

# 2024 & 2025



## EPIC ADVENTURE SWIM RACE™

33.3KM

4 DAYS

So much more than  
just a race





“Hands down the best open water event I've participated in. The level of professionalism and attention to detail were the best I've seen, equal to any world class event out there.”

JAY P, AUSTRALIA

33.3KM | 4 DAYS







# **THREE EUROPEAN EVENTS FOR 2024**

- |   |                             |
|---|-----------------------------|
| <b>#3 Croatia <i>The 'Islands' Edition</i></b>              | <b>17-20 May 2024</b>       |
| <b>#4 Greece* <i>The 'Mamma Mia' Edition</i></b>            | <b>13-16 September 2024</b> |
| <b>#5 Montenegro <i>The 'Fjords to the Sea' Edition</i></b> | <b>4-7 October 2024</b>     |

*[#5 SOLD OUT ULTRA+, one or two ULTRA packages available each week due to clients moving to different event]*

Limited entries - **book now** to avoid disappointment

500€ advanced payment to secure your place, balance due 6 months before or within 14 days of reservation if less than 6 months before

*\* Pioneer event (smaller scale, by invitation)*





# 2025 EVENTS **ENTRIES NOW OPEN**

- |   |                      |
|---|----------------------|
| #7 Croatia <i>The 'Islands' Edition</i>               | 16-19 May 2025       |
| #9 Greece <i>The 'Mamma Mia' Edition</i>              | 19-22 September 2025 |
| #10 Montenegro <i>The 'Fjords to the Sea' Edition</i> | 3-6 October 2025     |

[two more \*Pioneer events planned #6, #8]

Limited entries - [book now](#) to avoid disappointment  
500€ advanced payment to secure your place, balance due 6 months before or  
within 14 days of reservation if <6m

\* *Pioneer event (smaller scale, by invitation)*





★★★★★ 4.8/5 (86)

UltraSwim 33.3

# UltraSwim 33.3

[Register now](#) · [Share](#)

Location: Herceg Novi, Montenegro  
Date: 17th May '24

4 Entry Options

5K 10K 20K

[Show all entry options](#)

Rating Highlights

 5.00/5 ★★★★★	 5.00/5 ★★★★★	 5.00/5 ★★★★★
Facilities	Finish Area	Swag

Rating Overview

All Time Average: ★★★★★ 4.81/5  
2023 Average: ★★★★★ 4.83/5

[Show full rating breakdown](#)

HK Heike K. ★★★★★ 5.0/5 · 2023 33.3K · [↑](#)

Absolutely perfectly organised, in an exceptionally beautiful landscape. Good mix of adventure, holiday and race atmosphere. Very very friendly, open team that always had a friendly word for everyone despite the long working hours. Thank you so much for that experience.

AD Andrew D. ★★★★★ 5.0/5 · 2023 33.3K · [↑](#)

UltraSwim 33.3 encapsulated all the very best aspects of open water swimming - it's the future of events in our sport.

LV Lesley V. ★★★★★ 5.0/5 · 2023 29km · [↑](#)

Have already said I but here goes again 'There are not enough positive superlatives to describe every aspect of this event from the organisation's support provision of accommodation and professionalism throughout pre event planning and execution of the action event. THANK YOU

GB Gary B. ★★★★★ 5.0/5 · 2023 · [↑](#)

Incredible event, brilliant professional organisation, great location and cool swim venues. Excellent evening talks and race briefings.

DB Diane B. ★★★★★ 5.0/5 · 2023 33.3K · [↑](#)

Outstanding!

LB Laura B. ★★★★★ 5.0/5 · 2023 33.3K · [↑](#)

Ultraswim 33.3 was an incredibly well run event, meticulous attention to detail and safety at all times made for a very special experience for all the participants from the moment you sign up to the moment you cross the finish line and collect your medal. Could not recommend high...



**CHECK OUT OUR REVIEWS ON**  
**RACECHECK.COM**



# **A NEW CATEGORY OF OPEN WATER SWIM EVENT**



**Location not laps, 33.3km over a long weekend, point to point, challenging but inclusive, solo swim but anything but, community and friendship.**

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**Think ultra-trail, not road running.  
Think epic adventure swim race™, accessible to any determined open water swimmer.**



# APPEALING TO WHO, YOU?

- ✓ Focused open water swimmer looking for a new challenge, and a bigger experience than a one-day event
- ✓ English Channel hopefuls wanting to test themselves on the same distance but spread over 4 days...
- ✓ Swim-runners unable to run!
- ✓ Pool swimmers looking to widen their horizons to open-water...
- ✓ 10km race swimmers fed up with laps around buoys!
- ✓ Triathletes wanting to extend their swimming distances, or no longer able to train for all 3 sports!
- ✓ Competitive or not, but wanting to experience some adventure swimming with a group of like minded people from all over the world
- ✓ Coach or Club looking to run a group challenge/event without the hassle of organising it!



# 33.3KM

Complete 33.3km solo, the iconic English Channel direct distance (Dover to Calais shortest distance), but spread over a 4 day long weekend, and 5 to 7 swims, in a point-to-point open water "off-road" format - we try to avoid laps!

Feels like too much for you? You're probably wrong and you could nail it, but you can always consider our **22.2 DUO RELAY** option - share the distance with a partner and swim c.22km in total and never more than 5km in one go.

And if you just want to get a taste of a 33.3, but still have the full UltraSwim experience, then you can opt for the **11.1** - swim the key part of each stage (eg channel crossings), c.11km over the 4 days

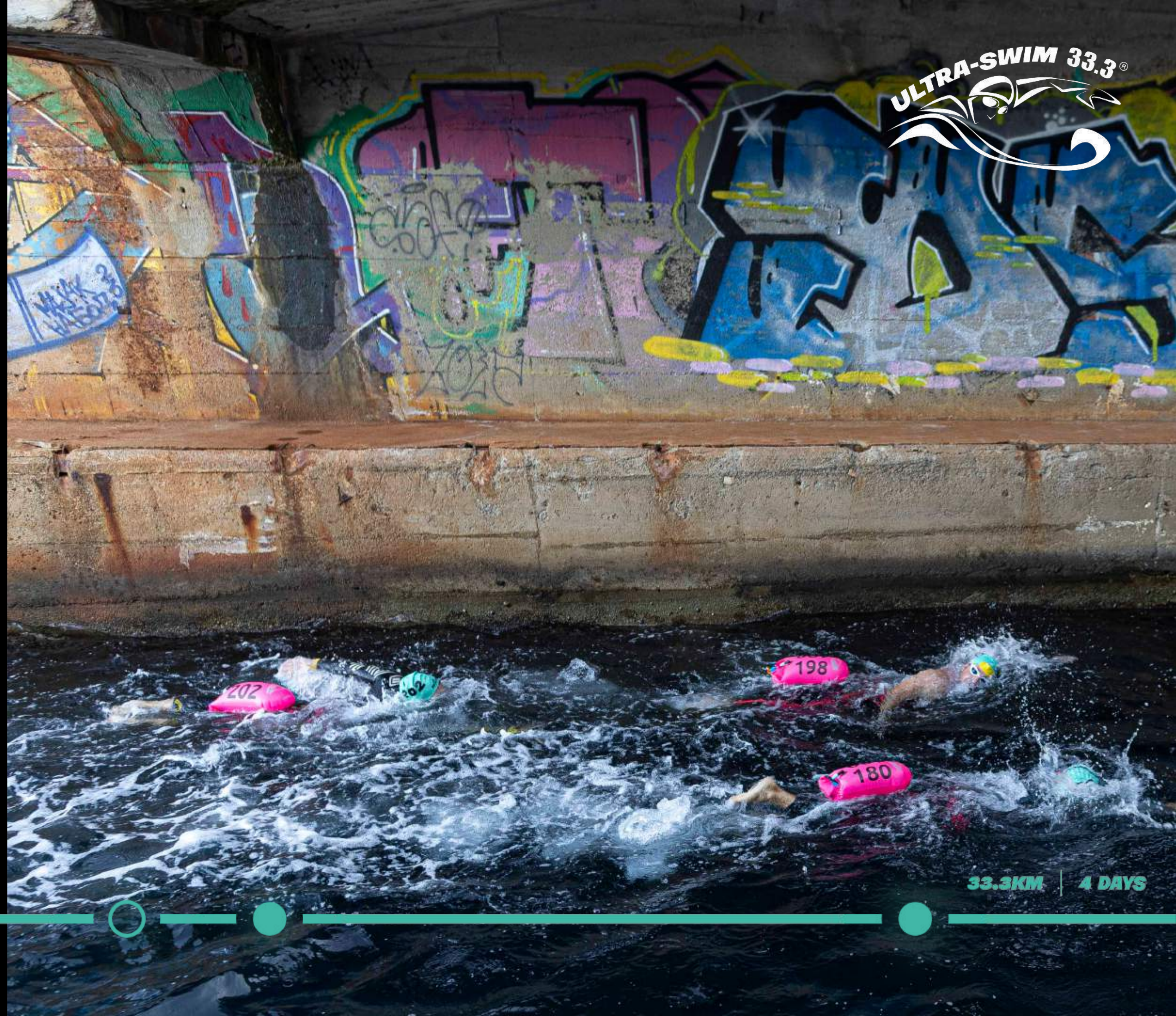


33.3KM | 4 DAYS



# ICONIC LOCATIONS

A series of events each year set in iconic global locations, each with its own theme, in varied and challenging course conditions which will push you up against your physical and mental limits, but reward you in equal measure.



33.3KM | 4 DAYS



# SWIM LIKE A PRO

**World class event management, safety and premium support services.**

We'll accompany you on your journey to the event with the best advice, valuable support, and professional training plans.

At the event we'll treat you like a pro with post swim sports massage, finish line refuel, lunches, airport transfers, expert coaching, world's best nutrition partners, bag logistics, plus much more...our aim is to send you home a better swimmer - however you measure that!

Three package levels ULTRA, ULTRA+ (sometimes with hotel upgrade options) and ULTRA++ to suit your style, your available time to organise things, and budget.



33.3KM | 4 DAYS



# HELPING YOU PREPARE

**We will accompany you on your journey from when you enter to the start line (and beyond!).**

This includes webinars on injury prevention, nutrition, and training approaches - to WhatsApp groups to exchange with our experts throughout your preparation months. We provide a generic training plan (4months from event).

Our sports injury specialist Neil Maclean-Martin is available for pre-event remote consultation and is on site at all our events to provide injury support (free initial analysis for ULTRA+ on-site). ULTRA++ get a daily check-in session with Neil.



33.3KM | 4 DAYS



**“Fantastically organized event with a super helpful team that managed all the logistics so that athletes could be focused on the swimming & fun! I will 100% be back next year to complete the full 33.3k...”**

THOMAS R, USA

33.3KM | 4 DAYS

**“An amazing experience not to be missed! Great location and A-grade operations and logistics. Really pleasant, great organisation and welcoming for non-swimming partners. Would highly recommend and looking forward to the next events in 2024!”**

DOMINIQUE, SWITZERLAND





# EVERY FINISHER IS A WINNER

**Accessible to all determined open water swimmers (minimum pool or open water >2.5km for one hour test swim).**

YES of course, a 33.3km swim, even when spread over 4 days, remains a big challenge. But the swimmers completing the 33.3 come from a very wide range of open water experience, swim speed and profile (2km/h-4.5km/h)

*Some* come of course to win. *Most* come simply to challenge themselves over this iconic distance, at whatever speed they can, having lots of fun along the way. *Everyone* comes to enjoy meeting a super community of swimmers from all over the world - and go home with new lifelong friends made.



33.3KM | 4 DAYS





**“Special life long  
friends & memories  
made”**

33.3KM | 4 DAYS

**“Top class event ...  
life affirming,  
challenging &  
massively rewarding”**





# F3 PARTNERS WELCOME!

**F3 - FAMILY, FRIENDS AND FANS!**

Three options as a partner to  
someone swimming at the event

Arrange your own time whilst at the event

Sign up for our fantastic F3 (Family,  
Friends and Fans) package

Fully immerse yourself and join our event  
Volunteer programme

33.3

ULTRASWIM 33.3



Likes 33.333

33.3KM

4 DAYS

Epic Adventure Swim Race #ultraswim333





# F<sup>3</sup> PARTNER PACKAGE

We recognise time away from work or family is precious and hard to organise - so we've built in from the start a programme for partners who are not swimming.

And we don't think watching you swimming all morning, from an early start, is what all partners want!

So join our F3 partner package and enjoy a more leisurely breakfast, watch some of the swimming from a dedicated spectator boat as you catch the race up, take a dip yourself somewhere on the course and join your partner at the finish line. Generally everyone is back at the hotel early afternoon allowing you time to explore or relax together.

33.3KM | 4 DAYS

“My experience as a non-swimming partner from this year's Montenegro race was incredible! I've supported my partner in multiple sports adventures throughout the years but I have to say that this was the only event where **I felt so included and really part of every step of the experience!** There was a dedicated boat for us not only following our swimmers but guiding us through the sites, swimming in the crystal clear waters and timed perfectly so we can have lunch altogether with them as a group.

The team organising was super friendly and treated us all as VIPs! Jack in particular who ran our schedule was the best!!!

The most special moment was when we were allowed to swim the final 300 meters together with our partners; the feeling of sharing the finish line excitement was unbeatable!! When you leave an event buzzing and checking out on your way back when and where the next 33.3km ultra swim race will take place then you know the organisers have made something special. Until next time!!”

Efstathia Kyrtata





# F3 VOLUNTEER PROGRAMME

Overall you will be helping to support the experience of all the swimmers - and it can be very rewarding! It certainly was in Montenegro last October.

This isn't only a life-changing experience for the swimmers. Our community is about everyone involved and being on the staff team gives you insight into the incredible stories and ambitions of the swimmers firsthand. They will look to you for support and you will become a valued member of our delivery team.

The F3 fee is not applicable if you join us as a volunteer, but you will still get the access F3 package provides, including Sim Card (Montenegro), welcome aperitif, end of event celebration and staff pack lunches will be provided, as we cannot guarantee you will be at the lunch stops at the same time as your partner arrives (but you will usually return back to hotel with them).

To join our super important and really cool 33.3 Volunteer team we will need you to volunteer for the whole **4 day** event, and also be available for briefings and training on the Thursday before the event starts. Starts are early and you may be required before your swimming partner is.

You and partner will get the afternoons and evenings together once everyone returns to the hotel, but we need you to attend a short next day briefing (right before the swimmers briefing).

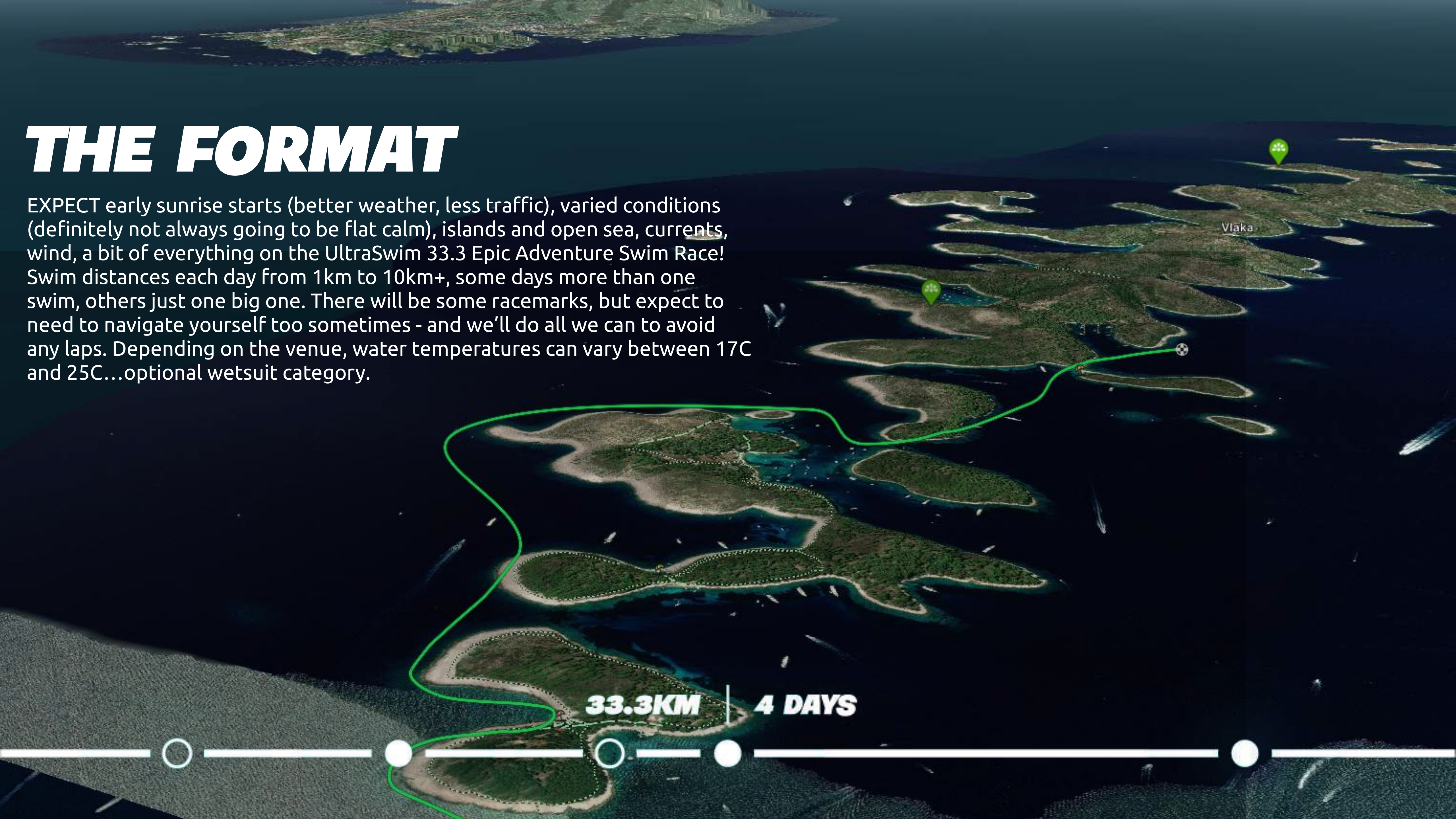
33.3KM | 4 DAYS





# THE FORMAT

EXPECT early sunrise starts (better weather, less traffic), varied conditions (definitely not always going to be flat calm), islands and open sea, currents, wind, a bit of everything on the UltraSwim 33.3 Epic Adventure Swim Race! Swim distances each day from 1km to 10km+, some days more than one swim, others just one big one. There will be some racemarks, but expect to need to navigate yourself too sometimes - and we'll do all we can to avoid any laps. Depending on the venue, water temperatures can vary between 17C and 25C...optional wetsuit category.



Vlaka

33.3KM | 4 DAYS



# SWIM DISTANCE PER DAY

The planned minimum distance of 33.3km is split over 5-7 swims. Generally we will split Day1 in to two swims of 4-5km. We'll build a single swim distance up on Day2 to around 7-8km with possibly an untimed section after lunch. And Day3 will normally qualify as a Marathon (10km+), and usually qualifies as a verified MSF swim for those that want to swim that day under those stricter rules. Day4 is planned as an easier one, although so far has always thrown in something unexpected! Expect some untimed (but mandatory) sections for either safety or scenery reasons.

The actual course and distances will always depend on the weather - we're in "off-road" mode in this format - so the wind and waves are a factor we can't control, but we will do everything we can to help you nail the full 33.3!

If we can't make the full swim distance one day, we'll try to add it back on others whether you like it or not! Expect the programme to evolve!

Everyone will have a 33.3 Finisher medal as their aim, but not everyone will finish every day - choosing to try is already a win in our eyes.

33.3KM | 4 DAYS







# **EDITIONS CURRENTLY OPEN FOR ENTRIES**

<b>#3 Croatia <i>Islands</i></b>	<b>17-20 May 2024</b>
<b>#4 Greece <i>Mamma Mia!</i></b>	<b>13-16 September 2024</b>
<b>#5 Montenegro <i>Fjords to the Sea</i></b>	<b>4-7 October 2024</b>
<b>#7 Croatia <i>Islands</i></b>	<b>16-19 May 2025</b>
<b>#9 Greece <i>Mamma Mia</i></b>	<b>19-22 September 2025</b>
<b>#10 Montenegro <i>Fjords to the Sea</i></b>	<b>3-6 October 2025</b>

Limited entries - **book now** to avoid disappointment, and reserve your spot.  
500€ advanced payment to secure your place, no quibble 30 days full money back period  
We'll then ask you to send us your travel dates, discuss with you the options available,  
package choice, partner coming etc. Final invoice due 6 months before the event.

**Flexible rollover policy during build up phase should you be unable to participate**



# #3CROATIA: 17-20 MAY 2024

## THE .ISLANDS' EDITION



**The course** takes us between the two beautiful and ancient locations of Stari Grad (registration and start) and Hvar Town (finish) via secret bays and stunning islands.

**ARRIVAL: ULTRA+ & ULTRA++** ARRIVAL in SPLIT airport by **1400 latest** on THURSDAY 16 MAY and we'll get you to Stari Grad one way or another on time for the briefing at least, and hopefully for the warmup swim too!

**ULTRA** Land in SPLIT by **1000 latest** on THURSDAY 16 MAY

Bus or taxi to Split Port for the 0830 car ferry to Stari Grad (or if you came in night before), or the 1145 catamaran to Hvar Town

**DEPARTURE** possible from 1400 from Hvar Town on Monday 20th (ULTRA+ flight from 1800) - or enjoy this amazing island for longer!



**33.3KM** | **4 DAYS**





# #7CROATIA: 16-19 MAY 2025

## THE .ISLANDS' EDITION



**The course** takes us between the two beautiful and ancient locations of Stari Grad (registration and start) and Hvar Town (finish) via secret bays and stunning islands.

**ARRIVAL: ULTRA+ & ULTRA++** ARRIVAL in SPLIT airport by **1400 latest** on THURSDAY 15 MAY and we'll get you to Stari Grad one way or another on time for the briefing at least, and hopefully for the warmup swim too!

**ULTRA** Land in SPLIT by **1000 latest** on THURSDAY 15 MAY

Bus or taxi to Split Port for the 0830 car ferry to Stari Grad (or if you came in night before), or the 1145 catamaran to Hvar Town

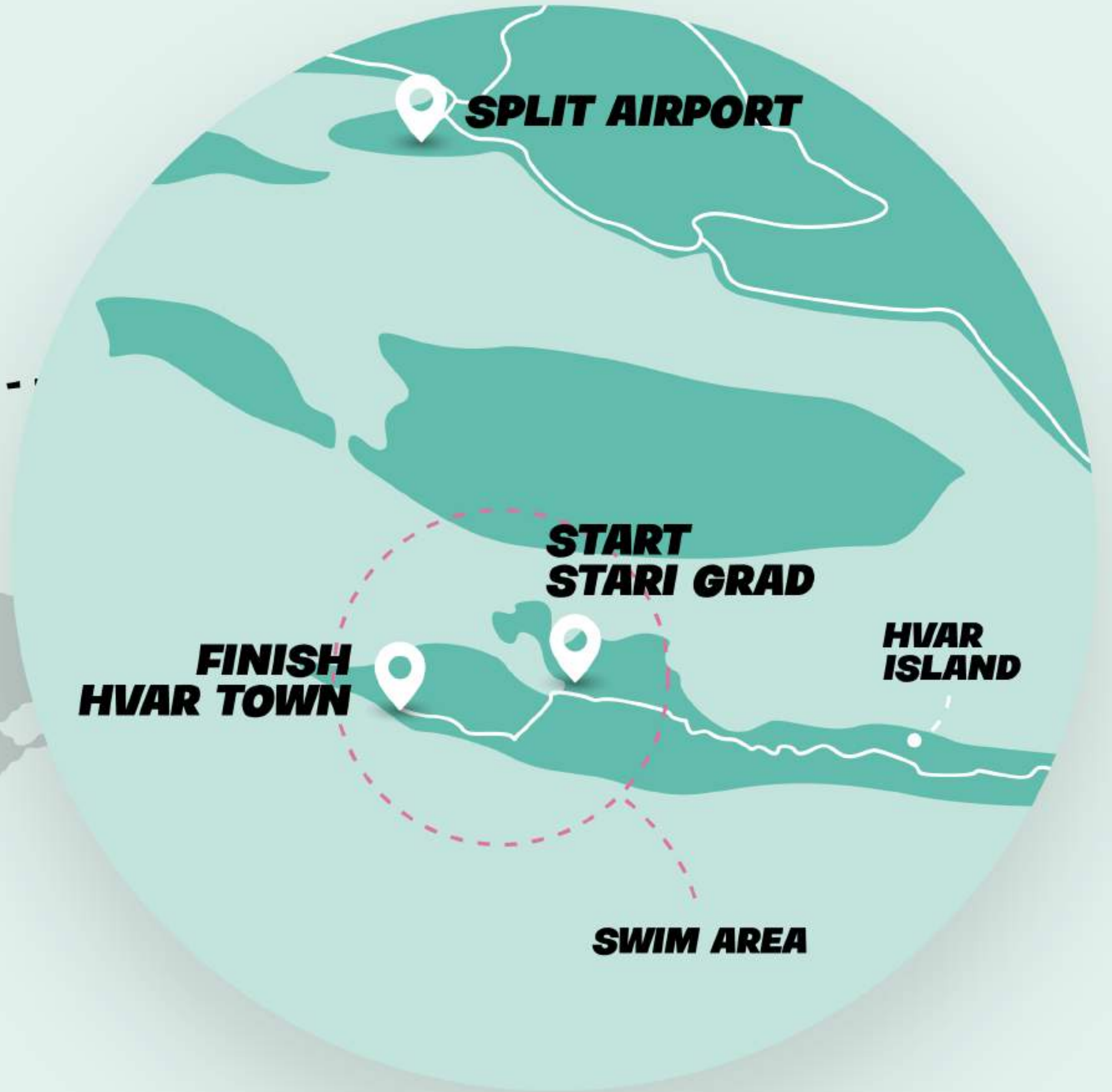
**DEPARTURE** possible from 1400 from Hvar Town on Monday 19th (ULTRA+ flight from 1800) - or enjoy this amazing island for longer!



**33.3KM** | **4 DAYS**







# #3 CROATIA





33.3KM | 4 DAYS

Starting in the peaceful and ancient town of Stari Grad...





33.3KM 4 DAYS

Starting in the peaceful and ancient town of Stari Grad...



33.3KM | 4 DAYS

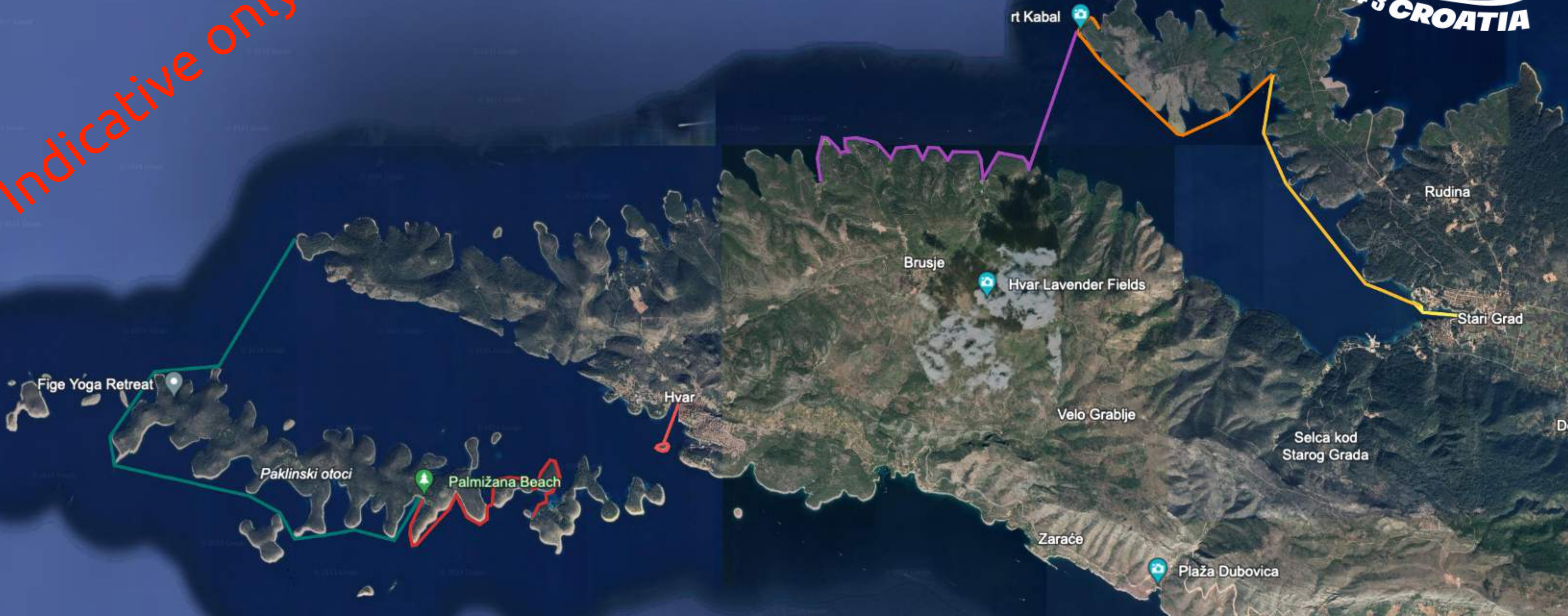


And working our way around Hvar Island towards Hvar Town



**Click for Google Earth version**

**Indicative only**



**33.3KM | 4 DAYS**







33.3KM | 4 DAYS

Via the stunning Pakleni Islands....





33.3 KM | 4 DAYS

...and celebrating the finish in beautiful and lively Hvar Town



# Special Hotel Upgrade option (Palace Elisabeth, Hvar Town)







...and Hotel Maslina, Stari Grad (Relais&Chateaux)



# #3CROATIA



## **A BIT MORE DETAIL**

**WHERE?** The magical island of Hvar will host our 'early season' European kickoff. A region steeped in history, and populated by hundreds of beautiful islands of all sizes, #3 will challenge you with a tour around the western end of Hvar Island, between these two ancient towns.

**HOW?** Easy to get to by **fast ferry** via the vibrant city of Split (or slower but direct to **Stari Grad**), or the equally historic Dubrovnik further south. ULTRA+ get a direct private fast boat transfer from next to Split airport straight to the venue in Stari Grad! This venue suits both the time-constrained swimmer wanting a fantastic long weekend 33.3km challenge, and also someone wanting a super holiday in this stunning region, with a rewarding challenge in the middle. Land in Split by midday on the Thursday we suggest, and either stay the night of the Monday 20th in Split old town, or take an evening flight - or of course chill out in Hvar for a few more days!

**SWIMMING CONDITIONS?** Mid-May could deliver us anything, above and in the water - from crisp mornings to hot sun-baked afternoons, and according to the weather in the first part of May, 17-18C water that could easily be heated by early summer sun to above 20C. Wetsuits optional and maybe desired for some certainly, but equally a great early season swim for skins too!

**PARTICULARITY OF #3:** The particularity of the Croatian event will be a start in the ancient town of Stari Grad, famous for its Pharos Swim Marathon, but a well earned finish celebration 33.3km later, in the beautiful and lively harbour of Hvar Town with a hotel change between the two (don't worry you won't be swimming with your luggage!). Whilst point-to-point is our aim on all 33.3's, this time we'll very much be on a journey from one venue to another via your arm and leg power!





# EPIC ADVENTURE SWIM RACE™

33.3KM

4 DAYS

*Pioneer event #4 Greece in 2024*  
Full event in 2025



# #4GREECE: 13-16 SEP 2024

## THE 'MAMMA MIA' EDITION

### AROUND SKOPELOS, GREECE'S GREENEST ISLAND



**This latest epic adventure swim race course** takes us around the unspoilt forested island of Skopelos, in the Sporades, 100km to the north of Athens. A national park made famous by the *Mamma Mia* film of 2008, it features wild coastlines both exposed and sheltered from the strong northerly winds that can blow hard, remote beaches only accessible from the water, towering cliffs and classic Greek hospitality - most of all from our family owned and run luxury Adrina Hotel partners.

Our usual format of a Friday-Monday event, registration on the Thursday, opens up also the opportunity for an extended holiday, or a quick visit to the Acropolis and ancient monuments of Athens on the way in or out. A mid-September start for this first 'Pioneer' event that will be back to an exclusive format, like our founding #1 Montenegro back in 2022, with some surprise premium extras for our most loyal swimmers. Water temperatures likely 22-26C...unlikely to need wetsuits...

**33.3KM | 4 DAYS**







**#4GREECE**





Adrina Resort Hotel & Spa is our 5\* hotel base...100% on-site solar energy powered and heated!





With super hotel upgrade to villa options for ULTRA++ and ULTRA+





Skopelos is the greenest of the Greek islands, 84% forest



We'll be boarding boats directly from the hotel beach





This is NOT the route, just potential stages under consideration



Μόνη  
γγελίστριας

Εανερμος

Skiathos  
Σκιάθος

4 DAYS

Repi  
Ρέπι

33.3KM

Τσαυγκοιά

Glossa  
Γλώσσα

Κλήμα

Νέο Κλήμα

Ekklisia Agios Ioannis

Skopelos

Skopelos  
Σκόπελος

Μύλοι

Palouki

Πάνορμος

Agnontas  
Αγνώντας

Stafylos  
Στάφυλος

Alonnisos

Χρυσή Μηλιά

Patitiri  
Πατητήρι

Μαρπούντα

4 days, 6 swims...





This swim adventure will weave its way around secluded bays, towering cliffs, sparkling warm water...



33.3KM | 4 DAYS

Potential crossing from Alonnisos to Skopelos





33.3KM | 4 DAYS



...and landmarks made famous by the "Mamma Mia" film set!



# #4GREECE 2024

## A BIT MORE DETAIL



**HOW AND WHEN TO GET THERE?** You can fly direct to Skiathos (JSI) from a number of European cities including London, Manchester, Naples, Rome, Vienna, Paris...and twice daily a 40-minute flight in from Athens. If you haven't done the Acropolis visit, now could be the time! From Skiathos (weather permitting) we're going to transfer you by water taxi to the beach of the Hotel Adrina. There is also the option to come by land and ferry via several routes direct to Skopelos island from various ports to the north of Athens (exact timetable published in May).

**ARRIVAL:** Land at Skiathos airport ideally early morning and by **1300 latest** on Thursday 12 September.

**DEPARTURE:** Leaving from Skiathos airport is possible **from 1500** on Monday 16th. You can of course choose to chill and enjoy the island...or take the ferry or private water taxi route towards Athens, with a land taxi transfer (2-3 hours) to the ancient city itself.

Additional nights before and after at the Adrina Hotels are possible.

**SWIMMING CONDITIONS?** Just a few weeks after peak temperatures, we expect the water to be no less than 22°C and easily more than 26°C. Wetsuits are unlikely to be needed but optional, of course. The island's waters can be mirror calm or roughed up by the big north wind that can blow at any time, as well of course September storms - be ready for a bit of everything as we aim to circumnavigate as much as possible of this beautiful, undeveloped island. The definition of adventure!

**PARTICULARITY OF #4:** Whether you love it, or have never even heard of it before, you're not going to be able to swim without ABBA's Mamma Mia theme tune in your head, as we start/finish at a number of the film set locations! #4Greece is likely to be the warmest and most remote route so far in the 33.3 series, with swimming through beaches and bays that are only accessible by water.



# #9GREECE 2025



## A BIT MORE DETAIL

**HOW AND WHEN TO GET THERE?** You can fly direct to Skiathos (JSI) from a number of European cities including London, Manchester, Naples, Rome, Vienna, Paris...and twice daily a 40-minute flight in from Athens. If you haven't done the Acropolis visit, now could be the time! From Skiathos (weather permitting) we're going to transfer you by water taxi to the beach of the Hotel Adrina. There is also the option to come by land and ferry via several routes direct to Skopelos island from various ports to the north of Athens (exact timetable published in May 2025).

**ARRIVAL:** Land at Skiathos airport ideally early morning and by **1300 latest** on Thursday 18 September.

**DEPARTURE:** Leaving from Skiathos airport is possible **from 1500** on Monday 22nd. You can of course choose to chill and enjoy the island...or take the ferry or private water taxi route towards Athens, with a land taxi transfer (2-3 hours) to the ancient city itself.

Additional nights before and after at the Adrina Hotels are possible.

**SWIMMING CONDITIONS?** Just a few weeks after peak temperatures, we expect the water to be no less than 22°C and easily more than 26°C. Wetsuits are unlikely to be needed but optional, of course. The island's waters can be mirror calm or roughed up by the big north wind that can blow at any time, as well of course September storms - be ready for a bit of everything as we aim to circumnavigate as much as possible of this beautiful, undeveloped island. The definition of adventure!

**PARTICULARITY OF #9:** Whether you love it, or have never even heard of it before, you're not going to be able to swim without ABBA's Mamma Mia theme tune in your head, as we start/finish at a number of the film set locations! #4Greece is likely to be the warmest and most remote route so far in the 33.3 series, with swimming through beaches and bays that are only accessible by water.



# #5 MONTENEGRO

## THE 'FJORD TO THE SEA' EDITION

### 4-7 OCTOBER 2024



The original UltraSwim 33.3 that started it all, and helped define the 33.3 category! Swim from calm fjord waters to the open sea along rugged coastlines and caves, abandoned submarine bases and never far from a mountainous horizon.

**ARRIVE** Dubrovnik airport by 1400, or Tivat airport by 1500, on Thursday 3 October. Podgorica airport and Zadar airport are also options (but transfers not included)

**DEPARTURE** possible in afternoon of Monday 7 October (1600 earliest flight), or chill with the laid-back, laid-back warm feeling for an extra night, discover Dubrovnik on your way home or the stunning Bay of Kotor.



**SOLD OUT**





# #10MONTENEGRO

## THE 'FJORD TO THE SEA' EDITION

### 3-6 OCTOBER 2025



**ARRIVE** Dubrovnik airport by 1400, or Tivat airport by 1500, on Thursday 2 October. Podgorica airport another option (but transfers not included)

**DEPARTURE** possible in afternoon of Monday 6 October (1600 earliest flight), or chill with that post-event warm feeling for an extra night, discover Dubrovnik on your way home or the stunning Bay of Kotor.



33.3KM | 4 DAYS







**#5 MONTENEGRO**







33.3KM | 4 DAYS

Objective:  
a full tour around Lustica peninsula...







33.3KM | 4 DAYS





ULTRA-SWIM 33.3<sup>®</sup>



33.3KM

4 DAYS







ULTRA-SWIM 33.3

33.3KM | 4 DAYS











17

ID: AS22081701US33.3/17  
CERTIFICATE: TUVsud (CE: EN25)  
Ref: Z1 108706 0001 rev.00







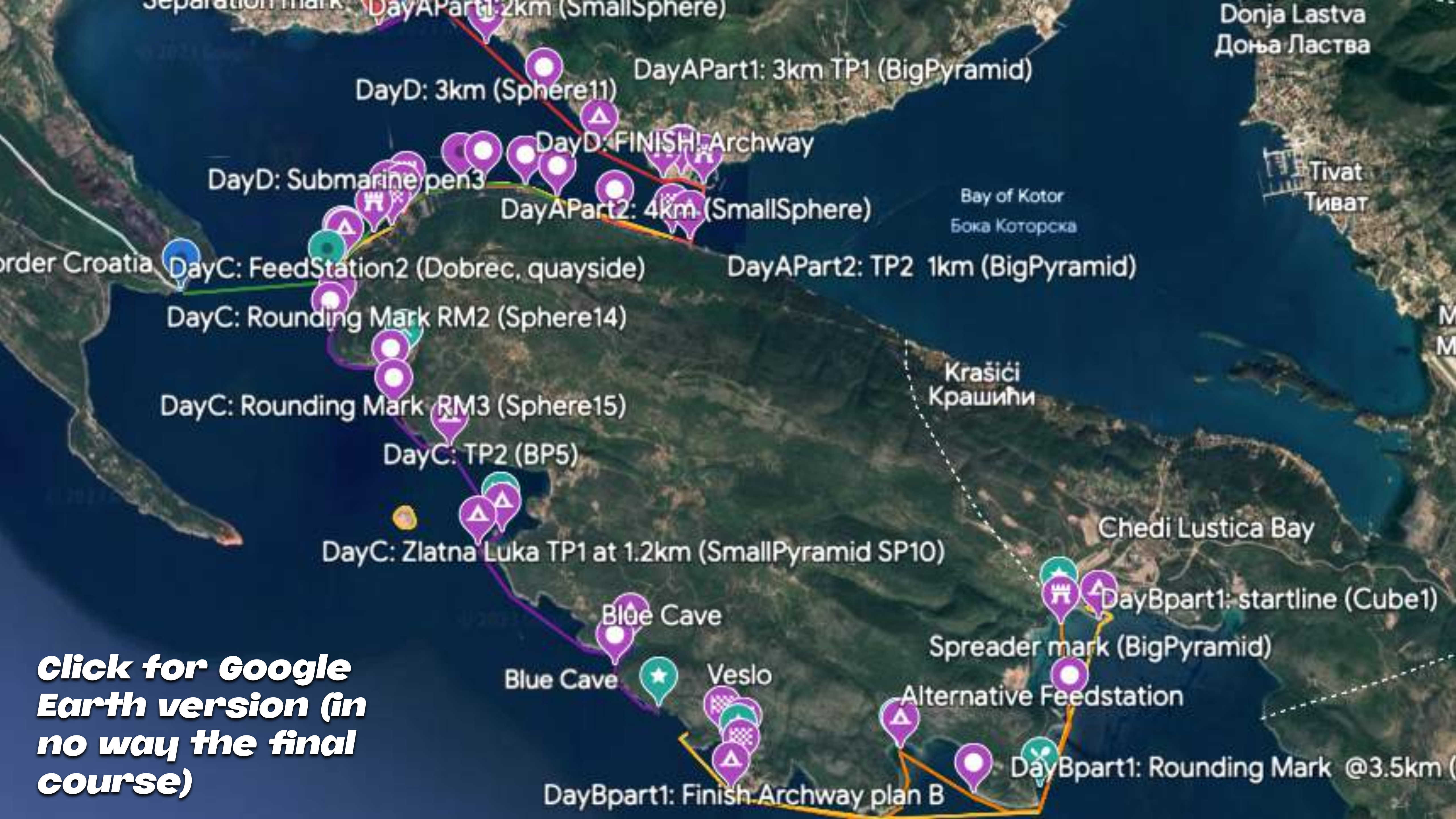




33.3KM | 4 DAYS

Event HQ and ULTRA+ ULTRA++ 5\* Hotel Lazure, Melijne (Herceg Novi)  
ULTRA Hotel ACD 3\* (5 minutes away)





Separation mark

DayAPart1: 2km (SmallSphere)

Donja Lastva  
Доња Ластва

DayD: 3km (Sphere11)

DayAPart1: 3km TP1 (BigPyramid)

DayD: FINISH! Archway

DayD: Submarine pen3

DayAPart2: 4km (SmallSphere)

Bay of Kotor  
Бока которска

Tivat  
Тиват

border Croatia

DayC: FeedStation2 (Dobrec, quayside)

DayAPart2: TP2 1km (BigPyramid)

DayC: Rounding Mark RM2 (Sphere14)

DayC: Rounding Mark RM3 (Sphere15)

Krašići  
Крашићи

DayC: TP2 (BP5)

Chedi Lustica Bay

DayC: Zlatna Luka TP1 at 1.2km (SmallPyramid SP10)

Blue Cave

DayBpart1: startline (Cube1)

Spreader mark (BigPyramid)

Blue Cave

Veslo

Alternative Feedstation

**Click for Google Earth version (in no way the final course)**

DayBpart1: Rounding Mark @3.5km

DayBpart1: Finish Archway plan B



# #5/10 MONTENEGRO



## **A BIT MORE DETAIL**

**WHERE?** One of the smaller countries of the Balkans, Montenegro offers both wild mountains and deep fjords, as well as rugged Adriatic coastline, which in turn produces a variety of horizons, conditions and experience - perfect for an epic adventure swim race! We'll usually kickoff in the protected waters of Boca Bay, but aim to take on the sometimes more challenging conditions along the Lustica peninsula Adriatic coast, with its inlets and caves adding an extra dimension to this our founding event.

**HOW?** Fly in to super Dubrovnik just across the border in Croatia and transfer by land (we provide it), or direct in to Tivat, Montenegro, and we might even pick you up by boat direct from the airport! In and out for a long weekend rewarding swim challenge, or add on a day either side to enjoy historic Dubrovnik, or the wild Black Mountain scenery or fjords of Kotor Bay.

**SWIMMING CONDITIONS?** At the end of the summer season, with its shorter days and variable weather, #5 can throw anything at us - from summer like afternoon heat with flat calm to more stormy conditions for us to navigate safely around. Depending on the weather conditions (which can be absolutely stunning in October), the water temperature could easily still be 21-22C or more in places, but equally expect some colder sub-20C patches down to 18C and occasional but isolated cold springs popping up from below. Take the wetsuit in case if you're in doubt (no anti-wetsuit ethos at UltraSwim 33.3, you'll be in a majority, but for swimmers in skins you'll be at ease in the conditions for sure.

**UNIQUE ELEMENTS OF #5/10:** A start line inside a giant 'blue' cave, a full loop of an old prison island, rugged coastline swimming with turquoise bays, and flat calm dark fjord waters - there is plenty of everything in #5 Montenegro! Expect some early morning starts, watching the sun rise as you head out on our transfer boats.





# **AND AS AN EXTRA OPTION FOR GREECE AND MONTENEGRO ONLY**

**33.3KM | 4 DAYS**

## **Swim Camp 33.3 #5, #10**

**Two day dedicated preparation camp immediately before #5 (or #9) led by Oceans7 record holder Andy Donaldson, supported by world class experts from coaching, nutrition, physio. Mix of pool session, open water around the racecourse, seminar sessions and fun with Andy!**



**33.3 CAMP HOSTED  
BY ANDY DONALDSON**

**WORLD RECORD  
HOLDER OCEANS7  
(FASTEST AND FIRST  
TO DO ALL MAJOR 7  
CHANNEL  
CROSSINGS IN 12  
MONTHS)**



33.3KM | 4 DAYS





**ALL EVENT ENTRIES STRICTLY LIMITED.**



**500 EUROS PER BOOKING**

**SECURES YOUR SPOT(S).**

**€ INCENTIVES GROUPS OF 4 BOOKING SAME PACKAGE AT SAME TIME (WITH 2 NEW SWIMMERS), AND FOR COACHES.**



**33.3KM | 4 DAYS**







33.3KM | 4 DAYS



## SKINS OR WETSUIT, YOUR DAILY CHOICE

### 3 FORMATS

**33.3**

**SOLO**

The big one. Join an exclusive club of 33.3ers!

**22.2**

**DUO RELAY**

Share the distance (c.22.2km total per swimmer)

**11.1**

**DISCOVERY**

One key section each day

### 3 SERVICE PACKAGE LEVELS

**ULTRA**

Basic package including hotel for 4 nights

**ULTRA+**

Premium package, we take care of you from airport arrival onwards

**RECOMMENDED!**

**ULTRA++**

Think First Class/Concierge, everything included, VIP transfers, coaching, physio...

### EXTRA SERVICES AVAILABLE

**ULTRA+**

Extra luxury hotel options

**HOTEL UPGRADE**

ON-SITE **STROKE CORRECTION CLINIC WITH 1:1 VIDEO ANALYSIS**

(Montenegro only)

**F<sup>3</sup> (FAMILY, FRIENDS AND FANS) PACKAGE**

33.3KM | 4 DAYS



2024

## #3CROATIA Two main ENTRY PACKAGE OPTIONS

ULTRA+

ULTRA

F3 partner  
package 350€

		ULTRA+	ULTRA	F3 partner package 350€
<b>RACE</b>	Race management and timing, safety boats/kayaks, medical boat, race briefings, feed-station nutrition never more than 5km apart, start/finish boat and land transfers	✓	✓	<b>Boat ✓ + short swim options</b>
<b>COACHING</b>	Specific 33.3 pre-event training plan, monthly preparation webinars	✓	✓	
	Physio / injury prevention pre-event webinar and initial remote consultation (inc follow up exercises) €75	✓	✓	
	Personal 1:1 Video Analysis <b>pre-event</b> ( <i>you must provide the video</i> )	✓	<b>€150</b>	
<b>POST SWIM</b>	Finish line lunches (refuel not Michelin* but usually in great locations, and a super moment post swim!)	✓	✓	✓
	Post swim daily sports massage 25 minutes	<b>Race days 1, 2, 3</b>	<b>None</b>	
	Post swim guided stretching session	✓	✓	
	Top sports injury physio flown in on-site (30 minute sessions charged at 75€, follow up info included)	✓	<b>€75</b>	
	Upcycled Starters token and Finisher's medal	✓	✓	
<b>PROVIDED</b>	SwimPack (Swim Hat / waterproof bag (loan) / Official Towel / Alu water bottle)	✓	✓	Bottle
	Ultra+ extras included in SwimPack (Wooly hat / waterproof bag)	✓		
	Tow float/bag loan (refundable 50 Euro cash deposit to pay on collection)	✓	✓	
	Professional photos and video content for your use	✓	✓	✓
	Marathon Swimmer Federation 10km+ ratification fee (if you complete it under MSF rules)	✓	✓	
	<b>[ULTRA+] Hotel 4*</b> 4 nights, upgraded rooms in shared (twin) room Extra nights can be booked on top. Half board included first two nights. <b>Boutique Hotel &amp; Spa</b> for second two nights. *Partner room supplement includes Transfers	✓		<b>*€550 hotel and airport transfers</b>
<b>[ULTRA] Hotel 3*</b> 4 nights, Places Hotel 2 nights, Amfora Hotel 2 nights in shared room Extra nights can be booked. First two nights includes Flexi HB (€25 credit per day for bar/restaurant!)			2 or 3 people per hotel room (limited single-occupancy upgrades available)	
Single-occupancy upgrade option	<b>€400</b>	<b>Very limited availability</b>		
<b>TRAVEL</b>	<b>[ULTRA+]</b> 14th taxi to Split. 15/16 Inbound VIP transfers Split airport to Stari Grad by fast boat, or taxi and fast catamaran and Hvar-Stari Grad road transfer. Outbound 20/21 By fast boat direct to airport or fast catamaran and 22/23 by Ferry and private Taxi transfer from Split Town to Split Airport (if extra nights booked through the event)	✓	Inbound ONLY from Hvar Town and StariGrad port at ferry times <b>(15-16 May only)</b>	✓
	<b>[ULTRA]</b> 15/16 May Inbound ONLY from Hvar Town Port to Stari Grad at ferry times.			
	Welcome aperitif	✓	✓	✓
	End of event lunchtime celebration	✓	✓	✓



2024

## #3 CROATIA ENTRY PACKAGES (inc city tax, VAT, in euros)

**ULTRA+****ULTRA**

<b>SOLO</b> (inc 4 nights shared twin)	<b>€2,200</b>	<b>€1,500</b>
<b>Group of 4, 4th swimmer half price</b> (booking together, same time, same package, must include at least 2 new swimmers who were not entered in #2Montenegro)	€1,925 price per person	€1,300 price per person
Single occupancy upgrade	€400	On request: very limited availability also @ €400
*Your partner sharing your room (includes transfers, breakfast)	€550	On request: very limited availability also @ €550
<b>22.2 DUO RELAY</b> (total for 2 swimmers, must book same time, same package)	€4,200	€2,800
F <sup>3</sup> (Family, Friends, Fans - partner boat and activity/event experience package) Or join as an event volunteer, fee waived if accepted but its hard work!	€350	€350
Professional coach (SOLO) - request Coach Incentives Info	€1,500	€1,000
<b><u>Reserve your place per booking</u></b>	<b>€500 per booking</b>	

**EXTRAS not included**

Extra hotel nights (4 included). ULTRA: pre event Stari Grad, twin share, available 15th only €85 pp (160 single occup/double)

post event Hvar Town, from the 20th €100 twin share pp (190 single occupancy/double), or book your own...

ULTRA+: pre-event in Stari Grad, available 15th only, €280 per room (limited shared room options, please ask)

post-event Hvar Town €140 twin share (€280 single occupancy/double), or book your own...

Extra drinks / food at finish restaurants / dinners but note flexi HB €25 credit first two nights on ULTRA included  
Flight, insurance

Transfers outside of dates indicated, or from/to other destinations than airport/ferry

Medical treatment off the race course

\*Price increase applied 1 NOV 2023, if your booking was reserved before 1 NOV 2023, original pricing will stand.



2025

## #7 CROATIA Two main ENTRY PACKAGE OPTIONS

ULTRA+

ULTRA

F<sup>3</sup> partner  
package 400€

		ULTRA+	ULTRA	F <sup>3</sup> partner package 400€
<b>RACE</b>	Race management and timing, safety boats/kayaks, medical boat, race briefings, feed-station nutrition @never more than 5km apart, start/finish boat and land transfers	✓	✓	<b>Experience package</b>
<b>COACHING</b>	Specific 33.3 pre-event training plan, monthly preparation webinars	✓	✓	
	Physio / injury prevention pre-event webinar and initial remote consultation (inc follow up exercises) €75	✓	✓	
	Personal 1:1 Video Analysis <b>pre-event</b> ( <i>you must provide the video</i> )	✓		
<b>POST SWIM</b>	Finish line lunches (refuel not Michelin* but usually in great locations, and a super moment post swim!)	✓	✓	✓
	Post swim daily sports massage 25 minutes days 1,2,3	✓		
	Post swim guided stretching session	✓	✓	
	Top sports injury physio advice and initial assessment (follow on treatment €75/session for all)	✓ Initial injury analysis free on site	€75	
	Upcycled Starters token and Finisher's medal	✓	✓	
<b>PROVIDED</b>	SwimPack (Swim Hat / waterproof bag (loan) / Official Towel / Alu water bottle)	✓	✓	Bottle
	ULTRA+ extras included in SwimPack (Wooly hat / waterproof bag)	✓		
	Tow float/tracker/bag loan (refundable 50 Euro cash deposit to pay on collection)	✓	✓	
	Professional photos and video content for your use	✓	✓	✓
	Marathon Swimmer Federation 10km+ ratification fee (if you complete it under MSF rules)	✓	✓	
<b>HOTEL</b> Check IN 15 May Check OUT 19 May	<b>[ULTRA+] Hotel 4*</b> 4 nights, upgraded rooms in shared (twin) room Extra nights can be booked on top. Half board included first two nights. <b>Boutique Hotel &amp; Spa</b> for second two nights.	✓		✓
	<b>OR [ULTRA+ Hotel Upgrade] Hotel 5*</b> 4 nights, Relais Chateaux Maslina Resort +Palace Elisabeth	✓		✓
	<b>[ULTRA] Hotel 3*</b> 4 nights, Places Hotel 2 nights, Amfora Hotel 2 nights in shared room Extra nights can be booked. First two nights includes Flexi HB (€25 credit per day for bar/restaurant!)		✓ shared	✓
	Single-occupancy upgrade option	✓	Very limited availability	
<b>AIRPORT TRANSFERS +- 2DAYS</b>	<b>[ULTRA+] We take care of it! VIP FASTBOAT transfer or personalised taxi to ferry</b> <b>[ULTRA]</b> get yourself to Hvar/Stari Grad by ferry and we pickup there (Beyond 1 day before/after event only if extra nights booked through event)	✓	✓	✓
	Welcome aperitif and round tables each evening	✓	✓	✓
	End of event lunchtime celebration and prize giving	✓	✓	✓



2025

## #7 CROATIA ENTRY PACKAGES (inc city tax, VAT, in euros)

**ULTRA+****ULTRA+**  
HOTEL UPGRADE**ULTRA****SOLO** (inc 4 nights shared twin)**€2,500****€1,800****Group of 4, 4th swimmer half price** (booking together, same time, same package, must include at least 2 new swimmers who were not entered in #2Montenegro)€2,185  
price per person€1,575  
price per person

5\* Hotel upgrade (per room supplement, 4 nights)

+€2,000

Single occupancy upgrade

€500

On request: very limited availability also @ €500

\*Your partner sharing your room (includes transfers, breakfast)

€750

On request: very limited availability @ €750

**22.2 DUO RELAY** (total for 2 swimmers, must book same time, same package)

€4,800

€3,400

**F<sup>3</sup>** (Family, Friends, Fans - partner boat and activity/event experience package)  
Or join as an event volunteer, fee waived if accepted but its hard work!

€400

€400

Professional coach (SOLO) - request Coach Incentives Info

€500 discount

€500 discount

2 day pre-event preparation Swim Camp with Andy Donaldson (ex-hotel)

€490

€490

€490

**EXTRAS not included**

Extra hotel nights (4 included). ULTRA: pre event Stari Grad, twin share, €95 pp (180 single occup/double) post event Hvar Town, from the 20th €110 twin share pp (€200 single occupancy/double), or book your own...

ULTRA+: pre-event in Stari Grad, €300 per room (limited shared room options, please ask) post-event Hvar Town €150 twin share (€300 single occupancy/double), or book your own...

Extra drinks / food at finish restaurants / dinners but note flexi HB €25 credit first two nights on ULTRA included, and half board included ULTRA+ standard Flight, insurance

Transfers outside of dates indicated, or from/to other destinations than airport/ferry

Medical treatment off the race course



2024	#4GREECE Three main ENTRY PACKAGES	ULTRA+	ULTRA	F <sup>3</sup> and partner package
RACE	Race management and timing, safety boats/kayaks, medical boat, race briefings, feed-station nutrition @never more than 5km apart, start/finish boat and land transfers, tracking	✓	✓	Boat ✓ + short swim options
COACHING	Specific 33.3 pre-event training plan, monthly preparation webinars	✓	✓	
	Physio / injury prevention pre-event webinar and initial remote consultation (inc follow up exercises) €75	✓	✓	
	Personal 1:1 Video Analysis <b>pre-event</b> (you must provide the video)	✓	€150	
POST SWIM	Finish line lunches (refuel not Michelin* but usually in great locations, and a super moment post swim!)	✓	✓	✓
	Post swim sports massage 25 minutes	<b>Race days 1, 2, 3</b>		
	Post swim guided stretching session	✓	✓	
	Dinner opportunity with race Ambassador(s)	✓		
	Top sports injury physio flown in on-site (30 minute sessions charged at 75€, follow up info included)	✓ Initial injury analysis free on site	€75	
	Upcycled Starters token and Finisher's medal	✓	✓	
PROVIDED	SwimPack (Swim Hat / drybag (loan) / Official Towel / Alu water bottle)	✓	✓	Bottle
	ULTRA+ extras included in SwimPack (hat / personalised drybag to keep)	✓		
	Tow float/tracker/bag loan (refundable 50 Euro cash deposit to pay on collection)	✓	✓	
	Professional photos and video content for your use	✓	✓	✓
	Marathon Swimmer Federation 10km+ ratification fee (if you complete it under MSF rules)	✓	✓	
	<b>[ULTRA+] Luxury 5* ADRINA Resort &amp; Spa, Grand</b> 4 nights, shared twin in junior suites <small>*Partner room supplement includes Transfer</small>	✓		✓
	<b>Or [ULTRA+ hotel upgrade] Luxury 5* ADRINA Resort &amp; Spa, Grand</b> 4 nights, Villa <b>sole occupancy included</b>	✓		✓
HOTEL	[ULTRA] ADRINA Beach/Resort 4 nights, on a Twin shared basis only		✓	
TRAVEL	Single-occupancy upgrade option	✓	N/A	
	Airport transfers (Hotel from/to Skiathos (JSI), or from Glossa/Skopelos ferry ports ULTRA+ 11,12, 16, 17 September if extra hotel nights booked through event	<b>Same flight passengers only</b>	<b>Grouped (flights within 1.5h)</b>	✓
	Welcome aperitif	✓	✓	✓
	End of event lunchtime prize giving and celebration	✓	✓	✓



2024

# #4GREECE PACKAGES

inc tourist climate tax €10/room/night, VAT, in euros

**ULTRA+**  
 JUNIOR SUITES

**ULTRA+**  
 HOTEL UPGRADE TO  
 VILLA / SOLE OCCUPANCY

**ULTRA**

	<b>ULTRA+</b> JUNIOR SUITES	<b>ULTRA+</b> HOTEL UPGRADE TO VILLA / SOLE OCCUPANCY	<b>ULTRA</b>
<b>SOLO</b> 4 nights included	<b>€2,500</b>	<b>€3,333</b>	<b>€2,000</b>
<b>Accommodation basis</b>	Twin share room	Suite/Villa couple/ family sole occupancy	Twin share room
<b>REFERRAL Group of 4, 4th swimmer half price</b> (booking together, same time, same package, <i>must include at least 2 new swimmers who have not previously entered an UltraSwim 33.3</i> )	€2,175 price per person	€2,900 price per person	€1,750 price per person
<b>Single</b> occupancy upgrade	€500	Included	Not available
Or Your <b>partner</b> sharing room, including airport transfers, breakfast	€750	€250	€750
F3 (Family, Friends, Fans) event experience package or joint as an event volunteer, fee wavered if accepted but its hard work!	€400	€400	€400
Professional coach (swimming SOLO) bringing at least one swimmer with them	€500 discount		€500 discount
Non-swimming coach - same as a Partner+F3		N/A	

**EXTRAS not included**

Extra hotel nights before the event and night of 16th: Adrina Hotel Resort/Grand 170-400 euro per night per room, plus €10/room/night tourist tax  
 From 17th Adrina Beach Hotel (Resort/Grand closes) 75-200 euros per night per person, plus €10/room/night tourist tax - ask for availability.

Extra drinks / food at finish restaurants / dinners

Flight, insurance

Transfers outside of dates indicated, or from/to other destinations than airport/ferry

Medical treatment off the race course



2025

## #9GREECE Three main ENTRY PACKAGES

ULTRA+

ULTRA

F<sup>3</sup> and partner package

		ULTRA+	ULTRA	F <sup>3</sup> and partner package
<b>RACE</b>	Race management and timing, safety boats/kayaks, medical boat, race briefings, feed-station nutrition @never more than 5km apart, start/finish boat and land transfers, tracking	✓	✓	<b>Experience package</b>
<b>COACHING</b>	Specific 33.3 pre-event training plan, monthly preparation webinars	✓	✓	
	Physio / injury prevention pre-event webinar and initial remote consultation (inc follow up exercises) €75	✓	✓	
	Personal 1:1 Video Analysis <b>pre-event</b> ( <i>you must provide the video</i> )	✓	€150	
<b>POST SWIM</b>	Finish line lunches (refuel not Michelin* but usually in great locations, and a super moment post swim!)	✓	✓	✓
	Post swim sports massage 25 minutes	<b>Race days 1, 2, 3</b>		
	Post swim guided stretching session	✓	✓	
	Top sports injury physio flown in on-site (30 minute sessions charged at 75€, follow up info included)	✓ Initial injury analysis free on site	€75	
	Upcycled Starters token and Finisher's medal	✓	✓	
<b>PROVIDED</b>	SwimPack (Swim Hat / drybag (loan) / Official Towel / Alu water bottle)	✓	✓	Bottle
	ULTRA+ extras included in SwimPack (hat / personalised drybag to keep)	✓		
	Tow float/tracker/bag loan (refundable 50 Euro cash deposit to pay on collection)	✓	✓	
	Professional photos and video content for your use	✓	✓	✓
	Marathon Swimmer Federation 10km+ ratification fee (if you complete it under MSF rules)	✓	✓	
<b>HOTEL</b> Check IN 19 Check OUT 22 September	<b>[ULTRA+] Luxury 5* ADRINA Resort &amp; Spa, Grand</b> 4 nights, shared twin in junior suites <small>*Partner room supplement includes Transfer</small>	✓		✓
	<b>Or [ULTRA+ hotel upgrade] Luxury 5* ADRINA Resort &amp; Spa, Grand</b> 4 nights, Villa <b>sole occupancy included</b>	✓		✓
	<b>[ULTRA] ADRINA Beach/Resort</b> 4 nights, on a Twin shared basis only		✓	
	Single-occupancy upgrade option	✓	<b>Very limited</b>	
<b>AIRPORT TRANSFERS</b>	Personalised airport transfers (Hotel from/to Skiathos (JSI), or from Glossa/Skopelos ferry ports Outside of +-1 day only if extra hotel nights booked through event	✓	<b>Grouped (flights within 1.5h)</b>	✓
	Welcome aperitif	✓	✓	✓
	End of event lunchtime prize giving and celebration	✓	✓	✓



2025

# #9 GREECE PACKAGES

inc tourist climate tax €10/room/night, VAT, in euros

**ULTRA+**  
 JUNIOR SUITES

**ULTRA+**  
 HOTEL UPGRADE TO  
 VILLA / SOLE OCCUPANCY

**ULTRA**

	<b>ULTRA+</b> JUNIOR SUITES	<b>ULTRA+</b> HOTEL UPGRADE TO VILLA / SOLE OCCUPANCY	<b>ULTRA</b>
<b>SOLO</b> 4 nights included	<b>€2,500</b>	<b>€3,333</b>	<b>€1,800</b>
<b>Accommodation basis</b>	Twin share room	Suite/Villa couple/ family sole occupancy	Twin share room
<b>REFERRAL Group of 4, 4th swimmer half price</b> (booking together, same time, same package, <i>must include at least 2 new swimmers who have not previously entered an UltraSwim 33.3</i> )	€2,175 price per person	€2,900 price per person	€1,575 price per person
<b>Single</b> occupancy upgrade	€500	Included	€500
Or your <b>partner</b> sharing room, including airport transfers, breakfast	€750	€250	€750
F3 (Family, Friends, Fans) event experience package or joint as an event volunteer, fee waived if accepted but its hard work!	€400	€400	€400
Professional coach (swimming SOLO) bringing at least one swimmer with them	€500 discount		€500 discount
Non-swimming coach - same as a Partner+F3		N/A	

**EXTRAS not included**

Extra hotel nights: Adrina Hotel Resort/Grand 200-500 euro per night per room, plus €10/room/night tourist tax

Extra drinks / food at finish restaurants / dinners

Flight, insurance

Transfers outside of dates indicated, or from/to other destinations than airport/ferry

Medical treatment off the race course



2024

## #5MONTENEGRO Two main ENTRY PACKAGES

ULTRA+

ULTRA

F3 partner  
package 350€

		ULTRA+	ULTRA	F3 partner package 350€
<b>RACE</b>	Race management and timing, safety boats/kayaks, medical boat, race briefings, feed-station nutrition @never more than 5km apart, start/finish boat and land transfers	✓	✓	<b>Boat ✓ + short swim options</b>
<b>COACHING</b>	Specific 33.3 pre-event training plan, preparation webinars monthly	✓	✓	
	Personal 1:1 Video Analysis <b>pre-event</b> ( <i>you must provide the video</i> )	✓	€150	
	Personal 1:1 Video Analysis and stroke correction clinic at Lazure pool (from D-2 at event)	€100	€200	€200
<b>POST SWIM</b>	Finish line refuel lunches	✓	✓	✓
	Post swim daily sports massage 25 minutes	✓	✓	✓
	Post swim guided stretching session	✓	✓	
	Top sports injury physio flown in on-site (30 minute sessions charged at 75€, follow up on-site)	✓	✓	
	Upcycled Starter bibs and medals	✓	✓	
<b>PROVIDED</b>	SwimPack (Swim Hat / waterproof bag (W/B)) / Swim cap / Alu water bottle	✓	✓	Bottle
	Ultra+ extras included in SwimPack (W/B hat / waterproof bag)	✓		
	Tow float/bag loan (refundable with 20€ deposit to pay on collection)	✓	✓	
	Local SIM card with a package for WhatsApp comms w/o roaming)	✓	✓	✓
	Personal photos and video content for your use	✓	✓	✓
	Marathon Swimmer Federation (MSF) registration fee (if you complete it under MSF rules)	✓	✓	
<b>HOTEL</b>	<b>[ULTRA+] Luxury 5* Hotel &amp; Spa</b> 4 nights, shared (twin), best rooms available	✓		<b>*€550 hotel and airport transfers</b>
Check IN 3	*Partner room supplement includes Transfer			
Check OUT 7 OCTOBER	[All bookings from 31 January 2024] <b>[ULTRA] Hotel ACD 3***</b> 4 nights, in shared twin shared basis		✓	<b>*€400 hotel and airport transfers</b>
<b>TRAVEL</b>	Single-occupancy upgrade option	€400	€250	
	Airport transfers (Hotel from/to Dubrovnik and Tivat), ULTRA+ 1, 2, 3 Oct & 7, 8, 9, 10 Oct, if extra hotel nights booked through event ULTRA 2-3 Oct and 7-8 Oct ONLY	<b>Same flight passengers only</b>	<b>Grouped (flights within 1.5h)</b>	✓
	Welcome aperitif	✓	✓	✓
	End of event lunchtime celebration and prize-giving	✓	✓	✓



2024

# #5MONTENEGRO ENTRY PACKAGES (inc city tax, VAT, in euros)

**ULTRA+**

**ULTRA**

<b>SOLO</b> (inc 4 nights shared twin)	<b>€2,500</b>	<b>€1,800</b>
<b>Group of 4, 4th swimmer half price</b> (booking together, same time, same package, must include at least 2 new swimmers who were not entered in #2Montenegro)	€1,225 per person	€1,300 price per person
Single occupancy upgrade	€300	€250
*Partner sharing your room (Including transfer)	€550	€400
<b>22.2 DUO RELAY</b> (total for 2 swimmers, must book and train same package)	€4,800	€3,400
<b>F<sup>3</sup></b> (Family, Friends, Fans - partner boat and swimmer experience package) or join as a triathlete and see wavered - but its hard work!!	€400	€400
Professional coach (SOLO) - request Coach Incentives Info	€2,000	€1,300
2 day pre-event preparation Swim Camp with Andy Donaldson (ex-hotel)	€490	€490

**Sold out**

**EXTRAS not included**

- Extra hotel nights: Lazure (4 included) - €110 per person per night shared twin, €200 per room per night. ACD €95 per room per night - or book your own...
- Extra drinks / food at finish restaurants / dinners
- Flight, insurance
- Transfers outside of dates indicated, or from/to other destinations than airport/ferry
- Medical treatment off the race course

\*Price increase applied 1 NOV 2023, if your booking was reserved before 1 NOV 2023, original pricing will stand.



2025

## #10MONTENEGRO Two main ENTRY PACKAGES

ULTRA  
+

ULTRA

F3 partner  
package 400€

		ULTRA+	ULTRA	F3 partner package 400€
<b>RACE</b>	Race management and timing, safety boats/kayaks, medical boat, race briefings, feed-station nutrition @never more than 5km apart, start/finish boat and land transfers	✓	✓	<b>Experience package</b>
<b>COACHING</b>	Specific 33.3 pre-event training plan, preparation webinars monthly	✓	✓	
	Personal 1:1 Video Analysis <b>pre-event</b> ( <i>you must provide the video</i> )	✓		
	Physio / injury prevention pre-event webinar and initial remote consultation (inc follow up exercises) €75	✓	✓	
	Personal 1:1 Video Analysis and stroke correction clinic at Lazure pool (from D-2 at event)	✓		
<b>POST SWIM</b>	Finish line lunches (refuel not Michelin* but usually in great locations, and a super moment post swim!)	✓	✓	✓
	Post swim daily sports massage 25 minutes	<b>Race days 1, 2, 3</b>		
	Post swim guided stretching session	✓	✓	
	Top sports injury physio flown in on-site (30 minute sessions charged at €75, follow up info included)	✓ Initial injury analysis free on site	€75	
	Upcycled Starters token and Finisher's medal	✓	✓	
<b>PROVIDED</b>	SwimPack (Swim Hat / waterproof bag (loan) / Official Towel / Alu water bottle)	✓	✓	Bottle
	Ultra+ extras included in SwimPack (Wooly hat / waterproof bag)	✓		
	Tow float/tracker/bag loan (refundable €50 cash deposit to pay on collection)	✓	✓	
	Local SIM card or e-sim with data package (for WhatsApp comms w/o roaming)	✓		✓
	Professional photos and video content for your use	✓	✓	✓
	Marathon Swimmer Federation 10km+ ratification fee (if you complete it under MSF rules)	✓	✓	
<b>HOTEL</b> Check IN 2 Check OUT 6 OCTOBER	<b>[ULTRA+] Luxury 5* Hotel Lazure &amp; Spa</b> 4 nights, shared (twin), best rooms available <small>*Partner room supplement includes Transfer</small>	✓		✓
	<b>[ULTRA] Hotel ACD 4* or CENTRAL 3*</b> 4 nights, in shared twin shared basis		✓	✓
	Single-occupancy upgrade option	✓	<b>Limited availability</b>	
<b>AIRPORT TRANSFERS +-2DAYS</b>	From/to Dubrovnik AIRPORT (not downtown) and Tivat airport Outside of +-1 day only if extra hotel nights booked through event	✓	<b>Grouped (flights within 1.5h)</b>	✓
	Welcome aperitif	✓	✓	✓
	End of event lunchtime celebration and prize-giving	✓	✓	✓



2025

# #10MONTENEGRO ENTRY PACKAGES

(inc city tax, VAT, in euros)

**ULTRA+****ULTRA**

<b>SOLO</b> (inc 4 nights shared twin)	<b>€2,500</b>	<b>€1,800</b>
<b>Group of 4, 4th swimmer half price</b> (booking together, same time, same package, must include at least 2 new swimmers who were not entered in #2Montenegro)	€2,175 price per person	€1,575 price per person
Single occupancy upgrade	€500	On request: very limited availability also @ €500
*Partner sharing your room (Including transfers)	€750	On request: very limited availability also @ €750
<b>22.2 DUO RELAY</b> (total for 2 swimmers, must book same time, same package)	€4,200	€2,800
<b>F<sup>3</sup></b> (Family, Friends, Fans - partner boat and activity/event experience package) or join as an event volunteer and fee wavered - but its hard work!!	€400	€400
Professional coach (SOLO) - request Coach Incentives Info	€500 discount	€500 discount
2 day pre-event preparation Swim Camp with Andy Donaldson (ex-hotel)	€490	€490

**EXTRAS not included**

Extra hotel nights: Lazure (4 included) - €110 per person per night shared twin, €200 per room per night. ACD €95 per room per night - or book your own...

Extra drinks / food at finish restaurants / dinners

Flight, insurance

Transfers outside of dates indicated, or from/to other destinations than airport/ferry

Medical treatment off the race course

\*Price increase applied 1 NOV 2023, if your booking was reserved before 1 NOV 2023, original pricing will stand.



33.3KM | 4 DAYS



**FOR THE ULTIMATE PACKAGE  
CHECK OUT ULTRA++ >>**





# ULTRA++ ALL VENUES, ALMOST EVERYTHING INCLUDED!

No detail left untended, benefits in addition to ULTRA+ package

Swimmer

Partner/  
Family/  
Coach

RACE	F3 package for up to 3 family members included		✓
COACHING	Specialist open-water coaching pre-event monthly Zoom, with personalised programme if needed.	✓	
	Physio/swimming sports injury expert initial consultation 3-6 months before event	✓	
	Daily racedebrief with coach/mentor	✓	
POST RACE	Post Race sports massage 45 minutes in room	Race days 0, 1, 2, 3	
	And/or expert Sports Physio/Osteo consultation each day as necessary	D-1 to final day	
	Event Ambassador(s) accompany you to dinner on two nights	✓	✓
PROVIDED	All available merchandise included, inc partner non-swimmer pack	✓	✓
	Post event personalised printed souvenir book	✓	
HOTEL	LUXURY HOTEL 5*: <b>5</b> nights (rather than 4) in top of range rooms, including child bed x 1 Subject to Hotel availability additional rooms can be booked for larger families at additional cost	✓	Partner plus 1 child
TRAVEL	Private car/boat airport transfers, additional travel services for extended stay, family/partner activities	✓	✓
	Any extra social event transfers included	✓	✓
CONCIERGE	Concierge service - dedicated VIP assistant throughout	✓	✓

ULTRA++ all inclusive price

€7,000



# PASSPORT 33.3



**BOOK TWO OR MORE EVENTS IN SAME CALENDAR YEAR AND RECEIVE AN ADDITIONAL ~~€200~~ IMMEDIATE REDUCTION OVERALL (NOT PER EVENT) OR ~~€300~~ MERCHANDISE VOUCHER.**



**33.3KM | 4 DAYS**







**IF YOU GET INJURED, OR HAVE A BIG LIFE CHANGE BEFORE THE EVENT,  
WE WILL ROLLOVER THE ENTRY PACKAGE FEE THAT YOU HAVE PAID, IN  
FULL, AS A CREDIT TO ANOTHER EVENT IN THE SAME OR FOLLOWING  
CALENDAR YEAR. SEE OUR TERMS AND CONDITIONS HERE -**

**[LINK TO DETAILED T&C'S](#)**



**33.3KM | 4 DAYS**



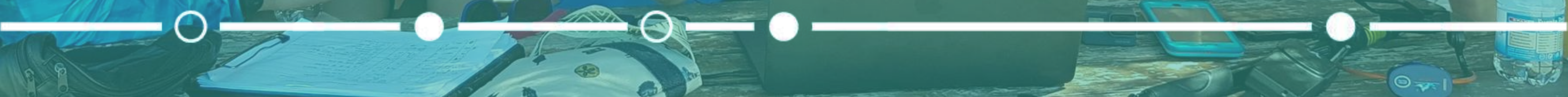




**IF YOU'RE A PROFESSIONAL COACH OR CLUB  
CONSIDERING BRINGING A LARGE GROUP, GET IN  
TOUCH WITH US FOR AN INDIVIDUAL PACKAGE  
PROPOSAL [BUT AS A MINIMUM WE'LL GIVE YOU A  
€500 DISCOUNT IF YOU COME WITH AT LEAST ONE  
OTHER SWIMMER - EMAIL US**



**33.3KM | 4 DAYS**





**SWIMMING WITH PURPOSE  
WE HAVE SUSTAINABILITY  
AT OUR CORE AS FOUNDERS**



**33.3KM | 4 DAYS**

**WE'VE GOT PLENTY OF ACTIONS  
ONGOING AS AN EVENT...**

**...BUT WE ALSO NEED YOU TO COMMIT  
TO THE 33.3'ERS SWIMMERS CHARTER...**



We, the 33.3'ers, commit to upholding a sustainability charter to minimise our impact on the environment while participating in global swimming events, and to maximise our positive impact on the places and people we meet. Our dedication to preserving nature's beauty and health is unwavering. By adhering to the following principles, we aim to ensure our passion for swimming exists in harmony with the well-being of our planet and the people living on it:

1. **\*\*Respect for Nature:\*\*** We acknowledge the rights of the ecosystems hosting our events and pledge to respect their fragility. We will refrain from disturbing marine life, vegetation, and natural formations. We will avoid using sun tan lotions that harm water quality.
2. **\*\*Waste Reduction:\*\*** We will minimise waste by using reusable non-plastic water bottles, food containers, and utensils wherever possible. We commit to disposing of any waste responsibly and pledge to recycle fully, when there is no other choice to avoiding it (but we accept its not a sustainable solution).
3. **\*\*Zero Plastics:\*\*** We are committed to eliminating single-use plastics from our events. Our gear and supplies will be chosen with a focus on sustainability, favouring materials that are biodegradable or easily recyclable. We will reject use of plastic bottles and single-use packaging/bags.
4. **\*\*Eco-friendly Transportation:\*\*** Whenever feasible, we will opt for eco-friendly transportation to and from events. Carpooling, biking, and public transit will be our preferred choices.
5. **\*\*Local Engagement:\*\*** We will engage with local communities and businesses, promoting the positive impact of our events. We'll support local economies and learn about regional environmental concerns.



6. **\*\*Minimized Footprint:\*\*** Our resting areas will be left in equal or better condition than we found them. We will follow Leave No Trace principles to minimise our footprint.

7. **\*\*Water Conservation:\*\*** We recognise the importance of water conservation. We'll use water efficiently and avoid unnecessary waste during our training and events.

8. **\*\*Environmental Education:\*\*** We will continuously educate ourselves and others about the environmental challenges facing aquatic ecosystems. Sharing this knowledge will empower us to make informed choices.

9. **\*\*Advocacy:\*\*** As ambassadors for the natural world, we will use our platform to advocate for environmental protection. We'll leverage our events to raise awareness and support conservation initiatives, and we'll use our influence on people and businesses to help them evolve.

10. **\*\*Continued Improvement:\*\*** We understand that sustainability is an ongoing journey. We will continually seek innovative ways to enhance our practices and minimise our environmental impact.

By adhering to this sustainability charter, we, the 33.3 Ultra swimmers, pledge our commitment to safeguarding the environment as we pursue our passion for swimming. Through our actions, we aim to inspire others to join us in the quest for a healthier and more sustainable planet.



*Dear Swimmers,*

*Bear with us for a longish letter about our commitments to sustainability...*

*We think about what our bigger purpose is every day, its certainly more than just about swimming. Our responsibility as a small startup sport event business is to deliver positive impact, not add to the ever increasing burden of society on our planet or people.*

*In our startup mode we haven't managed to yet get up and running all that we want in terms of how we want to make a significant positive impact on both social and environmental levels. A sustainability strategy is a journey, embedded in to our event from day 1, but also a continual work in progress - we will never be 'done'. We'd like to have all our ideas and programmes more nailed down and able to be shared more coherently today, but in our crazy first months of operation, we're failing a bit to keep up with everything...but this is the stuff we are working on...and we'd love to have you add your own ideas when you come to our events too.*

*We care deeply about mental health and the evidence of how open water swimming really can change people's lives. And we aim to partner with local charities on this - as well as the ones dear to you in your own country, as there are no great global charity partnership options it seems. On whatever topic inspires you, we'd love for you all to be swimming for a cause - your own network is watching you - lets make better use of that together. We love that our sport is so diverse, that the water and neutralising impact it has on gravity, opens it up to so many more people than the mainstream activities such as running or cycling.*

*We are passionate about preserving the amazing environments we have the chance to swim in, and of course preserving the ocean in particular - it is the lungs of our planet. We know we can influence others by sharing the experience of our swimmers in the media. We have the chance through our events to change how local communities where we host events behave too, with regards for example to single-use plastic (that we hate with a passion!) - as well as our supply chains where we can demand plastic packaging free deliveries. We hope you'll sign up to our Swimmer Sustainability Charter at registration so you make your own commitments, so together we can drive everyone to a plastic-free future. Recycling is not enough. Tap water in our venues is totally drinkable, we don't want to see a single plastic water bottle at our event - so we're giving you a super quality aluminium bottle specifically so you have no excuse on this. We hope you'll refuse the plastic bag the local supermarket will try to hoist on you too!*

*Most of our event clothing is made from repurposed rather than virgin material, and where not possible then at least its from organic sources. Its not all as locally produced as we'd like either - we have to work harder on that going forward with better forward planning and time to find new solutions with lower transport footprints - for all the equipment we need to deliver the safe event we all want. Your hard-earned race medals are 100% upcycled from discarded old wooden beds in the Chamonix valley and hung around your neck with cast off paraglider control lines. Amazing what you can produce without using any new material when the constraint is imposed. Our official swimwear by Shark Rebellion is made 100% from repurposed recovered from the ocean fishing nets. We will you warm you up when needed with Selkie changing robes made from 100% repurposed materials, and we've convinced as many suppliers as possible to strip out packaging wherever they will agree, and change suppliers if they won't going forward. We want to re-use the waterproof bags we provide, not sell them, so they are on loan along with our tow floats, our staff jackets will be used event to event rather than considering them as throw or give aways (you've got enough). Lots of small details - but we need to install the right mindset on everything we do.*



Ctd...

*We're investing in mangrove plantations that act to absorb 'blue' carbon in the ocean to at least match our event footprint, and we need to be measuring our impact in every way to make sure we are not short-changing the planet. We are an early member of the new IUCN 'Sports for Nature' framework that benchmarks our actions against other sporting events in terms of how we can help preserve and repair biodiversity - undoubtedly the biggest threat to the human race. We're researching devices that would permit all swimmer tow floats to be measuring water quality, sending data back to the global databases wherever we (and you) swim.*

*The elephant in the room is of course that we are an event attracting swimmers from all over the world, jumping on planes and burning carbon credits...we don't ignore this, we must embrace and justify it in part by delivering so many other positive impacts, reducing our footprint everywhere we can, and investing where we need to not just compensate but positively contribute. We know this is a tricky one, and a conflict we continually debate in our minds - can we at least make the choice you make to come on our event instead of others, lead to a better outcome? Its not enough though.*

*We're in discussions with one of the major manufacturers of electric charging points for boats - so that we may leave a legacy of new charging points that in turn remove the local barriers for conversion of local boat suppliers to electric - reducing their CO2 footprint, the water and noise pollution from fossil fuel burning engines, and with a great bonus for swimmers - no more smelly fumes and so much quieter for everyone - the wildlife included!*

*So this letter to you about our commitments is a work in progress - help us on a journey to make open water swimming a positive contributor to the myriad of social and environmental challenges we all face today - we have the privilege to do what we do - so we must all assume our responsibilities to do something positive with it.*

*Mark, Nathaniel, Susie and the gang at UltraSwim 33.3...*





## Official Venues



OFFICIAL HOST VENUE  
ULTRASWIM 33.3™



OFFICIAL HOST VENUE  
ULTRASWIM 33.3™



OFFICIAL HOST VENUE  
ULTRASWIM 33.3™

## Official Partners



OFFICIAL FUEL AND HYDRATION PARTNER



OUTDOOR  
**Swimmer**

OFFICIAL MEDIA PARTNER

## Official Suppliers



OFFICIAL ECO-SWIMWEAR SUPPLIER

THEMAGIC<sup>5</sup>

OFFICIAL GOGGLE SUPPLIER

# Thanks!





33.3 KM || 4 DAYS

# BOOK HERE TO MAKE NEW LIFELONG FRIENDS!

Questions?

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[www.ultraswim333.com](http://www.ultraswim333.com)

