

SWIM no limits

Montgó Experience

October 4–5, 2025

BRIEFING

swimnolimits.com

2025 Calendar

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SNL Cala Montgó
25/5/25

02

SNL Platja d'Aro
14/6/25

03

SNL Swim By Sunset
Port de la selva
5/7/25

04

SNL Cala Montgó
Experience
5/10/25

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- CIRCUIT 5.8K
- STEP 3K
- TOUR 5.8K
- TRAVESIA 3.3K
- 3.3K CIRCUIT
- 3.3K TOUR
- 1.5K CROSSING
- PHOTO CIRCUIT 1.5K
- BUOY AND SUPPLIES
- KIDS AND RELAYS
- METEOROLOGY
- PLAN B COURSE

WHAT IS THE MONTGÓ EXPERIENCE?

Welcome to the SwimNoLimits Cala Montgó Experience, the new addition and season finale to the SwimNoLimits 2025 circuit.

A weekend designed for swimmers, families, and companions, where we combine spectacular voyages with activities to enjoy the sea, the surroundings, and the community we form.

This event is not just a journey, it is a complete experience:

✅ It's the grand final of the SwimNoLimits Cup 2025.

✅ Three unique, circular routes, 100% within the Montgrí Natural Park.

✅ Activities for all levels and ages: from technical swimming to a guided talk with a marine biologist.

✅ A participatory discussion: “Everything we’ve swum this year,” with guest swimmers.

✅ A festive group dinner, race number presentation, and awards ceremony in a unique setting: Camping wecamp Cala Montgó.

✅ Kids' Journeys and Charity Relays.

GENERAL LOCATIONS AND PROGRAM:

📍 Camping wecamp Cala Montgó
– Meeting point, race number collection, dinner and awards ceremony
– Input: Google Maps

📍 Cala Montgó Beach
– Village area, departure and arrival of official crossings
– Free parking available.
– Input: Google Maps

🗓️ SATURDAY, OCTOBER 4

10:00 – 12:30 h · Technical swim to identify the course, led by top swimmers (suitable for all levels)

4:00 p.m. · Family talk with marine biologist, Sonia Cervià: “Curiosities of our sea” wecamp Cala Montgó.

6:00 p.m. · Delivery of bibs at wecamp Cala Montgó.

8:30 p.m. Briefing and talk "Everything we've swum this year" + Group dinner at the "El Salat" restaurant within the wecamp Cala Montgó facilities

🗓️ SUNDAY, OCTOBER 5TH

- 7:30 a.m. · Race numbers will be handed out at the Beach Village.
- 8:30 a.m. · Briefing on the beach.
- 9:00 a.m. · Long crossing 6.0 km

9:30 a.m. · Average distance: 3.5 km

11:00 a.m. · Short crossing 1.5 km.

12:30 p.m. · Kids + Solidarity Relays.

4:00 PM · SwimNoLimits Cup 2025 Awards Ceremony at Wecamp.

ROUTE 5,800 meters:

-Departure time 9:00 a.m.
The race will start from the water in a countdown format from 10 to 0, accompanied by a siren signaling the starting gun.

Passing the buoys:

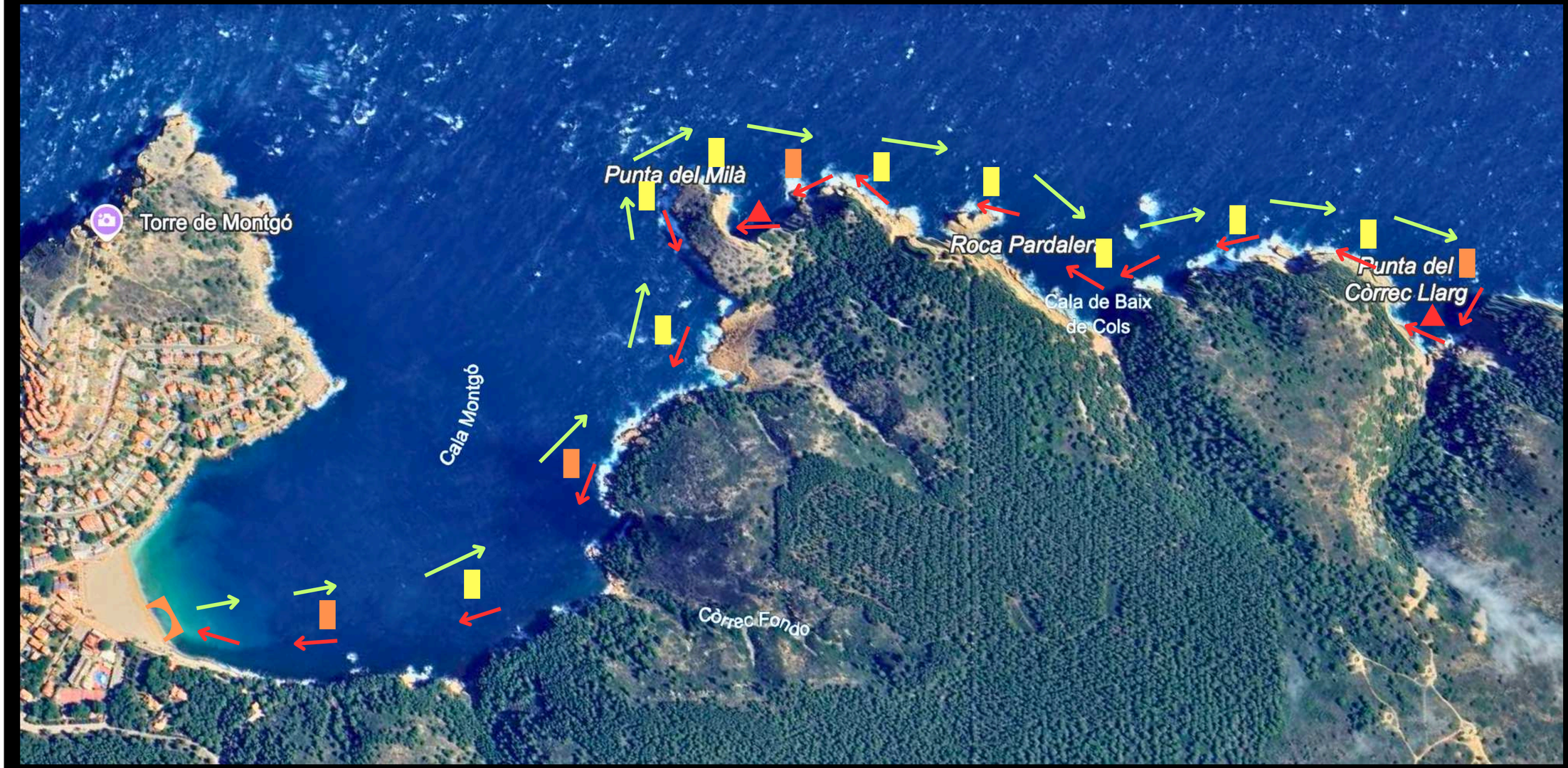
-The buoys will always be left on the right, as indicated by the arrows on the race map.
All buoys on the course:
YELLOW CYLINDRICAL Passing buoy, left on your right.

CYLINDRICAL ORANGE
-1st. 1.5k turning buoy.
-2nd return point 3.3K. Always keep to the right; you don't enter Cala Viuda on the way out.
-3rd, return point 6k.

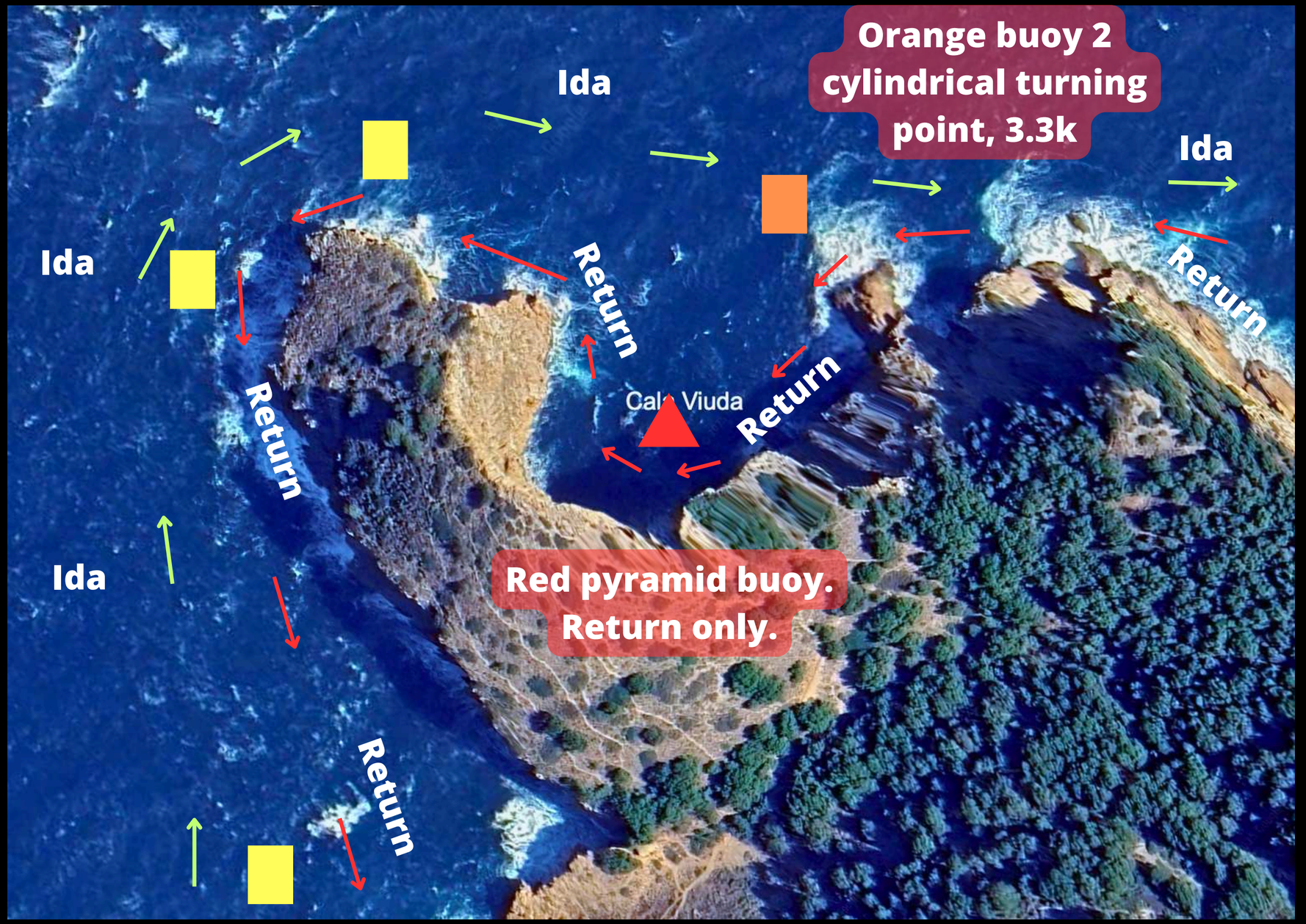
RED PYRAMIDAL. They are only taken into account for return and are always left on the right.

Safety boats:
The safety boats will not perform guiding duties and will remain in the background, ensuring full control of the swimmers. Instead, they will be the ones who will guide them through the course established by the organizers.

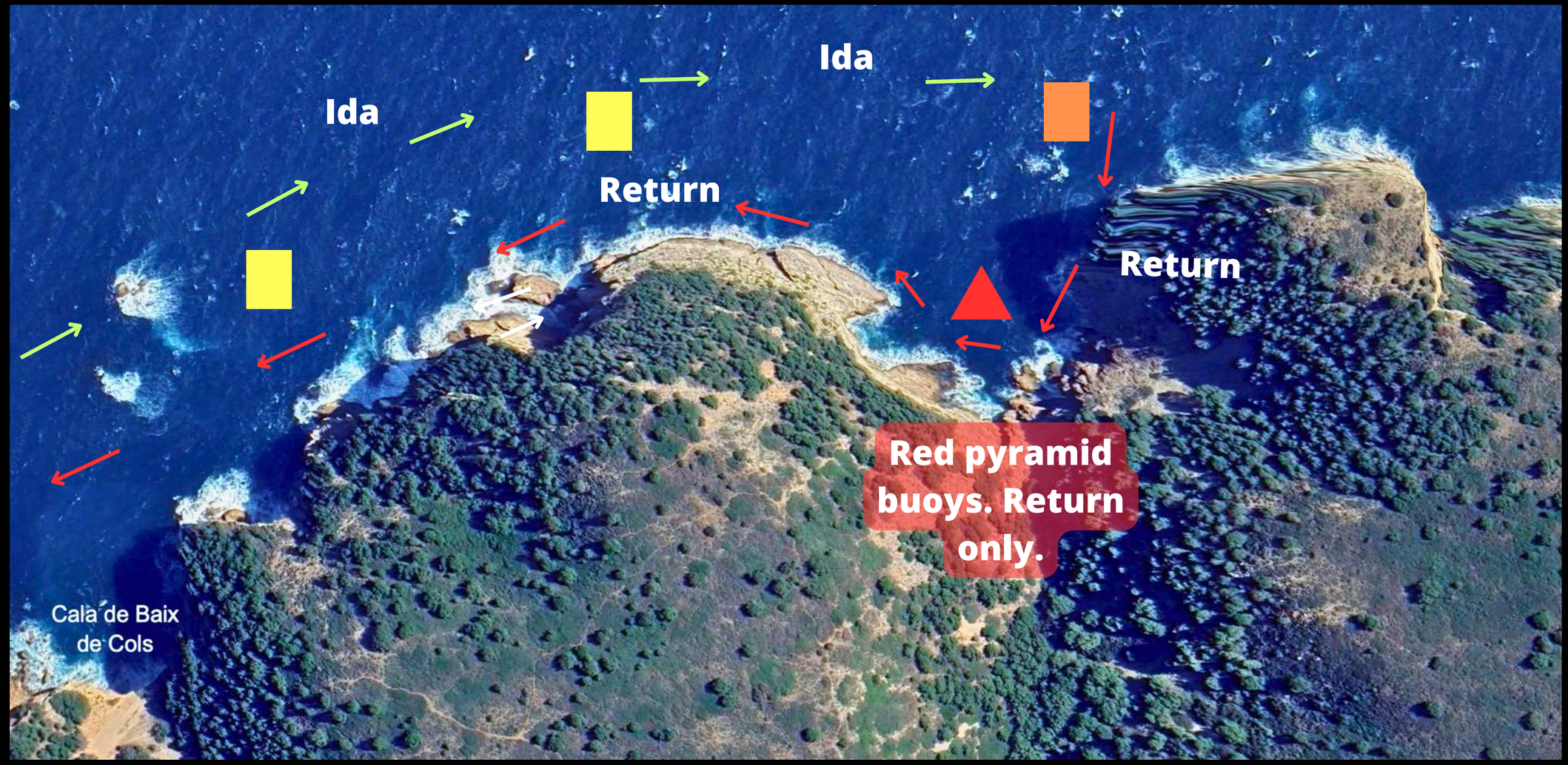
ROUTE 5,800 meters:



DETAIL STEP TURNING POINT FROM 3.3K TO 5.8K:



DETAIL TURNING POINT 5.8K:



ROUTE 3,300 meters:

-Departure time 9:30 a.m.
The race will start from the water in a countdown format from 10 to 0, accompanied by a siren signaling the starting gun.

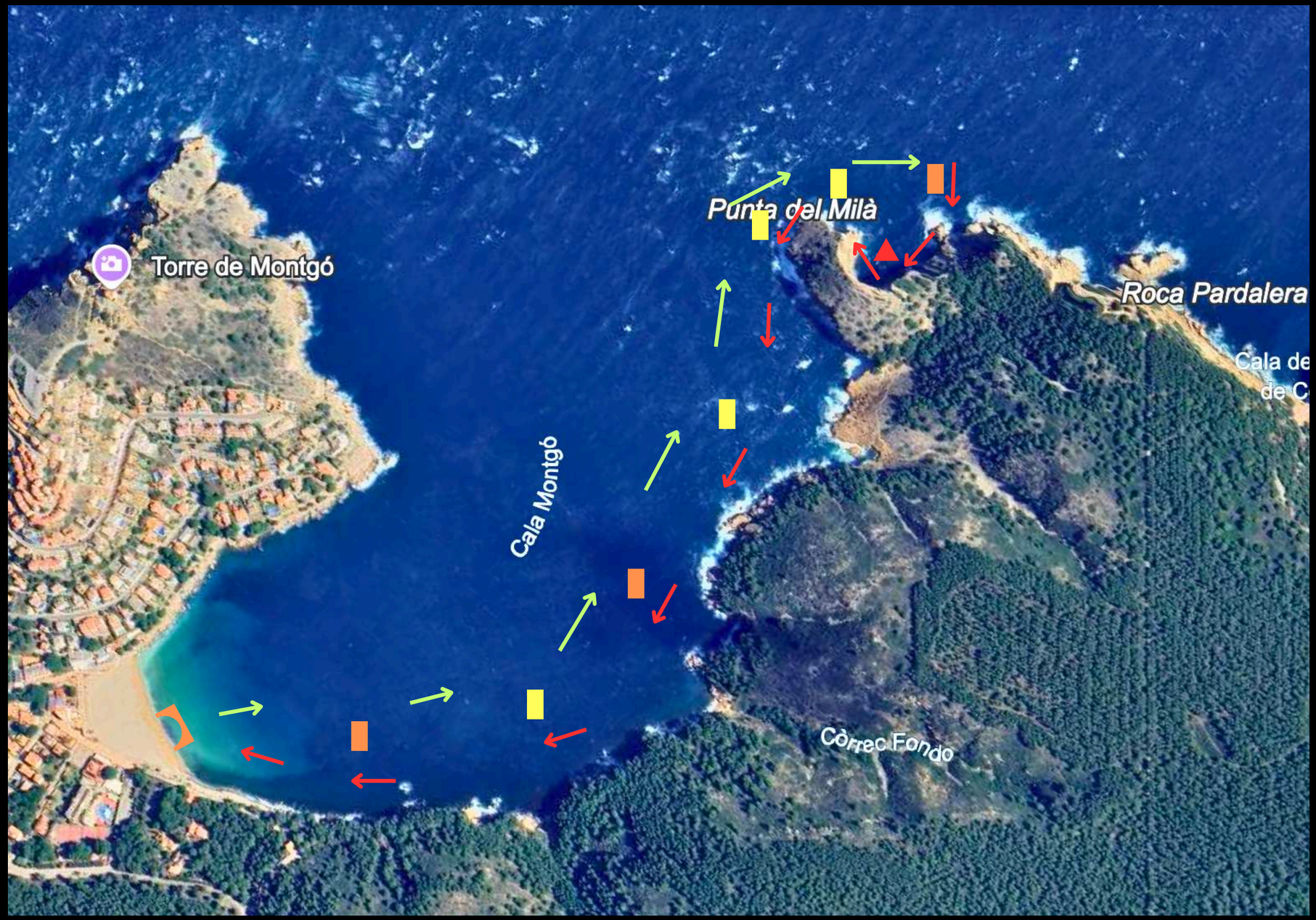
Passing the buoys:
-The buoys will always be left on the right, as indicated by the arrows on the race map. All buoys on the course:
YELLOW CYLINDRICAL. Passing buoy, left on the right.

ORANGE CYLINDRICAL. 1st. 1.5k turn buoy. Turn right. 2nd. 3.3k turn

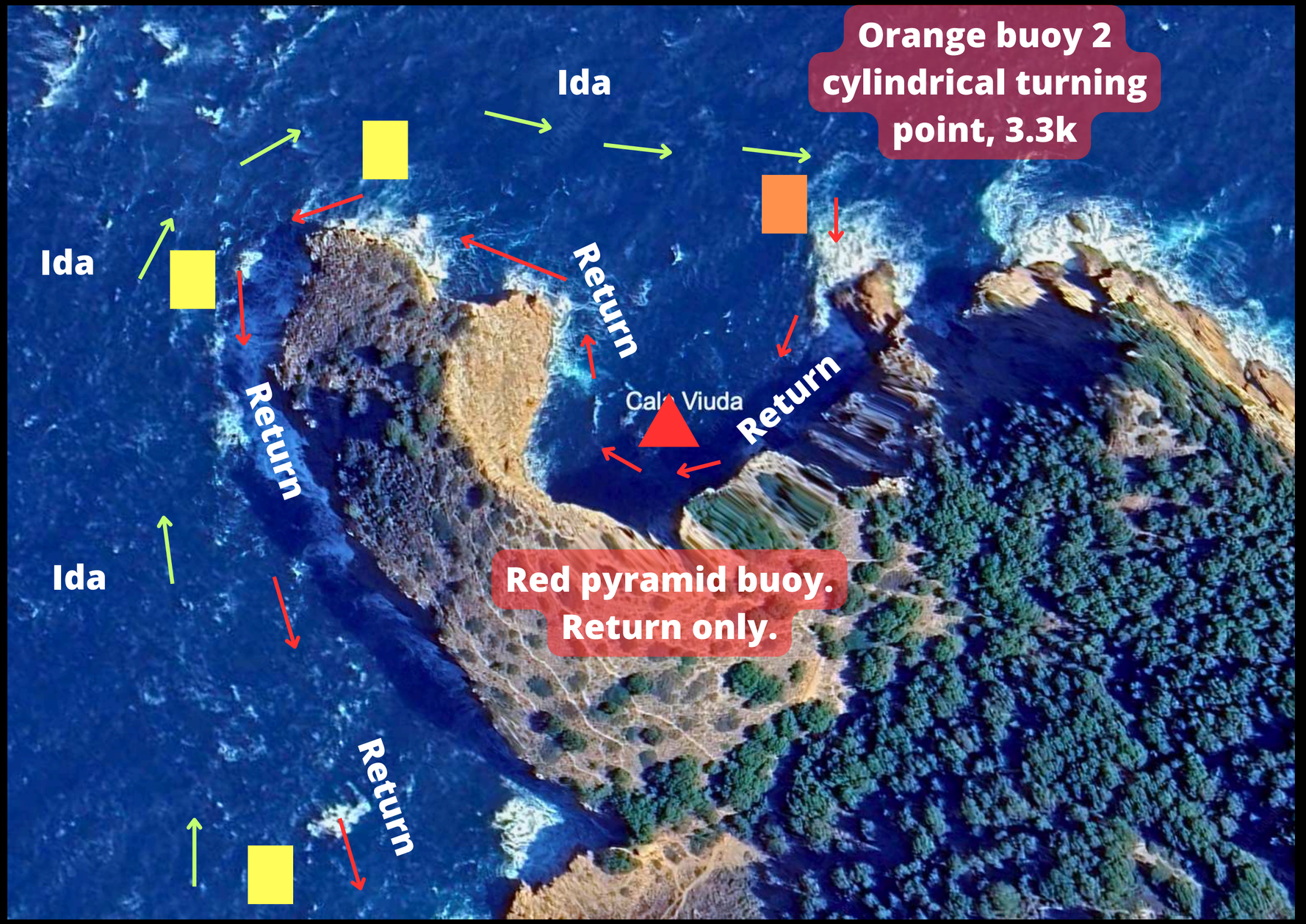
RED PYRAMIDAL. Only the return is taken into account and always leaves on the right.

Safety boats:
The safety boats will not perform guiding duties and will remain in the background, ensuring full control of the swimmers. Instead, they will be the ones who will guide them through the course established by the organizers.

ROUTE 3,300 meters:



3.3K TURNING POINT DETAIL:



ROUTE 1,500 meters:

-Departure time 11:00 a.m.
The race will start from the water in a countdown format from 10 to 0, accompanied by a siren signaling the starting gun.

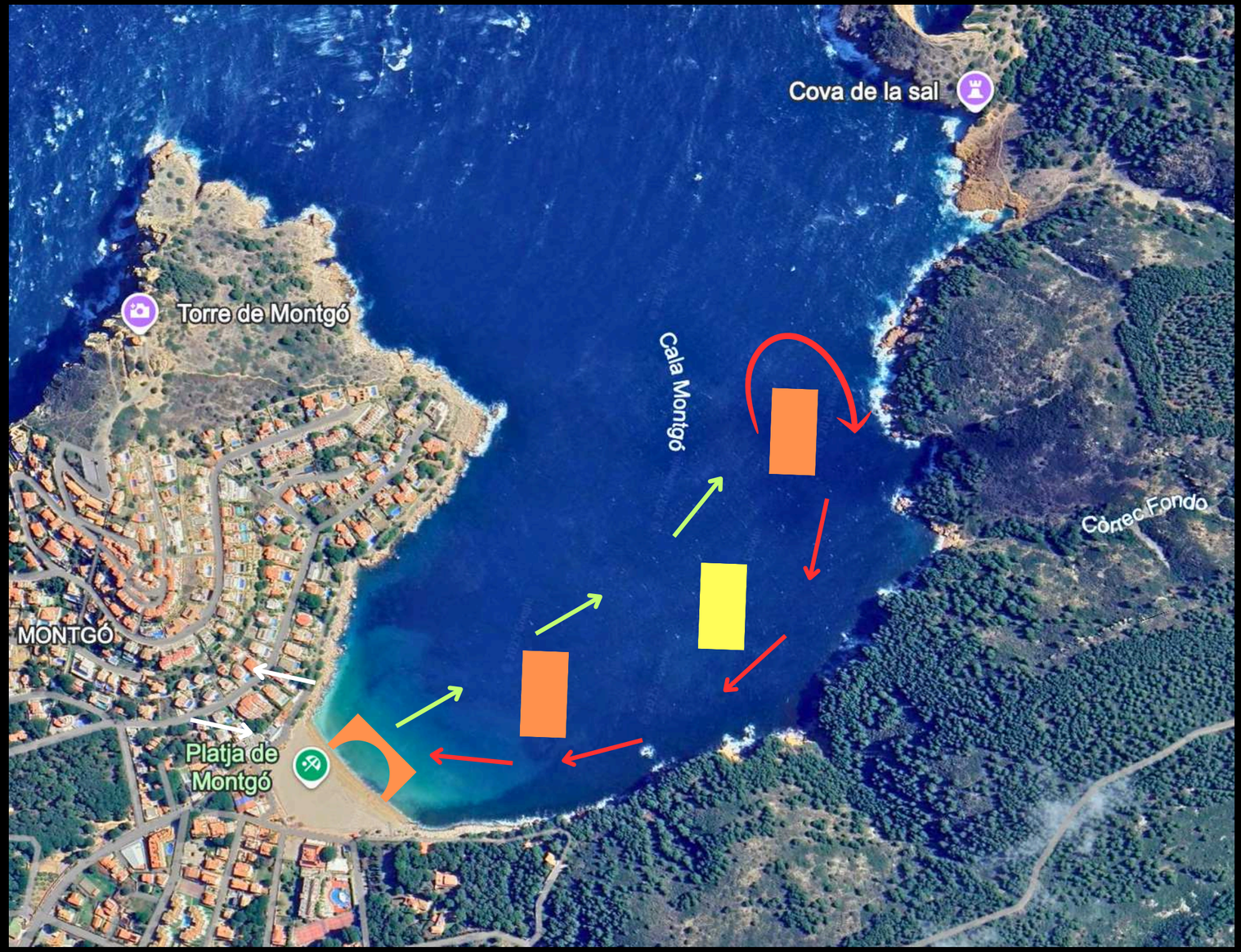
Passing the buoys:
-The buoys will always be left on the right, as indicated by the arrows on the race plan. All buoys on the course:
YELLOW CYLINDRICAL. Passing buoy, left on your right.

ORANGE CYLINDRICAL. The second 1.5k turn buoy is on your right.

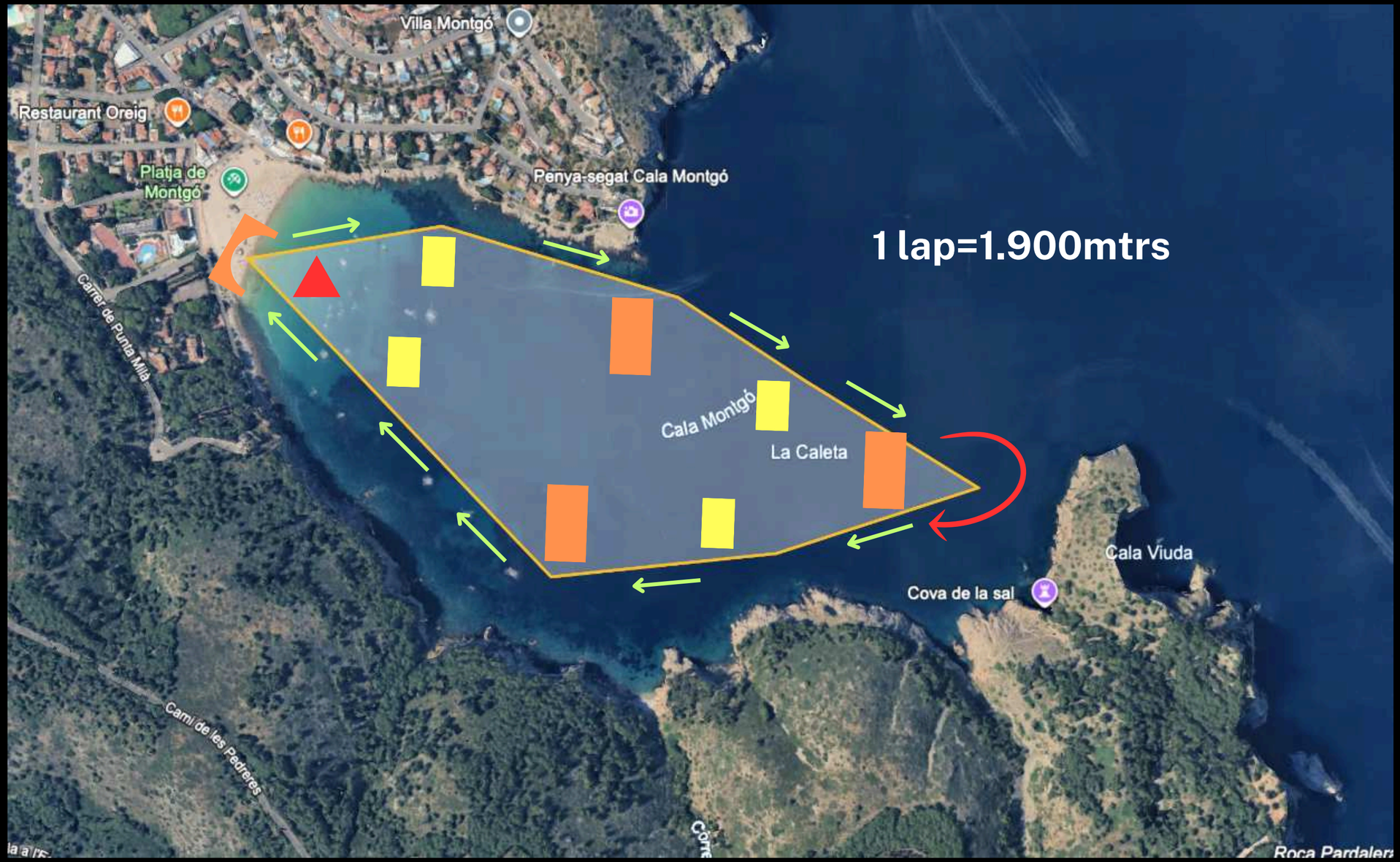
The return is made following the coastline, always leaving the buoys on the right until returning to the finish line.

Safety boats:
The safety boats will not perform guiding duties and will remain in the background, ensuring full control of the swimmers. Instead, they will be the ones who will guide them through the course established by the organizers.

ROUTE 1,500 meters:



PLAN B ROUTE: medium distance, two laps; long distance, three laps.



PLAN B COURSE: short distance – 1,500 m (one lap).



-Safety buoy:

In Swim No Limits swims, the use of a safety buoy is always mandatory, as stated in the race rules, which are accepted upon registration, with the exception of the Kids and Relay swims. Any swimmer who does not wear the required buoy will be stripped of their bib and will be excluded from the classification.

-Refreshments:

There's no refreshment point on the water, however, boats and kayaks will carry bananas and water. Just raise your hand and we'll be there for you! Upon arrival, we'll have watermelon, melon, bananas, hazelnut spread sandwiches, nuts, candy, as well as water, cola, and an isotonic drink.

KIDS CROSSINGS AND RELAYS:

At the end of the three competitive distances, the kids' and team relay races will take place, both of which are charity events.

For the 2025 season, we'll donate 100% of the proceeds to the AREDI Diabetes Research Foundation. There are no prizes or rankings, and it's a festive finale to an intense morning of swimming.

REGISTRATIONS:

They can be done in person at the bib collection tent, on the day of the race and the day before during collection hours.

KIDS DISTANCES: 100-200 meters.

RELAY DISTANCES: One lap of a 400-meter circuit per participant.
(4 participants per team)

WEATHER FORECAST:

Saturday, October 4
Sky: Sunny with some high clouds in the afternoon.
Temperature: Max. 24 °C | Min. 17 °C
Winds: 15–18 km/h from the east/southeast, maximum gusts of 22 km/h.
Sea: Rippled, slight waves ≤ 0.5 m.

Optimal conditions for the scheduled activities: technical swimming, talk, and community dinner.

Sunday, October 5
Sky: Partly cloudy with a chance of isolated showers, especially from midday onwards.
Temperature: Max. 20 °C | Min. 16 °C
Winds: 18–32 km/h from the east/southeast, with moderate gusts.
Sea: Calm to slight, waves above 0.5 m.

The wind forecast for Sunday suggests that, if necessary, we may activate alternative plans B or C foreseen by the organization.

We don't swim alone!

Sponsors 2025





SWIM no limits

ZONE3

Ajuntament de L'Escala

JOE WEIDER VICTORY ENDURANCE BY WEIDER

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Ajuntament El Port de la Selva

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Ajuntament de Castell d'Aro Platja d'Aro S'Agaró

sènia

Ajuntament de Torroella de Montgrí

WE CAMP wecamp Cala Montgó

CLUB NÀUTIC L'ESCALA

Thank you!

If you are interested in collaborating with us, please do not hesitate to contact:

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info@swimnolimits.com

-Web:
www.swimnolimits.com

