

## USEFUL INFORMATION

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Mathraki is just off the north-west coast of Corfu and 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 Karavi, Lipso and Diaplo.

- Daily Swim Distances: 3-4km
- Two swims per day, with lunch in between
- Approx sea temperature range: 20-23°C

#### When and where to meet?

**Where to meet:** Corfu Paradise Hotel, Mathraki Island (or Mathraki harbour, and we can collect you)

**Tel:** 0030 26630 72108

**M:** 0030 6971 662 438

**W:** www.corfuparadise.com

**Coordinates:** 39°46'N 19°31'E

**Time:** Saturday 5.00pm for the safety briefing and acclimatisation swim

Tour ends on Friday: 11.00am

Please see the 'GETTING TO MATHRAKI SECTION' at the bottom for further details.

#### Tour Accommodation

Our accommodation is a local, newly refurbished hotel and tavern. Rooms are either twin share or double rooms, and all rooms have air-conditioning and hot showers. The hotel is situated only metres from the sea. There is one triple room available, so please contact the office if you require one. Additionally, if you would prefer a room of your own, do let us know. A single supplement of £100 applies.

#### Non-swimming guests

Partners are most welcome, but please bear in mind the focus of the tour is swimming!

**Tour Cost per person: £795.00**

**Single supplement: £100**

The price includes VAT, all accommodation, a full swimming itinerary, video analysis, breakfast, lunch, safety boats and guides. The only costs that are not covered are your travel to and from Mathraki Island, wetsuits and fins (if required) and your evening meal and alcohol purchases.

## YOUR ITINERARY FOR THE WEEK

### Saturday Acclimatisation Swim: 400-800m



We will meet at the villa late afternoon for the mandatory safety briefing. Topics covered include: swim preparation, swim routes, feeding, prevailing weather, and safety procedures prior to the acclimatisation swim. Once completed, we will swim in the shallow bay by the hotel. This allows the guides to assess your stroke and assign you to a group with swimmers of a similar pace. Once completed, we will then relax and have dinner during which we will discuss the week ahead. If for any reason guests are unavoidably delayed, the briefing may be deferred to Sunday morning.

### Sunday

**Swim AM: Coastal swim, Mathraki Island: (1.5km)**

**Swim PM: Coastal swim, Mathraki Island: (1.5km)**

The day is designed to be easy, allowing you to settle in after your journey. Depending on the timing of the safety briefing, after breakfast will either be the briefing itself or the first swim. It will be a gentle coastal swim starting from the southern end of the island, and a great chance to acclimatise to swimming in your group and to enjoy the wonderful coastline of Mathraki. Back at the hotel after lunch, prior to the second swim, we will film your stroke both above and below the water. We will then continue with another coastal swim. Later in the day the swim guides will play back the swim films, offering both advice and encouragement on your swim stroke. This will be a continuing theme throughout the week with regular filming to help you improve your stroke technique.

### Monday

**Swim AM: Trachia Island: (2-2.5km)**

**Swim PM: Trachia to Mathraki: (2.5-3km)**



After breakfast, we will board the boat and make our way to the island of Trachia where we will look to swim around the island, enjoying the beautiful warm sea, rock formations and sea life. After lunch, we will swim back to Mathraki Island, just slightly north of Nisos Mathrakion. It will be our first inter-island swim and a great way to finish the day. Once completed, we will make our way back to the hotel for some relaxation time prior to dinner at a local taverna.

### Tuesday

**Swim AM: Karavi Island to Diakopo Island (3.2km)**

**Swim PM: Diakopo Island to Diaplo Island (1.2km)**



A great day of contrasting swims. We board our boat to the tiny outcrop that is Karavi Island and swim to Diakopo Island. After lunch it is then a short swim from the east coast of Diakopo Island to Diaplo Island where we will lengthen the distance by swimming up the beautiful west coast taking in the coastal scenery for an additional 2km. Once completed, we will then make our way back to the hotel on Mathraki.

## Wednesday

### Swim AM: Coastal swim of Diaplo Island (4km)



Today there will be one main swim, continuing from yesterday up the west coast of Diaplo Island and around to the north east of the island for approximately 4km. After lunch we will make our way back to the hotel for a free afternoon where you can enjoy the relaxed pace of the island and we will meet up later in the evening for supper at a local restaurant.

## Thursday

### Swim AM: Diaplo Island to Agios Stefanos (6km) or Agios Stefanos to Kravia Island (3.5km)

### Swim PM: Kravia Islands (3-4km)



The last full day of swimming with two great seas swims. Weather dependent, we will look at swimming from Diaplo Island to Agios Stefanos on Corfu. We will start mid-way down on the eastern tip of Diaplo Island and aim for the headland at Agios Stefanos on Corfu. The alternative morning swim is to start further in to the west coast of Corfu at Arillas Beach passing the tiny outcrops of Gineka and Sikia Islands to finish at Kravia Island. After lunch we will then finish off with a coastal swim of Kravia Island swimming down the east coast. Once back at the hotel, there will be time to relax and then we will go to the main harbour for our last dinner.

## Friday

### Swim AM: Short bay swim by the villa

As this is the last day, there will be a short pre-breakfast bay swim by the hotel as you will need to pack and prepare for your ferry back to Agios Stefanos.

### **\*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.

## TRAVEL ESSENTIALS

### Passports and Visas

To enter Corfu you will require a full passport valid for a minimum of six months in addition to your arrival time, and in some instances a visa. EU citizens do not require a visa, but in all cases it is wise to check - as requirements may change.

### Insurance

For your insurance requirements, all policy details for escorted open water swimming insurance can be viewed on the Fogg Insurance Travel website [www.foggtravelinsurance.com](http://www.foggtravelinsurance.com). Please ensure you bring a copy of your insurance details with you as you will be expected to show your policy details to the guides at the mandatory safety briefing.

## **What Do I Pack?**

2 Swimming costumes  
Wetsuit  
2 Pairs of swim goggles – one clear and one tinted  
Towel(s)  
Small daypack/rucksack to use for your personal equipment/clothing during the day  
Sandals/aqua shoes – for getting wet  
Insect repellent – lemon based non-Deet repellents are good from Life Systems  
Fleece or warm jumper, tracksuit trousers/sweat pants  
Sun hat, sun cream and glasses  
A waterproof watch  
A memory stick should you wish to take your video analysis home with you immediately

## **GETTING TO MATHRAKI ISLAND**

Flying to Corfu is a three hour flight from the UK. Airlines such as Easyjet, Monarch, Jet2 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](http://www.skyscanner.co.uk) or [www.kayak.co.uk](http://www.kayak.co.uk).

### **Ferry to Corfu**

There are many ferries to Corfu from Italy (Bari, Brintezi and Ancona) and from mainland Greece at Igoumenitsia and Patra. Most stop at Corfu along with more local ferry services so for more information please check with Direct Ferries on [www.directferries.co.uk](http://www.directferries.co.uk)

### **Mathraki Sea Taxi (run by Mathraki Paradise Hotel - recommended)**

Mathraki Paradise Hotel offers a sea taxi service from Agios Stefanos harbour to Mathraki Island. There are two boats that can be used depending on the weather conditions. The cost per crossing is €20 per person. Please let us know before your trip if you would like to use this service, and we will arrange this for you.

### **Ferry from Corfu Town or Paleokastritsa**

The ferry services to Mathraki presently run at the following times (N.B. these times do change at late notice, please check locally before departure).

From Paleokastritsa: Monday and on Friday at 09:30 in the morning.

From Corfu Town Port: Tuesday, Thursday and Saturday at 07:00am and on Sunday at 4pm.

For more local services that depart from Agios Stefanos please contact:-

Nearchos Seacruises (+30 26630 95248) or Aspiotis Lines (+30 26630 72655) as services leave from Sidhari which is on the north-west coast of Corfu or Agios Stefanos which is the local harbour for boats to Mathraki.

### **Buses and Taxis to and from the airport to Agios Stefanos**

The local bus terminal is a short taxi ride from the airport where there is a regular green bus service that stops off at Agios Stefanos. The bus fare is approximately €4.00. A taxi to Agios Stefanos is €50.00 each way and takes 45mins to 1 hour and can deliver you direct to the harbour.

## **FAQs**

### **Is it compulsory to complete all swims?**

You are welcome to complete both or just one swim. 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 jelly fish 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 the 2XU T2 event wetsuit from [www.mywetsuithire.co.uk](http://www.mywetsuithire.co.uk). Alternatively, a good standard wetsuit that you can hire or buy is the Foor Classic with a handy size chart on the web page; all the details can be found at [www.triuk.com/products/foor/foor-classic-2011](http://www.triuk.com/products/foor/foor-classic-2011). 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](http://www.swimquest.uk.com/guides).

**If you have any queries please email [info@swimquest.uk.com](mailto:info@swimquest.uk.com) or call +44 (0) 20 8675 6608**

**We can't wait to meet you on Mathraki Island.**