



SNL Experience

3–4 October 2026

BRIEFING

swimnolimits.com

2026 Calendar

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SNL Cala Montgó
24/5/26
Cup



SNL Platja d'Aro
04/7/26
Cup



SNL Experience
3–4/10/26
Cup



SNL Winter
19/12/26



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WHAT IS THE MONTGÓ EXPERIENCE?

Welcome to the **SwimNoLimits Experience**, the grand finale of the **2026 SwimNoLimits series**.

A weekend for swimmers, families and supporters, combining spectacular open-water swims with activities to enjoy the sea, the setting and our community.

This event **goes beyond a swim: it is a complete experience:**

- ✓ The grand finale of the 2026 SwimNoLimits Cup.
- ✓ A guided swim on Saturday morning to discover the coves and cliffs of the Montgrí.
- ✓ Three new loop courses, entirely within the Montgrí Natural Park.
- ✓ A presentation of the “**Experiences 360 2027**” project.
- ✓ A festive group dinner, bib collection and prize giving in a unique setting: **Camping wecamp Cala Montgó**.
- ✓ Kids' swims and charity relays.



KEY LOCATIONS AND SCHEDULE:

- 📍 **Camping wecamp Cala Montgó**
 - Meeting point, bib collection, dinner and prize giving
 - Entrance: [Google Maps](#)
- 📍 **Cala Montgó beach**
 - Event village, start and finish of the official swims
 - Free parking available.
 - Entrance: [Google Maps](#)



SATURDAY 3 OCTOBER

- **10:00–12:30** · Guided course familiarisation swim led by top swimmers (suitable for all levels). If you feel your pace is too slow, you can swim with fins. Meeting point: Cala Montgó
 - **17:00–19:00** · Bib collection at wecamp Cala Montgó. Pool area.
 - **19:00** · Briefing and presentation of the “Experience 360 2027” project. Pool area.
- 20:00** · Group dinner at the restaurant “El Salat” within the grounds of wecamp Cala Montgó



SUNDAY 4 OCTOBER

- **07:30** · Bib collection at the beach village.
- **08:30** · Briefing on the beach.
- **09:00** · Long swim: 6.0 km
- **09:30** · Middle-distance swim: 3.5 km
- **11:00** · Short swim: 1.5 km.
- **12:30** · Kids' swims and charity relays.
- **16:00** · Prize giving for the SNL Experience swim and the 2026 SwimNoLimits Cup at wecamp.



5,800-METRE COURSE:

– Start time: 09:00.

The swim starts in the water. A countdown from 10 to 0 will be followed by a siren signalling the start.

Passing the buoys:

– Always keep the buoys to your right, as shown by the arrows on the course map. The course uses the following buoys:

YELLOW CYLINDRICAL BUOY: Passage buoy; keep it to your right.

ORANGE CYLINDRICAL BUOYS:

– First: the 1.5K turn buoy.

– Second: the 3.3K turnaround buoy. Always keep them to your right. On the outward leg, do not enter Cala Viuda.

– Third: the 6K turnaround buoy.

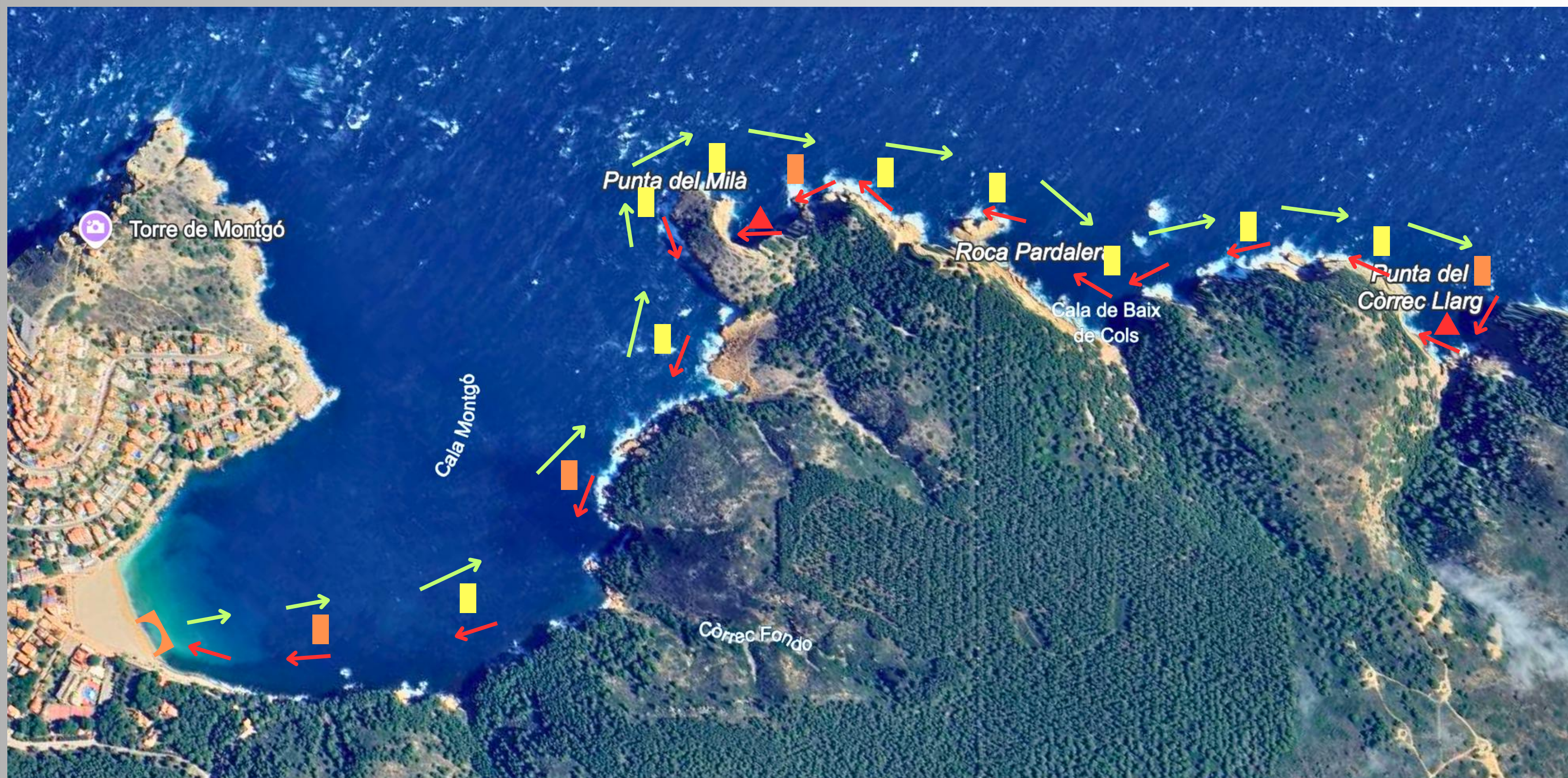
RED PYRAMID BUOYS: These count only on the return leg and must always be kept to your right.

Safety boats:

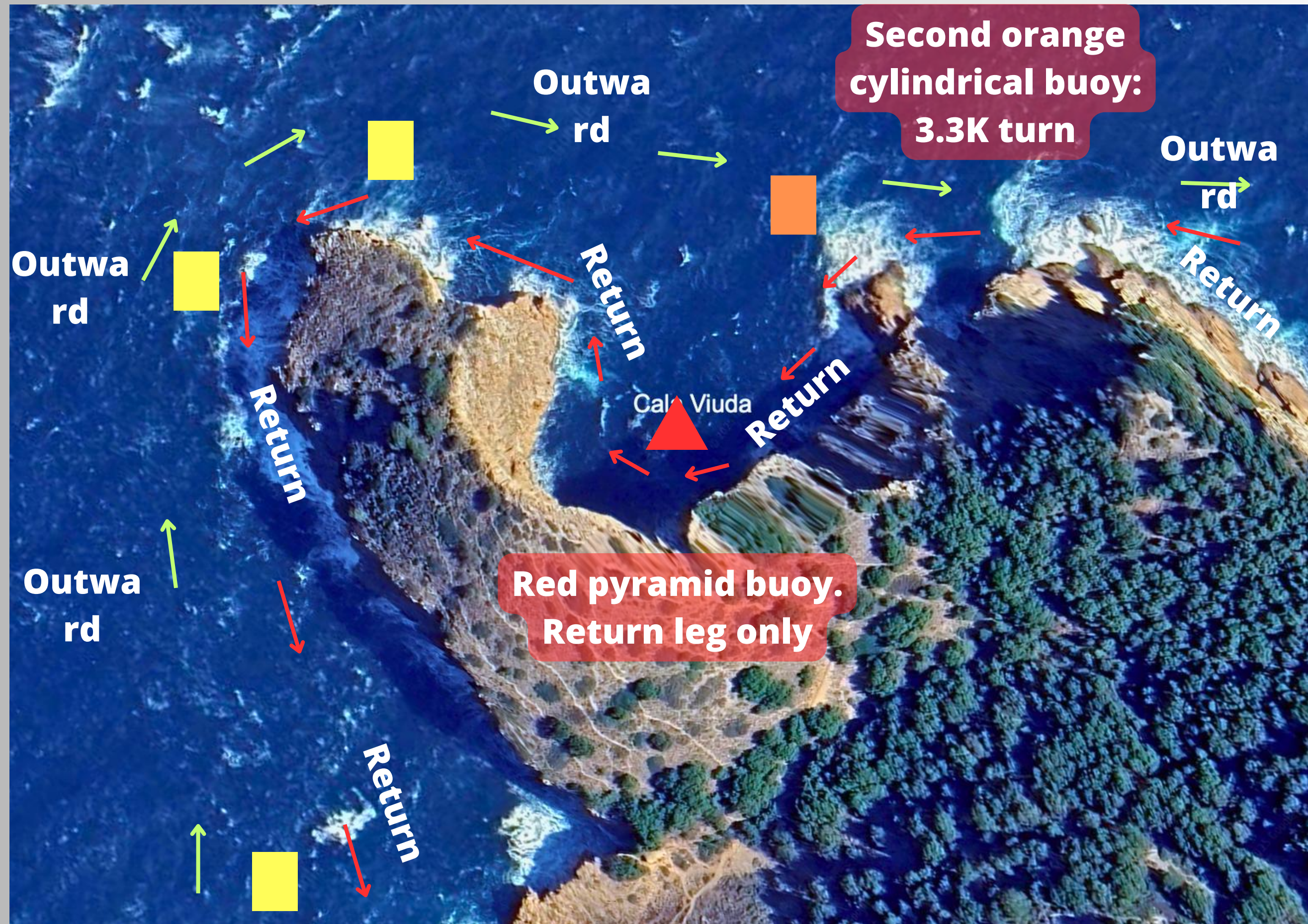
Safety boats will not act as guides. They will remain in the background to keep watch over all swimmers. Swimmers must navigate using the course markings set out by the organisers.



5,800-METRE COURSE:

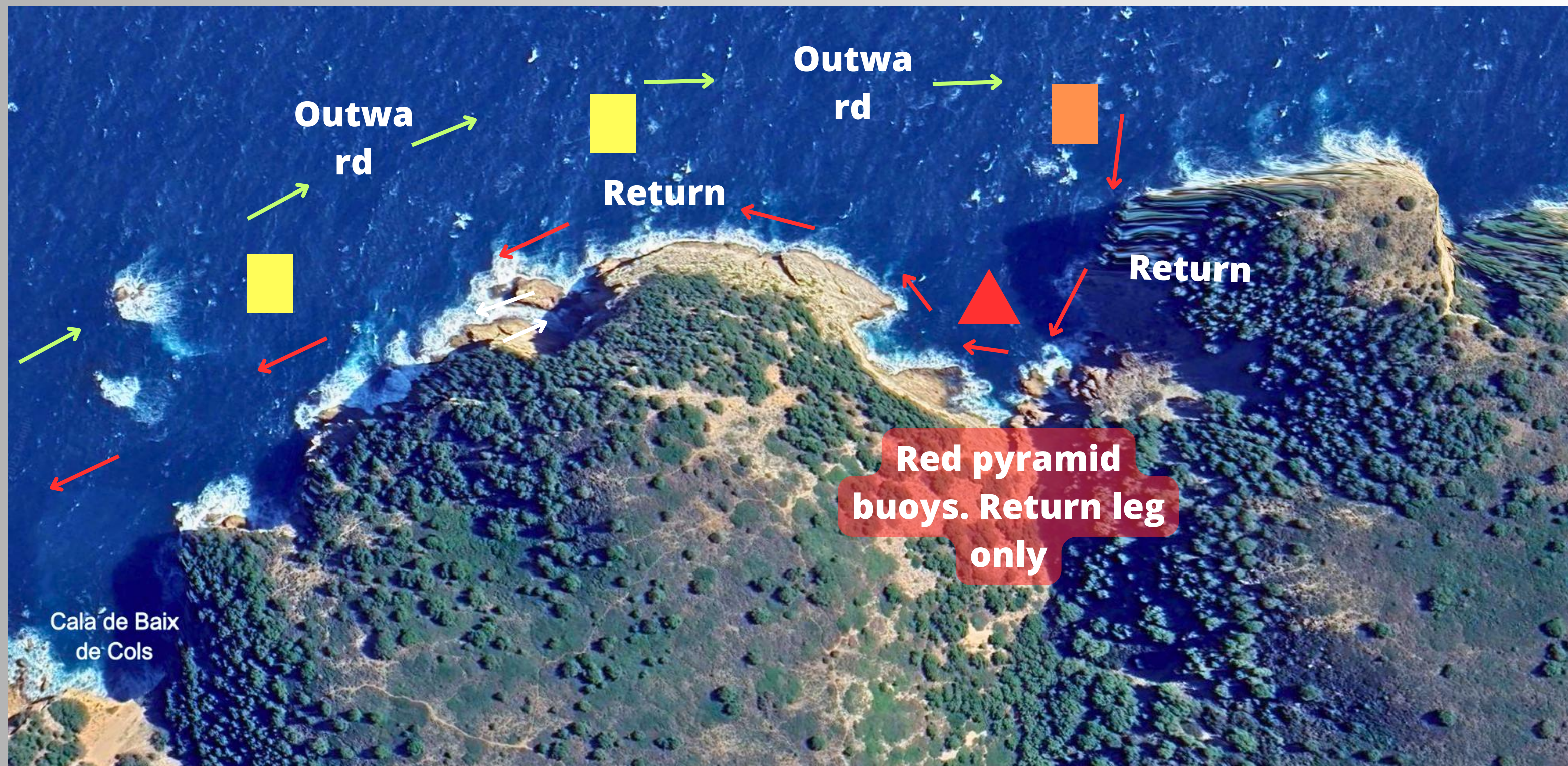


DETAIL OF THE 3.3K TURN BUOY PASSAGE FOR THE 5.8K COURSE:





DETAIL OF THE 5.8K TURN BUOY:





3,300-METRE COURSE:

– Start time: 09:20.

The swim starts in the water. A countdown from 10 to 0 will be followed by a siren signalling the start.

Passing the buoys:

– Always keep the buoys to your right, as shown by the arrows on the course map. The course uses the following buoys:

YELLOW CYLINDRICAL BUOY: Passage buoy; keep it to your right.

ORANGE CYLINDRICAL BUOY: The first marks the 1.5K turn; keep it to your right. The second marks the 3.3K turn.

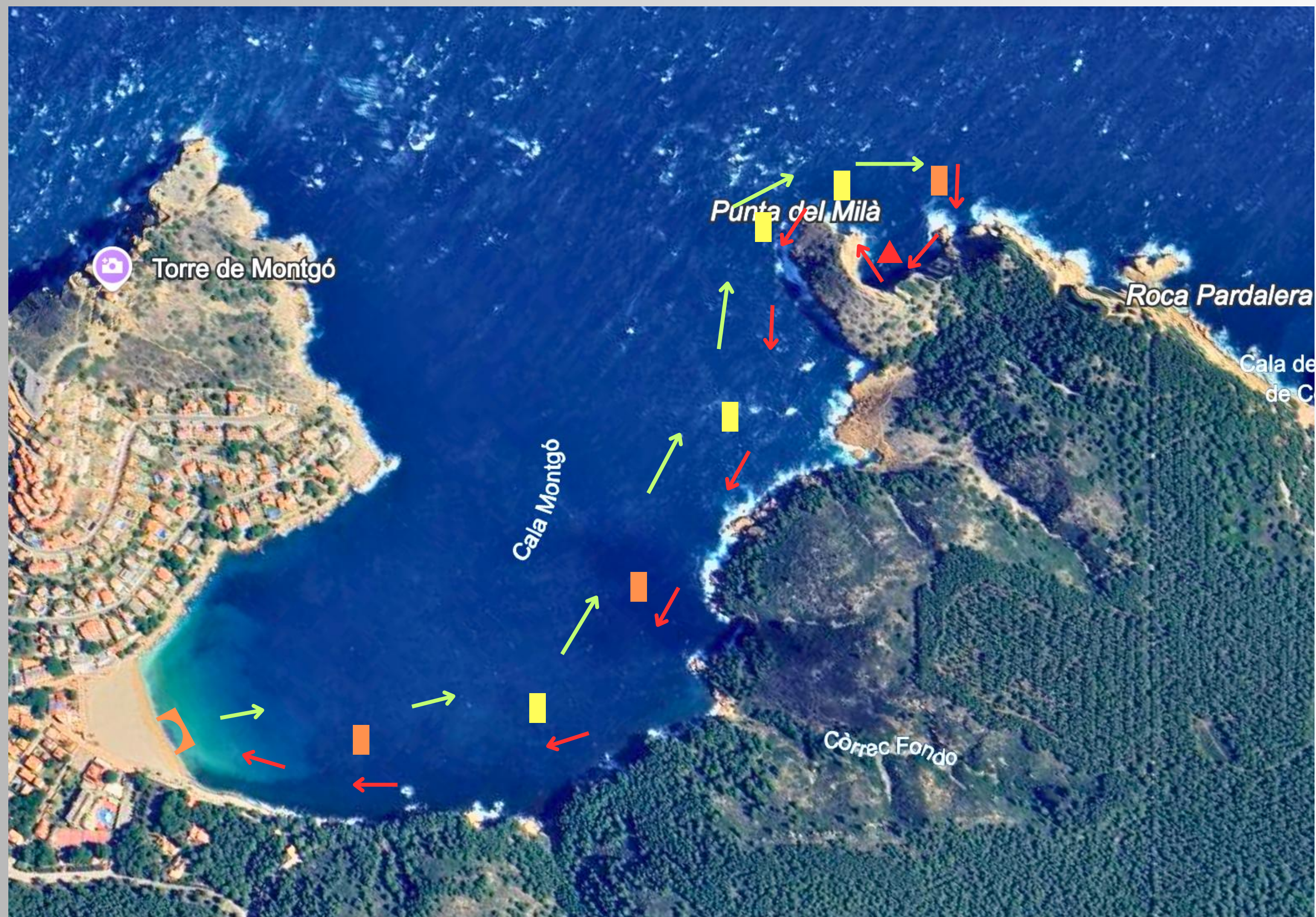
RED PYRAMID BUOYS: These count only on the return leg and must always be kept to your right.

Safety boats:

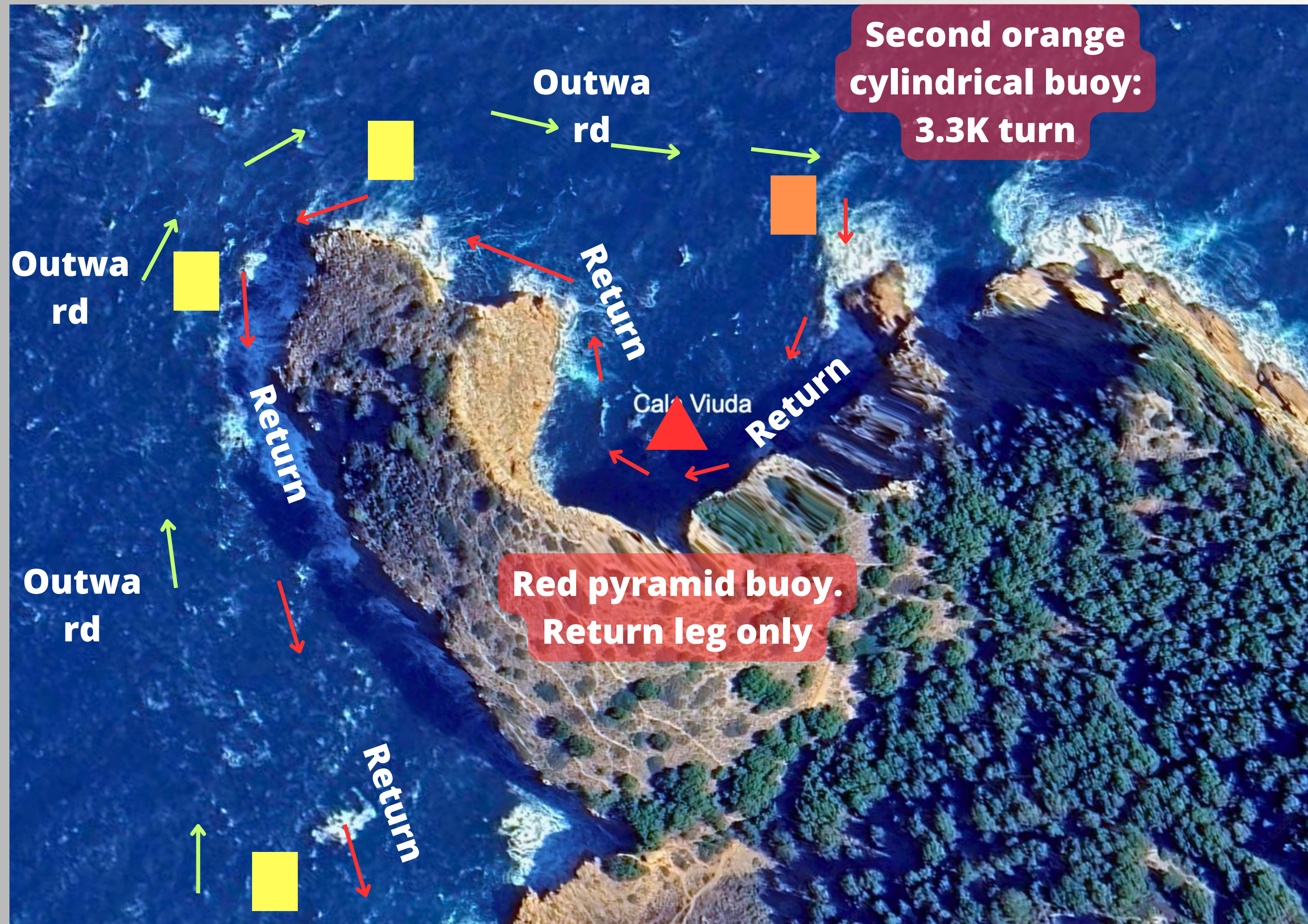
Safety boats will not act as guides. They will remain in the background to keep watch over all swimmers. Swimmers must navigate using the course markings set out by the organisers.



3,300-METRE COURSE:



DETAIL OF THE 3.3K TURN BUOY:





1,500-METRE COURSE:

– Start time: 11:00.

The swim starts in the water. A countdown from 10 to 0 will be followed by a siren signalling the start.

Passing the buoys:

– Always keep the buoys to your right, as shown by the arrows on the course map. The course uses the following buoys:

YELLOW CYLINDRICAL BUOY: Passage buoy; keep it to your right.

ORANGE CYLINDRICAL BUOY: The second turn buoy for the 1.5K course; keep it to your right.

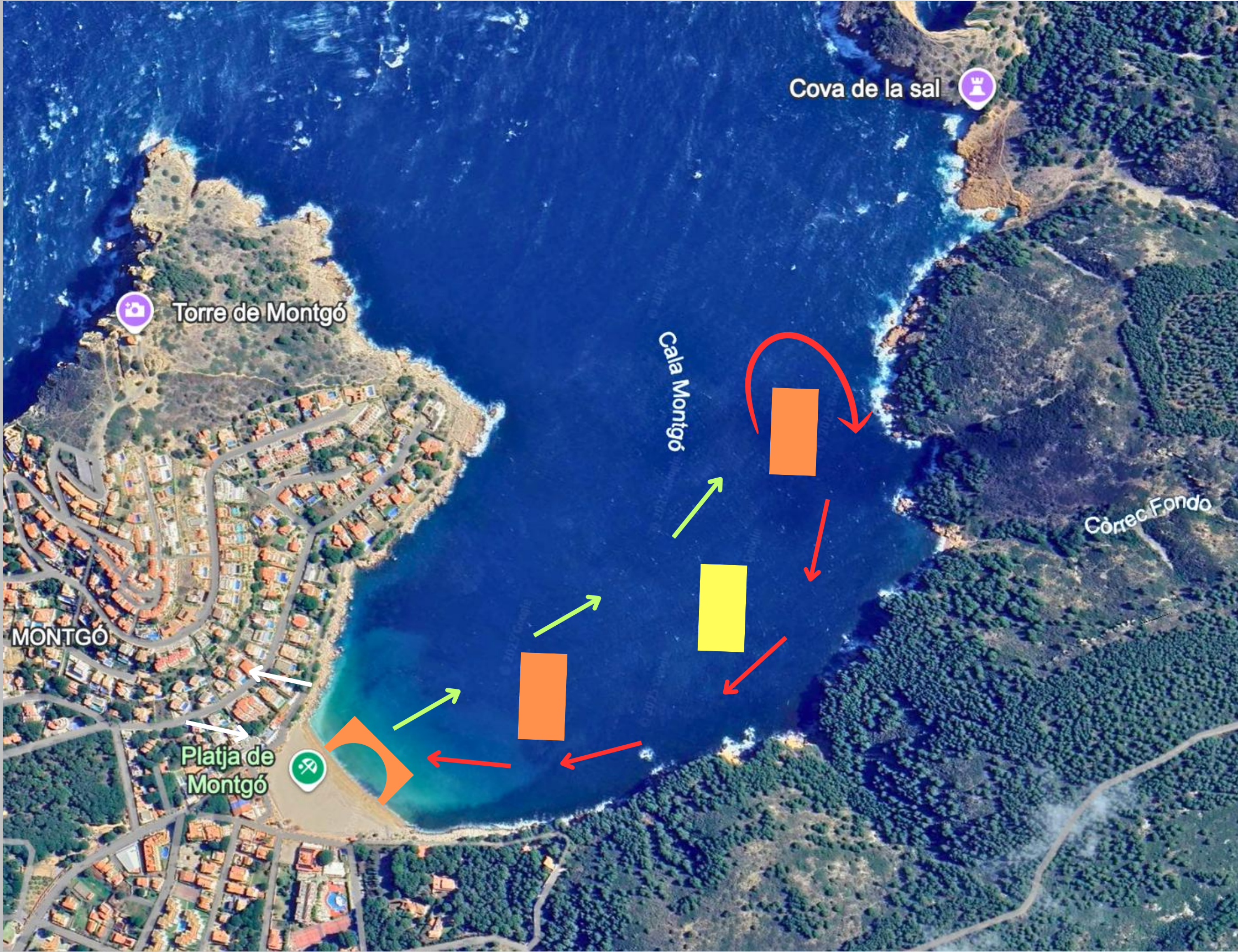
On the way back, follow the coastline and keep the buoys to your right until you reach the finish.

Safety boats:

Safety boats will not act as guides. They will remain in the background to keep watch over all swimmers. Swimmers must navigate using the course markings set out by the organisers.



1,500-METRE COURSE:





PLAN B COURSE: middle distance, two laps; long distance, three laps.





PLAN B COURSE: short distance, one lap. 1,500 metres





– Safety buoy:

For SwimNoLimits swims, a safety buoy is mandatory, as stated in the event rules accepted at registration. The only exceptions are the kids' swims and relays. Any swimmer without the required buoy will have their bib removed and will be excluded from the results.

– Refreshments:

There is no designated refreshment station in the water, but the safety boats will carry bananas and water. Just raise your hand if you need us. At the finish, there will be watermelon, melon, bananas, hazelnut-spread sandwiches, nuts, sweets, water, cola and isotonic drinks.



KIDS' SWIMS AND RELAYS:

After the three competitive distances, the kids' swims and team relays will take place. Both are charity events.

In the 2026 season, 100% of the proceeds will go to the Sant Joan de Déu Foundation. There are no prizes or rankings: these events bring a full morning of swimming to a celebratory close.

REGISTRATION:

You can register in person at the bib collection tent on race day or the day before, during bib collection hours.

KIDS' DISTANCES: 100–200 metres.

RELAY DISTANCE: One lap of a 400-metre course per participant.
(4 participants per team)



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Thank you!



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working with us, please get
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