



**SWIM**  
CHALLENGE  
CASCAIS '20



## Swim in Cascais

Swim Challenge is an amazing competition, in the beautiful Cascais region, and we are ready to help you enjoying your time in our town.

You will have the opportunity to be well prepared for the race, with swimming trainings and tours to visit the region

The swimming training will take place under the supervision of the international swimmer Miguel Arrobas. Miguel counts, among other experiences the English Channel Cross, Gibraltar Cross, swimming around Manhattan Island.

## Options

We have 3 options, if you are travelling alone or with family and friends:

. **Standard option:**

Athlete: swimming training and tour in the region.

Family and friends: tour in the region.

. **Customized option:** we design your visit according to your wishes.



5 days



3 days



customized



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<http://www.pipeflytours.com/experiences/swimcascais/>

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€150  
athlete

€180  
family and friends



standard  
5 days

€90  
athlete

€55  
family and friends



standard  
3 days



customized

**Athlete:** Swimming training and visiting the region

. Training in open waters, with coach, five mornings, duration 2 hours (1 hour in the water).

. Visiting the region, three afternoons:

- Walking tour in Cascais
- Sightseeing in Sintra and Cabo da Roca
- Lisbon tour

day	Tue 19	Wed 20	Thu 21	Fri 22	Sat 23
AM	training	training	training	training	training
PM	walking tour Cascais	Lisbon	rest	Sintra - Cabo da Roca	rest

**Athlete:** Swimming training and visiting the region

. Training in open waters, with coach, three mornings, duration 2 hours (1 hour in the water).

. Visiting the region, two afternoons:

- Walking Tour in Cascais
- Sightseeing Sintra and Cabo da Roca

day	Thu 21	Fri 22	Sat 23
AM	training	training	training
PM	walking tour Cascais	Sintra - Cabo da Roca	rest

Customized offers for athletes and family, before and after the Swim Challenge (in several beautiful places the athlete can enjoy his swim):

. A tour around Portugal, including Algarve, Sesimbra, Center, Douro, Porto, ...

. Holidays in Cascais, with offer of tours in the region:

- Cascais, Sintra, Lisbon
- Tomar, Fátima, Óbidos, Nazaré
- Arrábida
- Alentejo

**Family and friends:** Visiting the region

. Visiting the region with athlete, three afternoons:

- Walking tour in Cascais
- Sightseeing in Sintra and Cabo da Roca
- Lisbon tour

. One day visit to Fátima, Nazaré and Óbidos

day	Tue 19	Wed 20	Thu 21	Fri 22	Sat 23
AM	free	free	Fátima Nazaré Óbidos	free	free
PM	walking tour Cascais	Lisbon		Sintra - Cabo da Roca	free

**Family and friends:** Visiting the region

. Visiting the region with athlete, two afternoons:

- Walking tour in Cascais
- Sightseeing in Sintra and Cabo da Roca

day	Thu 21	Fri 22	Sat 23
AM	free	free	
PM	walking tour Cascais	Sintra - Cabo da Roca	free

## Add-ons

Airport Transfers (Cascais- Lisbon): 50€ group up to 4 persons; 65€ group up to 6 persons.

Transfer to the training in Cascais: 5€ per person, per day. Other Tours, (contact us for further information).

Nutrition during swimming training (contact us for further information).