

Circumnavigation of CAPO TESTA 2017



Routes of the swimming excursions of the Capo Testa 2017

INFORMATION

The swimming circumnavigation of Capo Testa in Santa Teresa di Gallura is composed of three non-competitive swim in three days.

Place

Capo Testa in Santa Teresa di Gallura

Distance

8 km total of the three stages in line and near to the coast (2.6 + 2.0 + 3.0 km)

Organization

NAL asd

Useful days for excursions

19, 20 and 21 September 2017.

In the case of no good marine weather the organization reserves the right to modify the program and the tracks.

Briefing

19.00 on 18 September 2017 in Hotel Bocche di Bonifacio (Base Camp).

STAGE 1 - from Baia Santa Reparata to Faro di Capo Testa (distance 2,6 km)

6.00 - Meeting in Base Camp.

6.15 - Moving walk to Baia Santa Reparata (5 minutes to walk from the Hotel).

6.30 - Departure from Baia Santa Reparata.

7.30 - Arrival in Faro di Capo Testa.

7.45 - Return to Base Camp.

8.00 - Breakfast at the Albergo Bocche di Bonifacio.

Upon arrival the swimmers will wait the last one before returning to Base Camp.

Times and places of departure and landing place will always be communicated the day before.

STAGE 2 - from Faro di Capo Testa to Cala di l'Ea (distance 2 km)

6.00 - Meeting in Base Camp.

6.15 - Moving walk to the Faro di Capo Testa (10 minutes to walk from the Hotel).

6.40 - Departure from the Faro di Capo Testa.

7.30 - Arrival in Cala di l'Ea.

7.45 - Return to Base Camp.

8.00 - Breakfast at the Albergo Bocche di Bonifacio.

Upon arrival the swimmers will wait the last one before returning to Base Camp.

Times and places of departure and landing place will always be communicated the day before.

STAGE n.3 – from Cala di l'Ea to Spiaggia Rena di Ponente

6.00 - Meeting in Base Camp.

6.15 - Moving on foot to Cala di l'Ea (15 minutes walk from the Hotel).

6.50 - Departure from the Cala di l'Ea.

7.50 - Arrival at the Spiaggia Rena di Ponente.

8.00 - Return to Base Camp.

8.30 - Breakfast at the Albergo Bocche di Bonifacio.

Upon arrival the swimmers will wait the last one before returning to Base Camp.

Times and places of departure and landing place will always be communicated the day before.

Conditions for the crossing

The swim takes place along the coast and will only be made with good suitable weather and sea conditions.

Water temperature

In recent years the waters in the coast of Capo Testa recorded the average temperature between 22 and 26 degrees centigrade.

Rules for participants

Swims are not competitive, the times that you indicate on the registration form is indicative to allow the organizer to understand the difference between the swimmers. The times of the trip must be respected to don't create excessive delays. Each group will have to remain as compact as possible for security reasons.

Swimmer obligations

Have a buoy support and visibility as the [ISHOF SaferSwimmer](#), where you can place inside your basic clothing. Organize before for the beverage to use pre / during / post the swim.

Related activities

The excursion in Capo Testa swimming preceding the [Bonifacio Crossing](#) and during the week will be organized for those who want to participate some appointments where we will speak about integration and nutritional., technique and programming of swimming, also some little short sessions at sea.

Registration

The excursion is open to all swimmers in order with the regular medical certificate and with a past experience of similar distances.

The organization will reserve to be able to accept entries if lacking the required documents or if it judge less experience to take part at the swimming.

Participation fee

The fee includes the registration kit, the discount for the purchase of the buoy ISHOF SaferSwimmer, breakfast in Albergo Bocche di Bonifacio.

Pre-Registration made by 31 July 2017, 60.00 euro per swimmer

Pre-Registration from 1 August until 7 September 2017, 80,00 euro per swimmer

Swimmers participating in the Bonifacio Crossing 2017 are exempt from the registration fee.

Terms of registration

- 7 September 2017, Registration will be closed

- From 1 to 7 September 2017, Payment of the registration fee

Payment to be made after the enrollment acceptance by the NAL Organization.

The registration fee will not be refunded in the cases:

- Cancellation of the swim or even of one of them because of weather and sea conditions unsuitable or other external factors that do not allow the Organization to make it

- Renunciation of the swimmer to take part in the swim

Accommodation

Albergo Bocche di Bonifacio

Via Roman port, 07028 Capo Testa, Santa Teresa Gallura OT

<http://xoomer.virgilio.it/bocchebonifacio/>

Referent - Marilena Murru, Tel +39.(0)789754202, +39.3471119509

Upon receipt of the registration will send the agreement and if you decide to stay overnight at the hotel, you will need to notify us as soon as possible on arrival day, the day of departure, the type of room (single, double, triple), how many will be room type beds (single and / or double), if BB or HB.

Logistic information

For those leaving from the continent it is advised to arrive with cars via Olbia.

Distance from Olbia to the Albergo Bocche di Bonifacio is 65 km less or more (1h15min to drive).

The Registration Form is online at this weblink

CONTACT

Web Contact Form www.nalasd.com/contattaci/