



Swimming

Vies Braves

In Costa Brava we have a public network of marine and open water routes called Vies Braves designed for sporting, leisure and educational activities. The routes are marked with signs and buoys, providing a safe way of enjoying open water. They turn the coastal landscape into a tourist destination where people can do open water swimming and snorkelling.

Vies Braves allow you to combine activities such as swimming and snorkelling with trekking or running, as most of the routes run parallel to existing “camí de ronda” footpaths all along the shore, allowing people to discover the landscape from different perspectives.

YEAR ROUND TRAINING CAMPS FOR INDOOR AND OPEN WATER SWIMMING

*** SCROLL DOWN FOR FURTHER DETAILS AND INFORMATION.**

SWIMMING



INDOOR SWIMMING

TRAINING CAMPS & STAGES

FROM £275 Per Person
6 days, 5 Nights 3 * Hotel

INCLUDED

5 nights in a 3* Hotel in Costa Brava - full board with water
IN/OUT Airport transfers from Barcelona or Girona airport
12 hours indoor training area (3 days x 4 hours/day)
Transfer to the training facilities
Full day Barcelona Excursion
Open Camp ticket
English Speaking Assistance
Meet & Greet at the airport.
1 person free every 25 paying
Meet & Greet on arrival

NOT INCLUDED

Tourist tax
Insurance
Official guides

IDEAL FOR EVERY AGE GROUPS AND STANDARD OF PLAY
ADAPTED AT YOUR TEAM'S ABILITY LEVEL
DECIDE YOUR BUDGET AND CHOOSE YOUR STANDARD OF
ACCOMMODATION
WE CAN ARRANGE ALL YOUR NON-SPORTING ACTIVITIES
WE TAKE CARE OF THE WHOLE ORGANIZATION



OPEN WATER SWIMMING

PRIVATE SWIM

4 DAYS, 3 NIGHTS ,
3 *** HOTEL FROM
£189 PER PERSON

INCLUDED

3 nights accommodation with half board in a 3* hotel in Costa Brava

Vies Braves private swim guide :

- Swimming instructor 2h (itinerary explanation, safety recommendations, warm-up exercises, swimming the Via Brava (1-3 km) and stretching after swimming)
- 1 monitoring kayak during the swim
- 1 swimming cap
- 1 Vies Braves map
- Safety buoy (to give back after the swim)
- Activity insurance

NOT INCLUDED

Transfers
Tourist tax
Lunch
Neoprene rental



PUBLIC NETWORK OF MARINE ITINERARIES ON THE
COSTA BRAVA

DESIGNED FOR SPORTS, LEISURE AND TEACHING
ACTIVITIES.

THE ITINERARIES RUN PARALLEL TO THE COASTAL PATHS
ALONG THE COSTA BRAVA.

SIGNS AND BUOYS PROVIDE A SAFE WAY OF ENJOYING
AND EXPLORING THE SHORELINE FROM THE SEA

