

18 - 19 JULHO | JULY
PORTUGAL
2026

SWIM GP



SWIMMER GUIDE

TRAVESSIA
LISBOA-CASCAIS



WELCOME

WELCOME TO THE 14TH EDITION OF SWIM GP PORTUGAL

More than a competition, this is a gathering of people who share the same passion for the sea, for challenge, and for discovering their own limits. Here, every stroke tells a story of courage, commitment and determination.

SWIM GP Portugal has earned its place among the world's most prestigious open water swimming events. Yet the true prestige of this event is measured not only by its international recognition or the growing number of countries represented. Above all, it is measured by the genuine celebration of the courage shown by every swimmer who chooses to enter the water and embrace the unknown.

Since 1906, these waters have welcomed heroes driven by a spirit of adventure and achievement. Today, that legacy lives on in every participant who accepts this challenge.

The Lisbon-Cascais 20km begins at the Monument to the Discoveries in Belém, an enduring symbol of Portugal's rich maritime heritage and the starting point of an unforgettable journey.

The magnificent Bay of Cascais welcomes swimmers at the finish, just as it once did when King Carlos greeted the swimmers of his era.

It is impossible to swim here without feeling the weight of Portugal's remarkable history. Today, these waters unite athletes from every corner of the world, all connected by one universal language: a passion for swimming.

Once again, we are proud to welcome an extraordinary international community. Every flag represents a different culture. Every athlete brings a unique story. Yet, when the starting signal sounds, there is only one shared identity: that of those who have chosen to challenge their own limits.

The sea rewards those who respect it and inspires those who commit themselves to its challenge with heart and soul.



Jorge Pereira
SWIM Grand Prix Founder

Our heartfelt thanks go to our dedicated team, volunteers, public authorities, municipalities, sponsors and everyone whose commitment makes this event so much more than a competition—it is an experience that will stay with you for a lifetime.

As you enter the water, feel the power of the ocean, the energy of those swimming beside you, and the privilege of being part of something truly extraordinary.

May every stroke bring you not only closer to the finish line, but also closer to discovering your truest self.

Conquer the Sea... Leave the Land to Others.



EVENT SCHEDULE

JULY 17

14:00 – 18:00

LISBON,
PADRÃO DESCOBRIMENTOS

SWIMMER CHECK-IN

15:00

LISBON,
PADRÃO DESCOBRIMENTOS

PRESS CONFERENCE

16:00

LISBON,
PADRÃO DESCOBRIMENTOS

RACE BRIEFING

JULY 18

05:30 – 07:30

LISBON,
PADRÃO DESCOBRIMENTOS

SWIMMER CHECK-IN

06:00

LISBON,
BELÉM DOCK

KAYAKER CALL

07:30

LISBON,
PADRÃO DESCOBRIMENTOS

ATHLETE CALL

07:40

LISBON,
PADRÃO DESCOBRIMENTOS

OPENING CEREMONY

08:00

LISBON,
BELÉM DOCK

MEN RACE START

08:05

LISBON,
BELÉM DOCK

WOMEN RACE START

11:40

CASCAIS,
PESCADORES BEACH

ETA 1ST ATHLETE

13:00

CASCAIS,
PESCADORES BEACH

FLOWER CEREMONY

16:25

CASCAIS,
PESCADORES BEACH

ETA LAST ATHLETE

JULY 19

13:15

CASCAIS,
PESCADORES BEACH

TEAM AWARDS CEREMONY (20KM + 10KM + 5KM)

HOST CITY

The Travessia Lisboa - Cascais is the first ever Ultra Marathon swim in these waters. The event's base is in Cascais, a fishing village more than 650 years old, a place chosen by European nobility to live. The Kings of Portugal and our President of the Republic lived here.

The town breathes history between the sea and the Serra de Sintra, a unique environment.



Lisbon is the capital of Portugal, from where the caravels set sail for the Discoveries. The dazzling history of centuries is visible at every step. One of the most popular cities in the world, the ideal place for a family holiday.

The crossing starts in Belém, just in front of the Discoveries monument, around 30 minutes driving from Cascais.

You can find a lot of parking options in Cascais, usually paid.

For race morning, traffic is not an issue, however be prepared for any unexpected situation and reach the start venue with time.

There are several parking options next to the swim start area, also, for the most part, paid.





PRE RACE

BRIEFING

The briefing will be in Belém, an around 30 minutes drive from Cascais. On Friday afternoon you can expect some traffic, so be prepared. Near the monument you can find some paid parking spots available.

16:00

FRIDAY, JULY 17

LISBON,
PADRÃO DOS DESCOBRIMENTOS

Head inside the monument and make your way to the auditorium to attend the briefing.

You can do your mandatory check-in and retrieve your swimmer's kit before the start of the briefing, so come early.



MINHA
MELHOR
MARCA

Allan do Carmo

*Atleta Olímpico e Campeão
Mundial de Águas Abertas.*



Patrocinadora oficial do **SWIM GP**



PRE RACE

SWIMMER CHECK-IN

Every swimmer must check in at the Race Office before the event, having two options.

14:00 – 18:00

FRIDAY, JULY 17

LISBON,
PADRÃO DOS DESCOBRIMENTOS

OR

05:30 – 07:30

SATURDAY, JULY 18

LISBON,
PADRÃO DOS DESCOBRIMENTOS

Make sure you bring your Personal Identification as well as the registration confirmation email (with QR Code).

At check-in you will receive your athlete's kit, composed of:

- **Official Swim Cap**

Mandatory use

- **Swimmer Card**

Keep this until race morning. You will need it to exchange for your timing chip

- **Swimmer's Backpack**

for your personal belongings

- **Timing Chip**

Mandatory use on your wrist. Will only be given on race morning

- **GPS**

It will be carried by your kayaker. Will only be given on race morning



**For any inquiries or changes to your registration, please head to the
RACE OFFICE**

RULES

SWIMMERS

All participants are responsible for knowing and following all event rules. This is just a reminder of some of the more important rules.

- Preserve our waters. Any waste thrown out by the swimmer or of the kayak will lead to a DQ.
- Wetsuit is recommended, and is mandatory for water temperatures under 18° C.
- You must wear the timing chip or you'll have no results
- The official swim cap must be worn. You can use other swim caps underneath it.



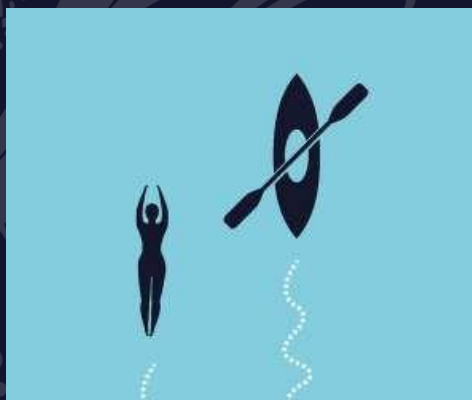
RULES

RULES

KAYAKERS

Your swim will be a team challenge with your kayak buddy supporting you. Here's a few rules and reminders you both should have in mind.

- Kayakers are responsible for the safety and nutrition of their swimmer.
- Have a phone with charged battery all time and a charged power bank
- Kayakers are responsible for guiding the swimmer in the right trajectory, while keeping the swimmer's pace. However, they should never stand in front of the swimmer. Doing so, will be considered drafting and lead to a DQ.
- Never be at more than 30 meters away from the swimmer.
- The swimmer can approach the kayaker for nutrition but can not use the kayak to advance in the course. Otherwise it will lead to a DQ
- Preserve our waters. Any waste thrown out of the kayak will lead to a DQ.
- The kayaker and the swimmer have to agree on the signals they will use to facilitate their communication
- The kayaker will perform the tasks of provisioning, guidance and assistance of the swimmer under the established rules
- The kayaker should ensure that the swimmer is about 3 meters on the breathing side
- If the kayaker detects any signals in the swimmer such as extreme fatigue, dehydration, hypothermia, insolation, dizziness or vomiting, the swimmer's emergency protocol must be initiated
- If the kayaker has to stop, retreat or advance for any reason, like going to an aid station, he must warn his swimmer, the organization by phone and another kayaker of a nearby swimmer or other organization boat must watch his swimmer
- In case of emergency, follow the protocol defined by the organization at the race website



KAYAK POSITION

The kayaker should ride on the right of the swimmer.

NICE TO KNOW



Avg. water temperature in July

15° / 18° C



Avg. air temperature in July

24° / 30° C

PRE RACE

- This is a hot time of year, so don't spend too long in your wetsuit.
- Hydrate out of the water, stay in the shade.
- Be prepared with regular training sessions
- Nutrition is very important to swim longer distances. Prepare your daily routine with a coach
- Travel to Cascais and Lisbon to get better acclimated with the course and the area.

RACE

- Hydration every 20-30 minutes
- Continued nutrition to avoid moments of extreme fatigue and cramps.

RACE DAY

CHECKLIST

Don't let stress overtake the moment. Be prepared in advance and visualize your race.

SWIMMER

- Swim Cap
Mandatory to use the event swim cap
- Goggles
Bring an extra pair to leave in the kayak
- Wetsuit
OPTIONAL if water temperatures are between 18°C and 21°C
MANDATORY if water temperatures are under 18°C
- Swimsuit
- Vaseline
- Towel
- Bag for Personal Belongings
- Swimmer Card
To exchange for your timing chip
- Timing Chip
Will be given before race start
- Kayak
If you are bringing your own
If you requested one from the organization, it will be at race start
- Nutrition

KAYAKER

See the kayaker regulations for full mandatory gear

- GPS
Will be given before entering the water
- Sealed case for phone
- Hat
- Sunglasses
- Sunscreen
- Powerbank and charged phone
- Waste bag
- Nutrition



RACE DAY

JULY 17

14:00 – 18:00

LISBON,
PADRÃO DESCOBRIMENTOS

SWIMMER CHECK-IN

There's no need to add stress to your race morning. Come to the Race Office on Friday, in Lisbon, before or after the briefing, and collect your kit there.

JULY 18

05:30 – 07:30

LISBON,
PADRÃO DESCOBRIMENTOS

SWIMMER CHECK-IN

06:00

LISBON,
BELÉM DOCK

KAYAKER CALL

07:30

LISBON,
PADRÃO DESCOBRIMENTOS

ATHLETE CALL

07:40

LISBON,
PADRÃO DESCOBRIMENTOS

OPENING CEREMONY

08:00

LISBON,
BELÉM DOCK

MEN RACE START

08:05

LISBON,
BELÉM DOCK

WOMEN RACE START

11:40

CASCAIS,
PESCADORES BEACH

ETA 1ST ATHLETE

13:00

CASCAIS,
PESCADORES BEACH

FLOWER CEREMONY

16:25

CASCAIS,
PESCADORES BEACH

ETA LAST ATHLETE

RACE DAY

SHUTTLES

PRE RACE

A shuttle will be available on race morning to bring swimmers from Cascais to the Swim Start in Lisbon (Padrão dos Descobrimentos). Please note that there will **only be 1 schedule available**.

POST RACE

The shuttle will also be available after the race, departing from the venue in Cascais towards Lisbon (Padrão dos Descobrimentos)

NOTE

Places are limited and swimmers will be given priority over supporters.

Schedules may be adjusted until race day.

Shuttles will only make trips from Cascais to Lisbon. Supporters will not be transported back from Lisbon to Cascais.



RESERVE YOUR SPOT ON THE SHUTTLE NOW

RACE DAY

SWIMMER CARD

Do not forget to bring your swimmer card, given out with the rest of your swimmer's kit.

You will need to it to exchange for your timing chip

TIMING CHIPS

Before the start make sure you collect your timing chip. They will be given out at the Race Office tent before the start.

They should be wrapped around the wrist. The hand you chose should be the one to hit the finish line arch.

Without a timing chip you will have no results.

The chip is a loan and must be returned after the race. If it is not returned, the swimmer will be charged 80€.

CLOAKROOM

In Lisbon you will be able to leave your personal belongings with the organization so it can be taken to the finish line for you.

Keep everything in a single bag, to avoid loose items like jackets or shoes or other personal valuables to get separated.

GPS

Each kayaker will receive a gps device they should carry throughout the race. Please ensure you keep it on for the duration of the race.

The GPS is a loan. If it is not returned, the swimmer will be charged 80€.

NUMBER MARKINGS

Swimmers number will be marked on their hands (and shoulders if without wetsuit)



RACE DAY

OPENING CEREMONY

Travessia Lisboa-Cascais 20km will begin with an opening ceremony fitting of the scale of this challenge.

Swimmers will be called to the inside of Padrão dos Descobrimentos, the large monument at the edge of the Tagus River showcasing the legends of portuguese history.

JULY 18

06:00

LISBON,
BELÉM DOCK

KAYAKER CALL

06:00 – 07:30

LISBON,
BELÉM DOCK

WARM-UP

(MUST BE KEPT INSIDE THE KAYAKER AREA – DO NOT GO INTO THE RIVER)

07:30

LISBON,
PADRÃO DESCOBRIMENTOS

ATHLETE CALL TO INSIDE PADRÃO DOS DESCOBRIMENTOS

07:40

LISBON,
PADRÃO DESCOBRIMENTOS

SWIMMERS PRESENTATION: SWIMMERS WILL BE CALLED OUT OF PADRÃO DOS DESCOBRIMENTOS ACCORDING TO THEIR NATIONALITIES. THEY WILL FOLLOW A VOLUNTEER CARRYING THEIR COUNTRY'S FLAG UNTIL THEY ARE POSITIONED IN THE ROSA DOS VENTOS (THE COMPASS SHAPE DESIGN ON THE FLOOR)

07:45

LISBON,
BELÉM DOCK

OPEN WATER SWIMMING ANTHEM

07:47

LISBON,
BELÉM DOCK

PORTUGAL'S NATIONAL ANTHEM

07:49

LISBON,
BELÉM DOCK

SWIMMERS WILL FOLLOW THE VOLUNTEERS TO THE PIER ENTRANCE, LEAVE THEIR CLOTHES IN THEIR RESPECTIVE AREAS AND ACCESS THE WATER VIA THE PIER

07:57

LISBON,
BELÉM DOCK

SWIMMERS IN THE WATER

08:00

LISBON,
BELÉM DOCK

MEN RACE START

08:05

LISBON,
BELÉM DOCK

WOMEN RACE START



RACE DAY

KAYAKERS



KAYAKER'S MEETING POINT

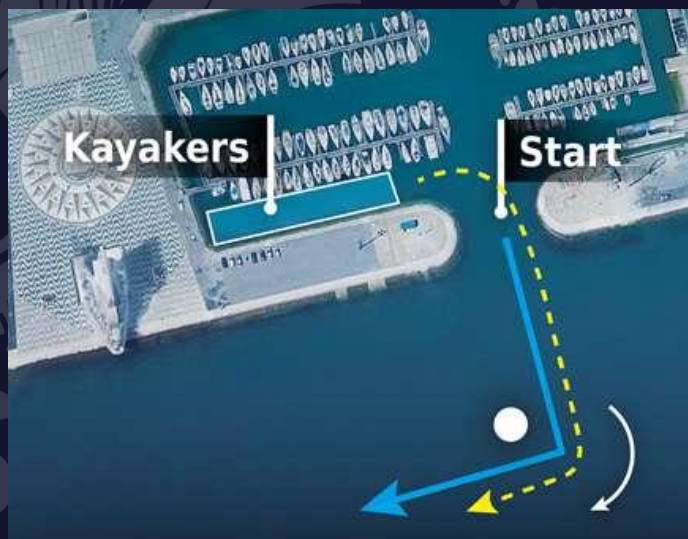
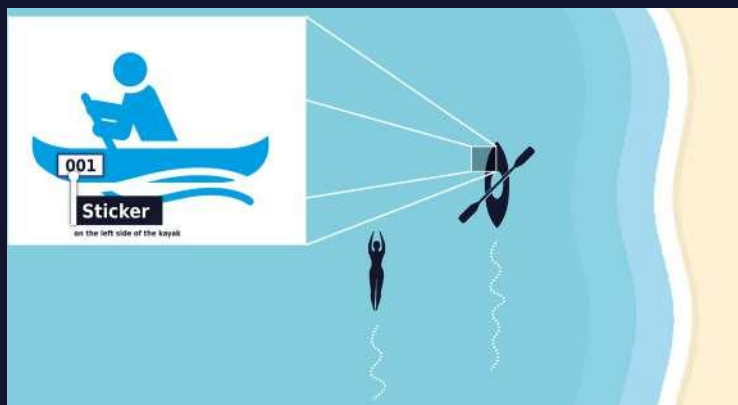
All kayakers must be present at the meeting point - entrance 1 to Belém Dock - by 06:00am, so they can be numbered, verified and then brought into the water.

If you asked for a kayaker from the organization, they will meet you there.

KAYAKER GEAR

- GPS device - make sure it is turned on at all times
- Kayaker Sticker – if you have your own kayak you will receive a sticker with your BIB's number. The sticker should be visible above water and should be placed on the left side of the kayak.

If you asked for a kayak from the organization, the sticker will be placed for you



SWIM START

Kayakers will enter the water before the swimmers.

They will be directed to pass the start line to wait for the beginning of the race.

After swimmers pass the first turning buoy, kayakers will be allowed to advance and join their swimmers.



COURSE



The distance of the crossing is approximately 20km. The start will be at the Belém Dock, on the Tagus River, where the swimmers will follow the low tide inside the river for the first 9km, and about 11km in the ocean.

The speed of the current in the river is normally over 1.5 m/s (5.4 km/h), and can reach 2.5 (9 km/h).

This is a point-to-point race with World Aquatics rules and supervised by referees. There will be buoys every 500 metres and 4 refuelling stations to support the kayaks accompanying the swimmers.

The finish line is located at Pescadores Beach in Cascais.

We have a recovery area with post-race nutrition and massages, as well as recovery bathtubs from our partner EFTEKT.

CUT-OFF

Swimmers will have 8 hours to complete the course.

Throughout the course, swimmers will have 3 additional intermediate points of cut-off:

KM 10 – 12h15

KM 15 – 14h00

KM 17.5 – 15h00

The organization reserves the right to remove any swimmer left in the water past these cut-off times, as well as any swimmer who does not present technical and physical conditions to finish the race safely and within these times.

COURSE

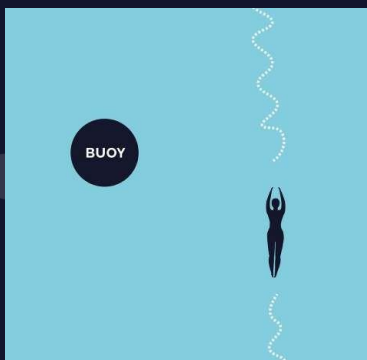
BUOYS

Buoys with alternating colors will be present every 500m.

At km 5, 10 and 15 you will also have marker buoys.

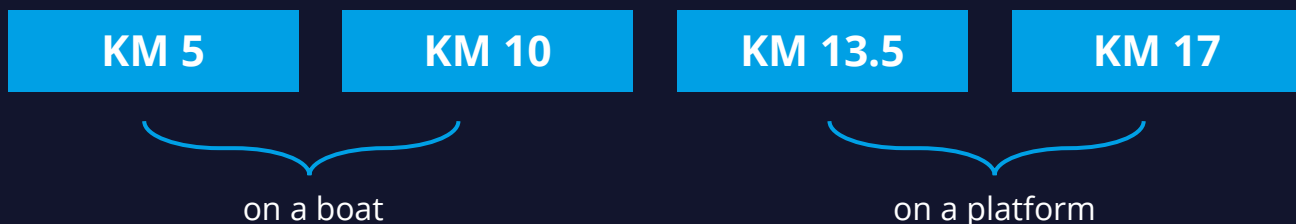
All buoys should be passed on the right.

The only exception is the first buoy after the start, where the right shoulder must be given to the buoy, as well as the last buoy before the finish line.



COURSE

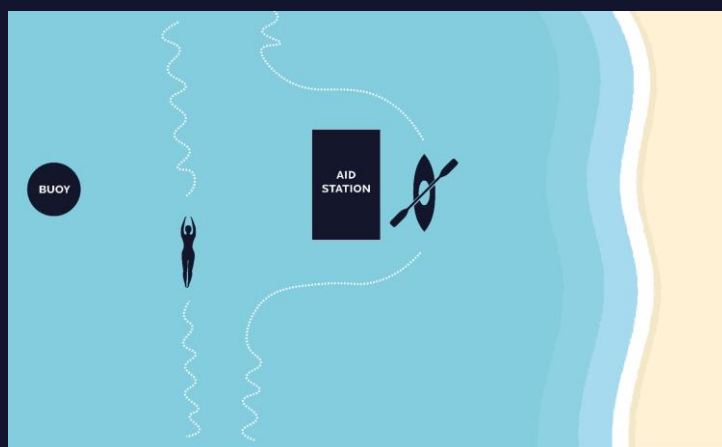
AID STATIONS



Aid stations are available only to the kayakers.
Swimmers are not allowed to retrieve nutrition directly from the aid station.

The kayaker must move away from the swimmer in order to reach around the aid station to retrieve what it needs. Afterwards it can reunite with its swimmer.

We recommend kayaker hydration and solid food every 30 minutes and swimmer nutrition every 20 minutes, avoiding extreme fatigue



WATER

GELS

BANANA

COLA DRINK

ONLY ON THE
LAST AID STATION

CONTROL CHECKPOINTS

Control checkpoints exist between buoys and organization boats. Swimmers are obliged to pass here. Not doing so will lead to a DQ.

START

KM 5

KM 10

KM 12.5

KM 15

KM 17.5

FINISH

Control points will overlap with aid stations. While passing in the checkpoint is mandatory, using the respective aid station is not.

RACE DAY

FINISH LINE

SWIMMERS

Arriving at the bay, swimmers must cross the finish line by tapping their hand with the timing chip on top of the floating finish line. **Please make sure to use the hand with your timing chip.**

After passing the finish line, swimmers must make their way towards the beach to receive their finisher medals and t-shirts, as well as some recovery nutrition.



KAYAKERS

The kayaker must leave the swimmer after km 19,5 letting them go alone to the finish line.

Afterwards proceed to the left side of the beach where you will leave the kayak, then join your swimmer on shore.

Finally pass through the finish line and collect the kayaker finisher medal and then proceed to the recovery area.



EMERGENCY PROTOCOL

- If the kayaker detects any signals in the swimmer such as extreme fatigue, dehydration, hypothermia, insolation, dizziness or vomiting, the swimmer's emergency protocol must be initiated.
- Always follow the organization instructions.
- Always be aware of "where you are" in the course.
- If any doubts ask the organization.
- For any meteorologic abrupt change, always watch the organization boats, kayaks or paddle for possible instructions.
- Our medical team is on the sea with a large contingent accompanied by a team that follows the entire race on land for rapid extraction in the event of an emergency.
- In Cascais, the organisation has a fully equipped advanced medical post

**IF YOU DO NOT WISH TO CONTINUE THE SWIM YOU
MUST INFORM YOUR KAYAKER AND THE
ORGANIZATION!**

POST RACE

RECOVERY

After reaching land, swimmers can take the public cheers and then walk to the recovery tent where will be served recovery products and hot drinks.

Toilets will also be available.

Your personal belongings that you left at race start will be available here as well. Enjoy EFTEKTS's hot and cold baths as well as BRAHMI's massage service.

If you do not feel good be the first to say so. We have our advanced medical area just aside.

After feeling recovered, swimmers can leave the recovery area.

Make sure not to miss the Award Ceremony!



SPORTS RECOVERY CENTRE

CRYOTHERAPY, CONTRAST THERAPY, RED AND INFRARED THERAPY, SAUNAS & COMPRESSION THERAPY

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DIVE INTO YOURSELF

30% OFF
CODE: SWIMGP30

**AGENDA JÁ
BOOK NOW**

Válido até 31 de outubro 2026 - Valid until October 31 2026

POST RACE

RESULTS & AWARD CEREMONY

You will be able to follow the results live on our [website](#).

The Award Ceremony will take place at Pescadores Beach, at 13:00.
The first 3 Men and Women will be awarded.

The Teams Award Ceremony for the combination of 3 races 20km - 10km - 5km
will be on Sunday 19th at 13h15 at the same place in Cascais.



**FOLLOW US ON SOCIAL MEDIA AND BE READY FOR
2027!**



CONTRA CAPA