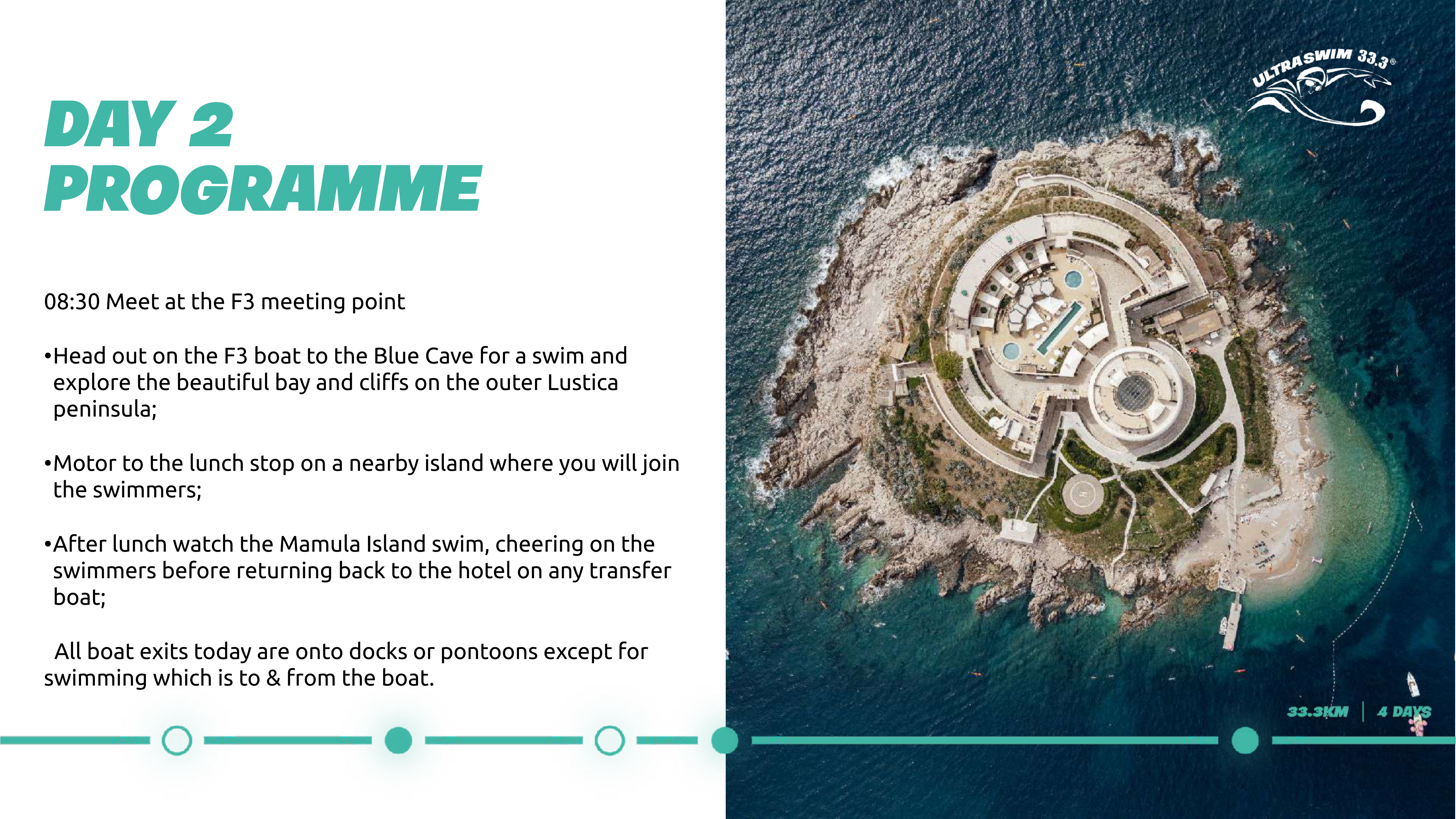
08:30 Meet at the F3 meeting point

- Head out on the F3 boat to the Blue Cave for a swim and explore the beautiful bay and cliffs on the outer Lustica peninsula;
- Motor to the lunch stop on a nearby island where you will join the swimmers;
- After lunch watch the Mamula Island swim, cheering on the swimmers before returning back to the hotel on any transfer boat;

All boat exits today are onto docks or pontoons except for swimming which is to & from the boat.



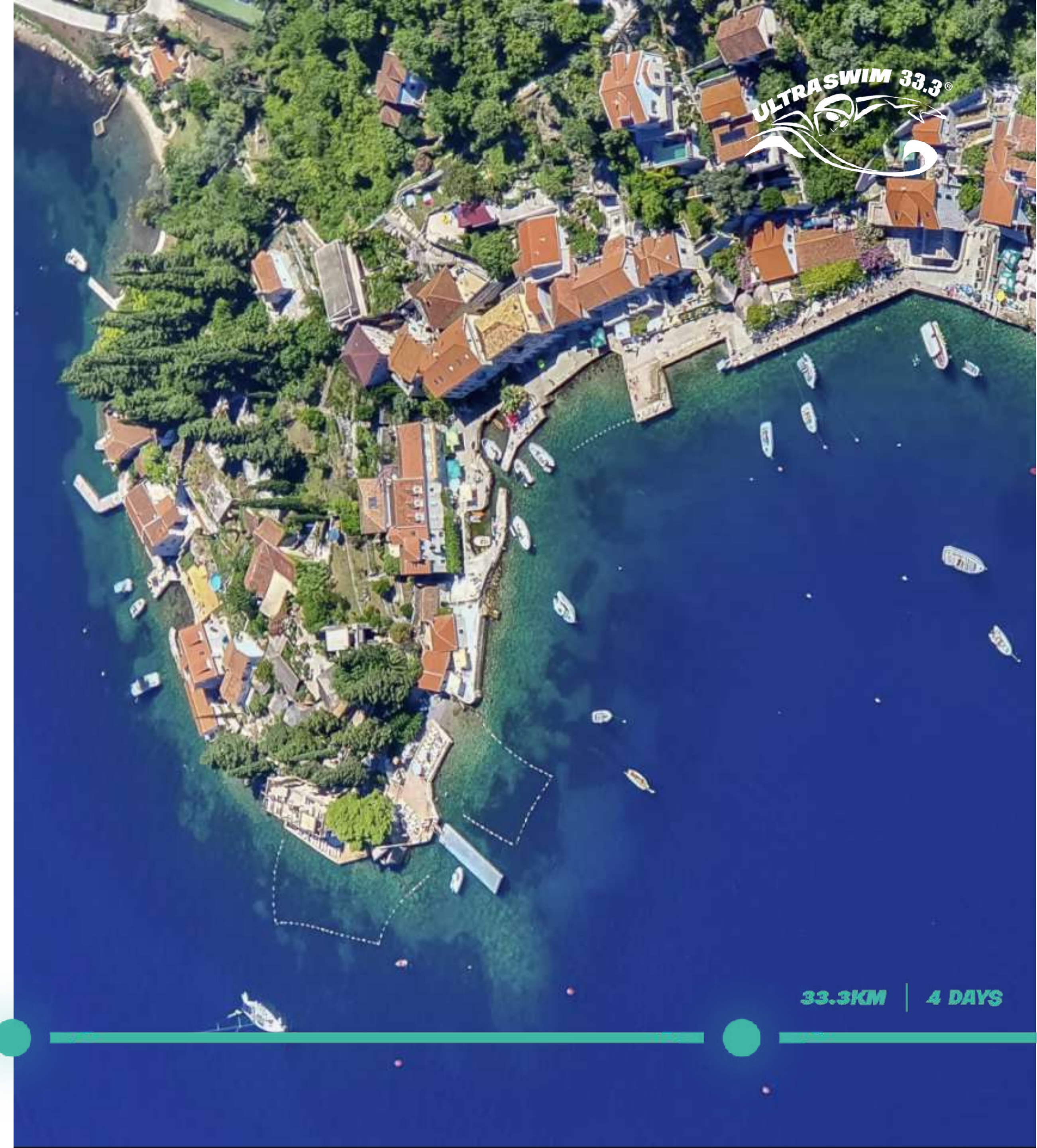
33.3KM | 4 DAYS



DAY 3 PROGRAMME

08:00h Meet at the F3 meeting point

- Board the F3 boat to Žanjice beach via the monastery island, location of the first feedstation on today's 10km marathon route;
- Swim and refreshment stop at Žanjice beach (stone beach) and watch the swimmers' progress across Žanjice bay;
- Depart to Rose harbour to watch the swimmers arriving at the finish line and join them for lunch;
- Return to the hotels after lunch on any transfer boat with the swimmers;

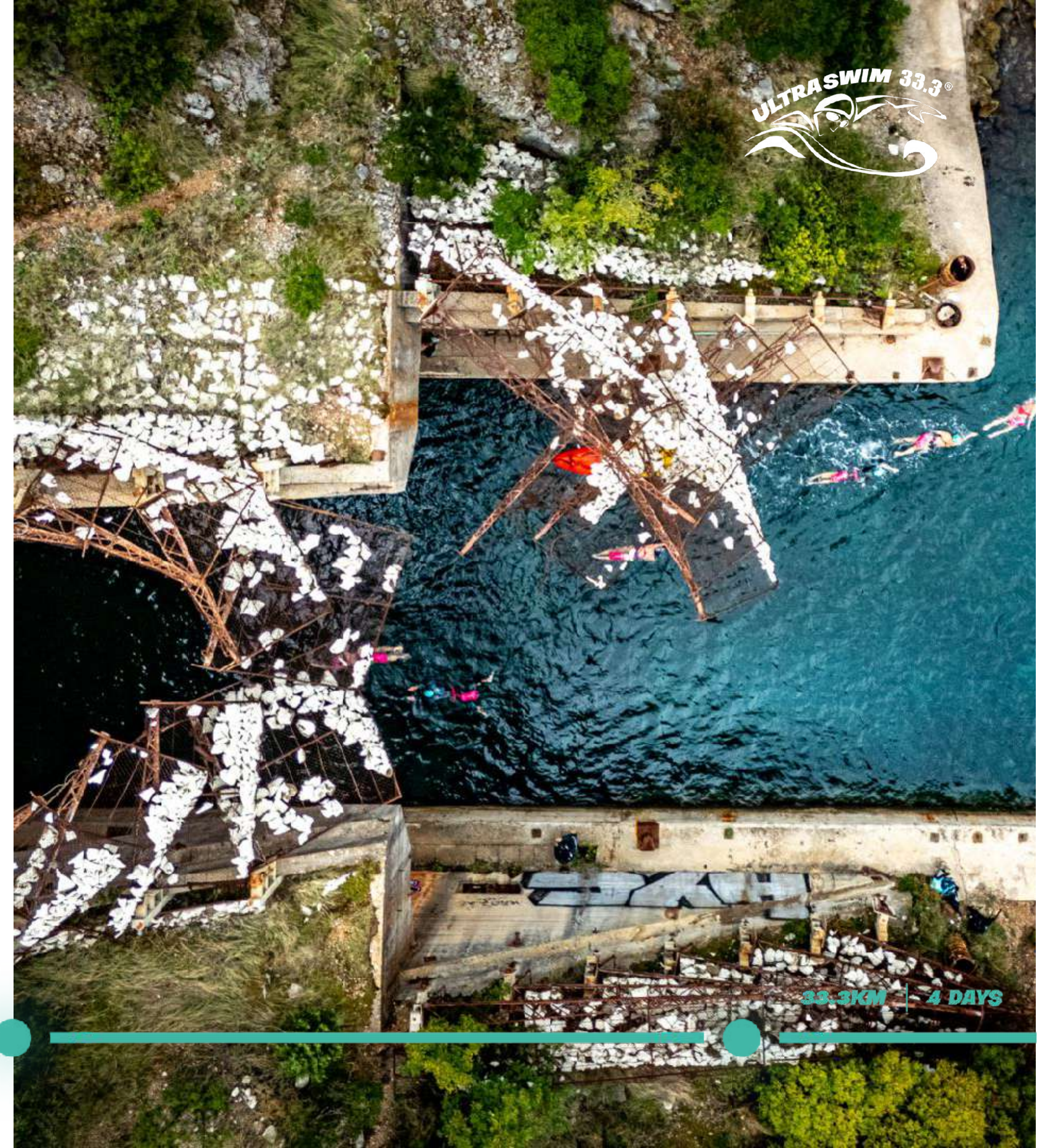


33.3KM | 4 DAYS

DAY 4 PROGRAMME

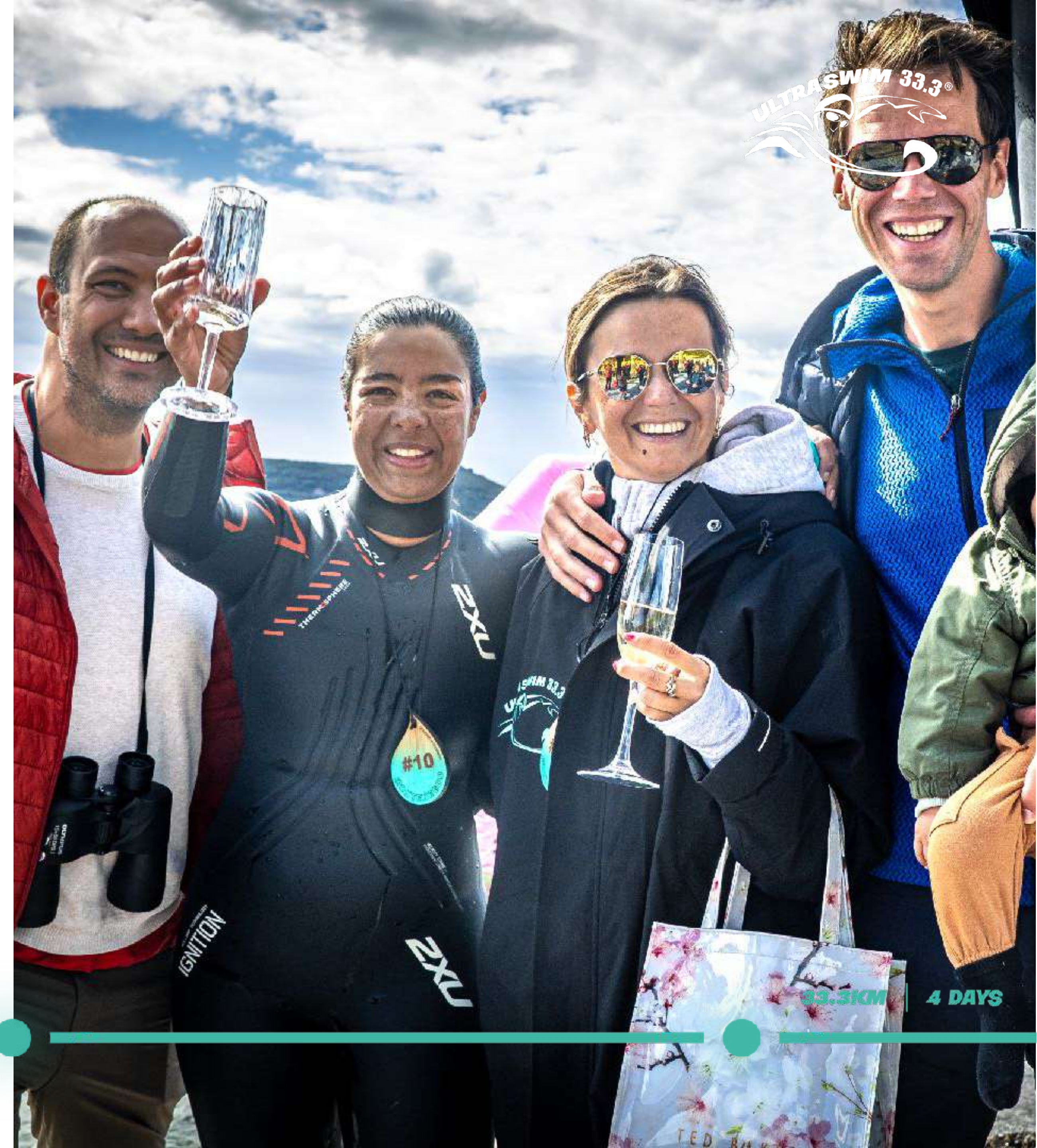
0800 Meet at the F3 meeting point

- Follow the final day's swim as the swimmers arrive from the channel crossing from the Croatian border to the Rose submarine tunnels;
- Jump ahead and wait for your swimmers at the event Finish line at Dobrec bay;



JOIN YOUR SWIMMER FOR THE FINAL SWIM IN!

- F3 participants who wish to join their swimming partners for the final 'swim-in' will be issued tow-floats and prepare themselves during this part of the trip;
- Swim the final 200m with your swimming partners into the Lazure Hotel & Marina beach or for those who don't wish to swim, disembark at Lazure marina and join the celebrations at the beach bar;



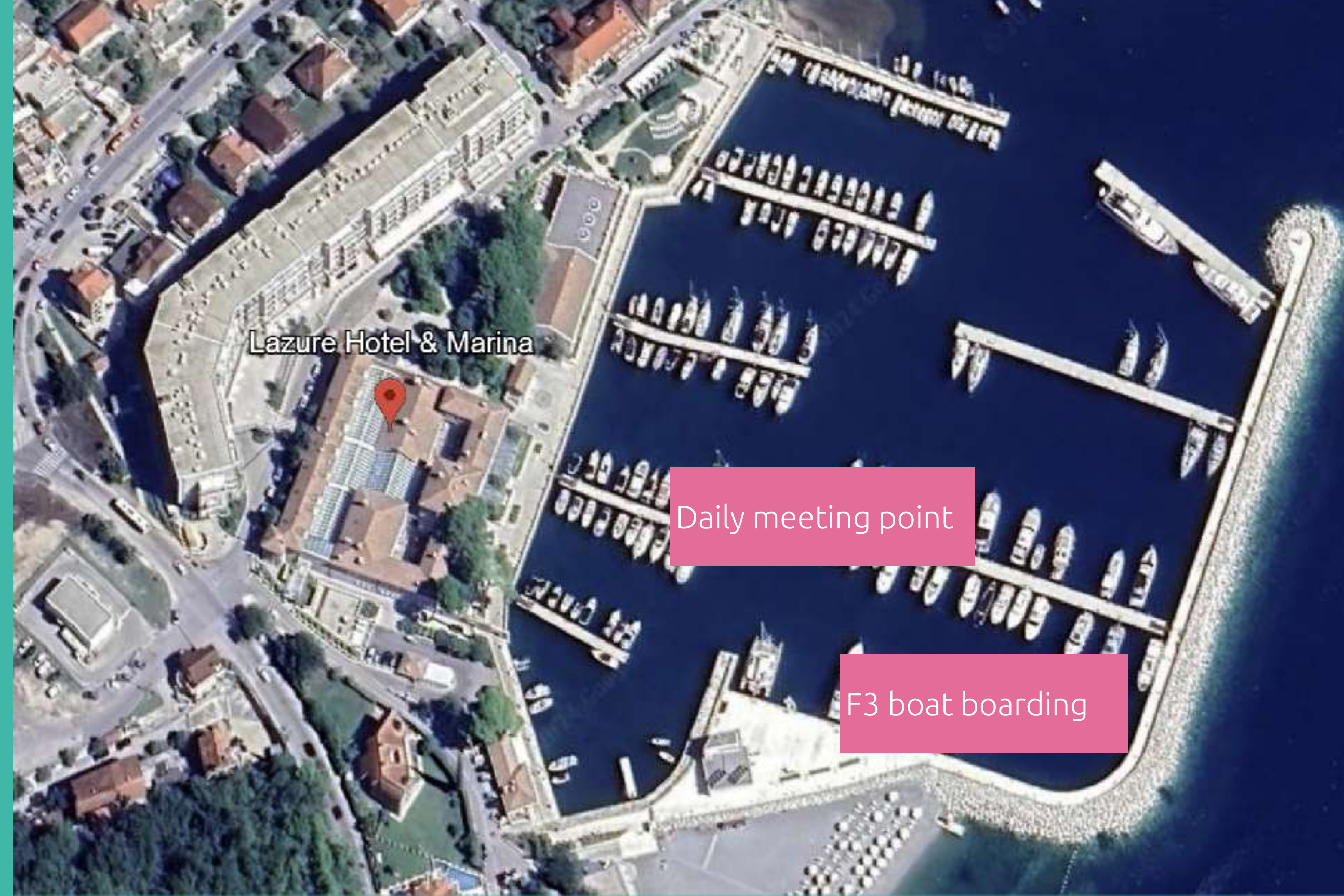


F3 DAILY MEETING POINT

Daily Meeting Point: Lazure Historical building waterfront terrace
Daily Departure Time: Check event calendar / F3 Whatsapp

Important note: daily suggested programmes and timings are weather dependent, flexible and subject to change according to the swim schedule. The timings given here are a guideline and will be confirmed by your host each evening, for the following day.

An itinerary with daily details will be shared with the F3 group on a dedicated Whatsapp channel prior to the event. The channel is usually active from 10 days prior to the event.



#21 MONTENEGRO F3 BOAT

Onboard facilities

Shade

Toilet

Spare water and snacks

Access to water - ladder and swim platform

To shore - step ashore



33.3KM | 4 DAYS

Note this photo is representative of the boats we use and may not be exactly the same.

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 in beautiful Montenegro.

Extra activities

Should you wish to arrange any activities before or after the event (or during if you are coming with a partner) please discuss your needs and book in advance with:

enquiries@travelconsult.me

Relaxing

If you're staying at the Hotel Lazure the spa is free to access for hotel guests. The pool, saunas, steam room, hot tub and gym are complemented by a full service spa offering a wide range of treatments. Book direct and quote UltraSwim for preferential time slots and a 30% discount on all treatments.

Spa Menu can be found [HERE](#)

Practice your swimming in the hotel pools for the final day?!?!?

On Monday, the final non-timed swim is just a few hundred metres, and weather permitting, our F3 guests are invited to swim with their swimmer partner those final metres. We provide safety tow float, and you must swim with your partner - but a fantastic way to finish off this shared long weekend experience!