



F3 PARTNER PROGRAMME

#18GREECE [MILOS]

The F3 Programme in Milos offers swimmers the opportunity to experience the island beyond the race, combining swimming, adventure and local culture. Led by our F3 team, the programme will include guided activities, social experiences and opportunities to explore Milos' spectacular coastline, beaches and unique landscapes. It is designed to help swimmers connect with the destination, meet fellow participants and make the most of their time in Greece before and after the UltraSwim 33.3 event.

F3 DAILY MEETING POINT

PROPOSED DAILY PLANS - ALL PLANS ARE INDICATIVE ONLY

Daily meeting times will be re-confirmed by WhatsApp

Meeting Points:

Meeting point at Cactus cafe
Boarding boat from Pontoon.



DAY 1 PROGRAMME

08:45: Meeting point at Cactus Cafe

09:00: Boarding boat from Pollonia Pontoon

Stop 1 - Psathi - 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 - Blue Bay - one of the most popular places on Milos Island. The water is famously bright blue and is a gorgeous spot for a swim. This is the exit point for the second swim.



DAY 2

PROGRAMME

07:50 Meeting point at Cactus Cafe

08:00 Board mini bus to Sarakiniko

Stop 1 - Sarakiniko - You will arrive by minibus and can watch the swimmers come by from the unique moonlike landscapes of Sarakiniko

Stop 2 - Mandrakia - Join the action at the finish line on Mandrakia beach



33.3KM | 4 DAYS

DAY 3 PROGRAMME

Marathon Day!

We will have an activity planned for you in the morning.

Then you will head to the finish of the marathon swim on Paleochori beach. You can watch your swimmer come through the finish line and have lunch with them at the beach restaurant.



33.3KM | 4 DAYS

DAY 4 PROGRAMME

07:50 Meeting point at Cactus Cafe

08:00 Board mini bus to spend the morning exploring the colourful fishing village of Klima

Stop 1 - Plathiena - Join the swimmers on the beach for the finish of the first swim

Stop 2 - F3 swim



JOIN YOUR SWIMMER FOR THE FINAL SWIM IN!

Those wishing to join their swimmer for the celebratory swim-in will be picked up by their swimmer from the boat. You can only jump in the water once you have found your swimmer.

Jump in and swim the final 200m with your swimmer, sharing the incredible moment that they complete their 33.3 journey.

- ORANGE (not pink) tow floats are mandatory.



33.3KM | 4 DAYS

#18 GREECE F3 BOAT

Usual onboard facilities*

Two spacious decks for relaxing

Toilets x 2

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



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 the beautiful island of Milos.

Extra activities

Should you wish to arrange any activities before or after the event, we recommend: Taking a boat trip to explore the Kleftiko caves or book a Kostantakis wine tours

Practice your swimming in the hotel pools (or Pollonia beach) 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