TRIP OVERVIEW

Mathraki Island is a unique place to visit. Located just off the north-west coast of Corfu, this is a true escape from the hustle and bustle of daily life. We promise you will return home relaxed and rejuvenated after a week of sapphire blue sea, incredible Greek hospitality from the Agrygos family and the chance to truly rest and unwind. Swim distances are adaptable, swim as much or as little as you like.

IS THIS FOR ME?
Because we have very little boat traffic, and the island to ourselves, this trip is an ideal trip for swimmers of all abilities. We usually swim around 4km / day, split into two swims. If you’d like to swim more or less – just ask. Swims of up to 6km are possible, weather permitting. We would recommend you are comfortable swimming a 1km in open water in order to get the most out of the trip. Having said that, we have had a number of non-swimming partners join us in Greece – happy to enjoy the island and work their way through a pile of books. We should warn you that the island is very quiet – we advise non-swimmers to bring a book or three!

ABOUT MATHRAKI
Mathraki is part of a small archipelago called the Diapontia Islands. These islands include Erikousa, Othoni and Mathraki. Mathraki is the smallest and southernmost. It is 3.1km in length and 6km from Agios Stefanos harbour on Corfu. With a population of approximately 50 people, expect a quiet, tranquil location. It has crystal clear water, wonderful shallow beaches, marine caves, undersea rock formations and beautiful coastal swims. There are also some inter-island swims to the neighbouring uninhabited islands of Plateia, Trachia and Diakopos.

If you haven't already, don’t forget to read the articles and reviews at www.swimquest.uk.com/mathraki which should give you a taste of the island.
AT A GLANCE

- Swim on average 4km day (adaptable, more or less is possible)
- You should be comfortable swimming a kilometre in open water
- Non swimmers welcome
- Group size max. 10
- Water temperature approx. 20°C – 24°C
- Everything included except evening meals and transport to the island
- Easily accessible from Corfu airport

ACCOMMODATION & MEALS

We stay at the Paradise Hotel (www.corfuparadise.com) the only hotel on the island. Owned by the friendly Agrygos family, you can be sure you will receive wonderful food and service throughout the week. Rooms are basic, but clean and comfortable. All rooms have air-conditioning and hot showers. Please see below for room prices and descriptions.

<table>
<thead>
<tr>
<th>ROOM</th>
<th>DESCRIPTION</th>
<th>PRICING</th>
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<tbody>
<tr>
<td>Psilos</td>
<td>A basic but comfortable twin share on the first floor, with air conditioning, and a shared balcony. There is a sea view and this room looks out to the southern side of the hotel.</td>
<td>£795 sharing, £895 sole use</td>
</tr>
<tr>
<td>Varkoysa</td>
<td>A basic but comfortable twin share on the first floor, with air conditioning, and a shared balcony. There is a sea view and this room looks out to the southern side of the hotel.</td>
<td>£795 sharing, £895 sole use</td>
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<tr>
<td>Diapolos</td>
<td>A larger, triple room on the second floor. It contains a double bed and a comfortably sized sofa bed. Diapolos has air conditioning and sole use of a balcony. It looks out to the east, over the Diapolos islands. A great room for a couple.</td>
<td>£845 sharing, £1045 sole use</td>
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<tr>
<td>Diakopos</td>
<td>A family sized apartment, with a twin share room and a double room, both separated by a corridor, but sharing a bathroom. Each room has air con and a door out onto a large front facing balcony. Ideal for a couple and two friends, or a family.</td>
<td>£845 sharing, £995 sole use of either room, with shared bathroom</td>
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<tr>
<td>Karavi</td>
<td>A triple room, with a separate double room and a sofa bed in a kitchenette. Great for a couple or a small family. Karavi has air conditioning in the double room only, and the double room has a door out onto the hotels large front-facing balcony.</td>
<td>£835 sharing, £1035 sole use</td>
</tr>
<tr>
<td>Plateia</td>
<td>A basic but comfortable double room on the top floor of the hotel, with air conditioning and a shared square balcony, which has a sea view.</td>
<td>£810 sharing, £910 sole use</td>
</tr>
<tr>
<td>Trachia</td>
<td>A basic but comfortable twin room on the top floor of the hotel, with air conditioning and a shared square balcony, which has a sea view.</td>
<td>£810 sharing, £910 sole use</td>
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MEALS

All breakfasts and lunches are included in your trip price. Bottled water is provided with breakfast and lunches. Dinners and additional drinks are at your own expense. Because Mathraki is a remote island, your guides will talk to you at the start of the week about a proposed dinner menu and scheduled ‘tour’ of the island’s tavern spots in the evenings. We advise budgeting around €150-200 for your evening meals and alcohol you may wish to purchase. Most meals cost between €15 – 20 euros.

If you have particular dietary requirements, we are happy to cater for you, please just let us know in advance.

DRINKS

We operate an honesty bar system at the hotel. Soft drinks are €1-2 euros, ice-creams are €2-3 euros, and a carafe of wine is approx €5.

TRAVEL & TIMINGS

This trip officially begins on Saturday afternoon when all guests arrive on the island (5pm). The trip finishes on Friday morning, usually after a sunrise swim and a quick bite to eat so that guests can take an early morning crossing and be back at the airport in time for the 11am flights.

GETTING THERE

The easiest way to get to Mathraki is to fly into Corfu, take a taxi to Agios Stefanos harbour on the west side of the island where your swim guides will meet you, and then make use of the hotel’s private boat service from the harbour to Mathraki Island.

1. FLY TO CORFU

Flying to Corfu is a three-hour flight from the UK. Airlines such as Easyjet, Monarch, and Ryanair provide regular flights from a variety of UK airports. Olympic Airlines provide flights from Greece to Corfu and for the best flight information and prices, please refer to www.skyscanner.co.uk or www.kayak.co.uk. You can either arrive into Corfu on the Saturday morning (landing anytime before 3pm will allow enough time to reach the boat taxi) or, many guests choose to spend a night in Corfu town on the Friday, which is a 15 minute taxi ride from the airport. (See our recommended Corfu hotels below).

2. TAXI FROM CORFU AIRPORT / TOWN TO AGIOS STEFANOS HARBOUR

Important! Whichever taxi you choose, make sure to tell your taxi driver you are going to Mathraki Island. This will help them find Agios Stefanos harbour. There are two Agios Stefanos harbours, and you need the one on the west side of the island. There is a very small (!) cafe at Agios Stefanos harbour where you can meet each other to wait for the boat. The cafe is sometimes closed, but ensure your taxi driver takes you all the way down to the harbour so that you avoid walking from Agios Stefanos town.
3. BOAT TRANSFER TO THE ISLAND

Your guides will meet you at Agios Stefanos harbour, usually for a 4pm boat transfer to Mathraki Island. The exact timing of the crossing will be confirmed to you via email, usually a fortnight before you travel. The cost for this boat service is €50 return per person. The type of boat will depend on group size and weather conditions.

FERRY OPTIONS

It is possible to take a local ferry (Alexandros II) to Mathraki from Corfu Town, however Greek ferries can be unreliable and often do not run to schedule. If you would like to try this option, please ask your guides to check with our local hosts when the ferry will be running that week. Ferry tickets cannot be booked in advance.

RECOMMENDED IN CORFU TOWN:

Hotel Bretagne is a cheap, basic hotel option almost directly opposite the airport (5 min walk). This is a great option if you are arriving late and just looking for a bed for the night.
Tel: +30 26610 30724 - [http://hotelbretagne.gr](http://hotelbretagne.gr)

Hotel Konstantinoupolis is a friendly, well priced hotel in the centre of Corfu Town. Ideal if you wish to spend a morning or an afternoon visiting the old town before getting a taxi to Agios Stefanos for your Mathraki transfer.
[http://www.konstantinoupolis.gr](http://www.konstantinoupolis.gr)

Bookings can be made direct or via booking.com.
**ALSO, RECOMMENDED IN AGIOS STEFANOS**

**Taverna O Manthos** (Ag. Stefanos 490 81, Greece)
Owned by Manthos, now 73, this little Taverna is a friendly spot on the west side of Agios Stefanos beach, and a nice place to kill a couple of hours if you have time before your 4pm crossing to Mathraki. Tell Manthos and Anne that you are swimming on Mathraki – they are always impressed!

**YOUR ITINERARY**

Your itinerary for the week is entirely based on the weather and your ability. On this page you will find some of the swims which you may complete. Most days involve a morning and an afternoon swim, returning to the hotel for a home-cooked lunch in between. If you are keen to participate in some but not all of a swim, that’s fine, let the guides know and you can hop back on the boat and just relax. We do not provide a day-by-day swim itinerary as the guides will structure the week carefully to ensure you get the very best swimming in the conditions you have each day.

*N.B. – Nature’s way can be unpredictable; the weather and your flexibility are important.* All swim activities are planned with safety at their heart. Open-water swimming is therefore governed by tides and weather. As a result planned swims may need to be changed, depending on the prevailing weather conditions at the time. All efforts will be made to keep to the itinerary, but it is likely to change at short notice.

**TECHNIQUE COACHING**

Technique coaching is an important part of the week and is provided by your swim guides on every trip. You will be filmed at the start of the week from below and above the water, and the guides will work with you to analyse your stroke so that they can help you to improve as the week progresses. You can of course take the footage home with you.

**TRACHIA ISLAND TO KODRAGAS (2.5KM - 3.5KM)**

Trachia is a small island off the North coast of Mathraki. The locals say that many of the buildings on Mathraki island were made using stone from Trachia. A beautiful, otherworldly swim, especially when the sea is flat. Keep an eye out for Mathraki’s turtle as you near Kodragas harbour! This swim can be extended with a loop around Trachia, conditions allowing.

Cont. overleaf.
PLATEIA ISLAND TO HOTEL (2.5KM - 3.5KM)
Another islet off the West coast of Mathraki Island, Plateia (meaning ‘table top’ in Greek) sits on the edge of a sea ledge, just before the sea floor shelves off into the deep starry blue. Swim from Plateia Island back towards Mathraki’s southern coast, enjoying watching the rocks rise and fall beneath you.

KARAVI ISLAND TO ARILLIS (3.5-4 KM)
Karavi sits just off the coast of Corfu. On this swim, we boat over to Corfu’s coast, swim along the length of Karavi’s imposing cliffs, and then make a swim crossing towards Arillis bay, where we usually stop for lunch on Corfu mainland (much to the amusement of Arillis’ holiday makers!)

MATHRAKI TO KRAVIA ROCK (3KM)
From the hotel balconies, you can see a tooth shaped rock jutting out of the sea. On a very still day, this crossing is spectacular ... fly along in the beautiful big blue and respect the ocean as you inch closer to the beautiful rock, before swimming in and around it’s arches and pebbles micro-beaches.

DIAPOLOS EXPLORE - 2KM
The Diapolos Islands are ripe for exploring. Spend 30 minutes with your hat and goggles watching the fish and bobbing along Diakopos’ north bay (keep a beady eye out for octopus here) and then make a short crossing to Diapolo and take a peek inside the caves.

MATHRAKI HOTEL TO HARBOUR - 2.5KM
Mathraki’s east coastline is a beautiful yellow-orange sand beach. Take your time to swim the 2.5km from Mathraki Harbour back along the coast towards to hotel, in time for a well deserved ice cream at the finish!

MATHRAKI WEST COAST 2KM - 5KM
Mathraki’s west coast is more dramatic than the east coast, with tiny pebble beaches and striking white rocks. If the wind is coming in from the east, this is an ideal swim to complete in the calmer waters. Time to stretch into that stroke and enjoy.
TRAVEL ESSENTIALS

PASSPORTS AND VISAS
Greece is part of the European Union. Non Greek residents require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. Citizens of most countries, including all E.U. member states, U.S., Canada, Australia and New Zealand do not require a visa to enter Greece. Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel.

VACCINATIONS
There are currently no essential vaccination requirements for Greece, however we advise you to check this information eight weeks before you travel. It is also advisable to check that you have up to date tetanus and polio.

INSURANCE
For this tour you will require comprehensive travel insurance. Please ensure you have adequate travel insurance before your tour, including cover for all the activities you are participating in. If you are in doubt that an activity is covered, you will need to contact your travel insurance provider for advice on cover. Fogg Travel Insurance are authorised by the Financial Conduct Authority (FCA) and are used to covering escorted open water swimming trips (for UK residents). If you wish to book travel insurance through Fogg, please visit www.swimquest.uk.com/book and follow the Fogg link at the bottom of the website. You will be expected to show your policy details to the guides at the mandatory safety briefing. Endsleigh also provide cover for escorted open water swimming. If you are 65 or over, you may wish to try Staysure. If you are a non UK resident and are having trouble with your insurance, let us know as we will try to help you find a suitable company.

PACKING
In additional to your everyday clothing and personal travel items, we would also recommend packing:

- At least two swimming costumes
- A wetsuit should you wish to wear one
- Swim fins – these are optional but can be useful for technique drills
- Two pairs of swim goggles – ideally one clear and one tinted
- A beach / swim towel (the hotel provides room towels)
- Sandals, aqua shoes or flip flops which you would be happy to get wet if necessary
- Insect repellent (mosquitos are generally not a problem on the island, but better to be safe than sorry!)
- Fleece or warm jumper, tracksuit trousers/sweat pants for after swims
- Sun hat, sun cream and sunglasses
- A memory stick should you wish to take your video analysis home with you immediately (although we will share this post-tour)
- Your travel insurance details
- Trainers (optional - if you like to run, there is a lovely 8-10km hill loop around the island – non guided, at your own risk)
- Sufficient euros (please see CASH notes below)
CASH
Please bring sufficient cash with you to cover such items as dinners, drinks, ice creams, souvenirs, etc. The local currency is the Euro (€). Mathraki is a CASH ONLY ISLAND (there are no card facilities on Mathraki and all payments are taken in cash). To give you an idea, dinners for the week will cost approx. €150 in total plus drinks. We will set up an honesty bar with our hotel - soft drinks are €1-2 euros, ice-creams are €2-3 euros, and a carafe of wine is approx €5. You will also need cash for your taxi from the airport, return boat transfer to the island (€50pp) plus any goggles / merchandise you may wish to purchase. There are no shops on Mathraki so spending sprees are quite difficult!

FAQs
Is it compulsory to complete all swims?
No – you do not have to participate in all swims. Most swims will be escorted by a RIB and a main boat, with ample room for anyone wishing to watch instead of swim. Throughout the week the swim guides will advise you each day on what is best for you; in all cases the main objective will be to encourage you to achieve your personal goals.

Can I keep my swim analysis videos?
Of course! We will send any videos through to you after the tour, or, if you wish you can bring along a memory stick and we will transfer the files to you during the week.

Will there be access to WiFi on the island?
Yes, there is WiFi at the hotel

Is there any sea life in particular I should be worried about?
With regards to sea life to look out for, sea urchins and jellyfish are sometimes found in the Mediterranean. Sea urchins are black and spiky, whereas jellyfish are translucent and pink. Sea urchins loiter on reefs and unused sections on beaches. In the unlikely event that you step or sit on one, you may receive a gift of some black spines left in the contact area! They can be removed via tweezers, or left in to dissolve. If stung by a jellyfish there are a number of treatment options and the Swim Guides will be on hand to help.

I would like to take a wetsuit, but don’t own one. Can you help?
Anyone that requires a swim specific wetsuit, can hire or buy a wetsuit from www.mywetsuithire.co.uk. If you do hire a wetsuit, please allow sufficient time for at least 3-4 swims of 1-1.5km to acclimatise to wearing the suit. If you have any queries please e-mail or contact the office.

Who are my swim guides?
All our guides are qualified as Beach Lifeguards, including a First Aid at Work qualification, and have an RYA Powerboat Level 2 license to use a RIB or dinghy. For more information about our guides please visit www.swimquest.uk.com/guides.

If you have any queries please don’t hesitate to contact us.
Why not watch our Mathraki videos on YouTube? Search ‘SwimQuest Holidays’. We can’t wait to meet you on Mathraki Island.