



# Corsica-Sardinia Swim Expedition

Crossing the Legendary Strait of Bonifacio

## A Message from Your Coach

### Welcome to the Strait.

Standing on the white limestone cliffs of Bonifacio and looking across the moving blue of the Strait toward the granite shores of Sardinia is a powerful experience. It is more than just a 12-14 kilometer channel; it is a legendary maritime crossing that has challenged explorers and sailors for centuries.

Our mission for this expedition is to move beyond the "checklist" of a long-distance swim. We are here to help you find your **flow state** in one of the most beautiful bodies of water on Earth. Using the principles of Total Immersion, we will work together to ensure your stroke is as efficient as it is mindful, turning every meter of this crossing into a moment of connection with the sea.

This Info Pack is designed to be your roadmap. From logistics and safety protocols to gear checklists, everything here is built to remove "the noise" so that when you

dive into those turquoise waters, your only job is to swim.

We are honored to be part of your journey. Let's make this crossing a masterpiece of movement.

**See you in the water,**

**Baha DEMİRCİ Lead Coach, RunToSwim**



## Expedition at a Glance

- ◆ **Distance:** ~12–14 km beach-to-beach (Route dependent)
- ◆ **Duration:** 4–6 hours
- ◆ **Pod System:** 2 pods of 4 swimmers (Total 8)
- ◆ **Escort:** High-performance BWA 8.50m (250-hp) RIB + Dedicated Kayak support
- ◆ **Atmosphere:** Boutique, coached, and participant-centered
- ◆ **The Route:** From **Punta Sperone (Corsica)** to Santa Teresa Gallura (Sardinia).



# The Legendary Strait of Bonifacio

The Strait is a unique maritime corridor between Corsica and Sardinia.

Understanding its personality is key to your preparation.

- ◆ **The Water:** Famous for its "Bonifacio Blue," the visibility often exceeds 20 meters, giving you a front-row seat to the Mediterranean seabed.
- ◆ **The Temperature:** Expect 22°C–24°C (July average). While refreshing, the salt density provides excellent buoyancy for your Total Immersion stroke.
- ◆ **The Wind:** Known as the "Windy Strait," the Mistral (NW) and Scirocco (SE) can create a dynamic surface. We choose our window specifically for the calmest "glassy" conditions.
- ◆ **The Coastline:** You are swimming from the sheer white limestone cliffs of France to the rugged, pink-hued granite of Italy. It is a geological masterpiece.

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# Safety & Support: Safety is Our Priority

We provide a multi-layered safety net so you can focus entirely on your stroke.

- 1. Primary Escort:** A High-performance BWA 8.50m (250-hp) RIB stays 5–10m away. It acts as a windbreak and ensures you are visible to all maritime traffic.
- 2. Lead Kayak Support:** A dedicated kayaker stays within 2 meters of you. They provide navigation, stroke feedback, and "on-the-water" feeding.
- 3. Medical & Logistics:** Our vessels are commanded by professional local Captains, and a **Qualified First Aid Worker** is on board for every crossing. Every swim is tracked via GPS for land-based coordination.

**Note:** The Captain maintains absolute authority to adjust start/finish points based on real-time maritime safety conditions.



# The Atmosphere of the Crossing

Beyond the physical challenge, this expedition is a curated Mediterranean experience. We prioritize a "Boutique" feel to ensure every swimmer feels supported and connected.

- ◆ **Boutique Group Size:** We keep our groups small. This ensures a high coach-to-swimmer ratio and fosters deep connections between participants.
- ◆ **Coaching in Motion:** This isn't just a race; it's a journey. Guidance is woven into every moment, from the pre-swim briefing to real-time stroke adjustments in the water.
- ◆ **Mediterranean Grandeur:** Swimming across a national border between two iconic islands is a rare privilege. You will experience the silence of the open sea and the scale of the Bonifacio cliffs from a perspective few ever see.
- ◆ **The Shared Milestone:** The finish line in Sardinia isn't just an end—it's a celebration of a shared adventure with fellow swimmers who share your passion for the water.

# Choose Your Experience

## Essential Package (€1350)

The core crossing experience for the self-sufficient swimmer.

- ◆ **The Crossing:** Participation in the 12–14 km Corsica–Sardinia crossing with full safety support.
- ◆ **Safety Fleet:** Escort by professional BWA 8.50m (250-hp) RIB with local Captains and **Qualified First Aid Personnel**.
- ◆ **Local Logistics:** All border coordination between France and Italy, boat transfers, and swim window management.
- ◆ [\*\*Register for Essential →\*\*](#)

## Coached Expedition Package (€1500)

The premium choice for those wanting to master their stroke.

- ◆ Includes everything in the Essential Package.
- ◆ **Structured Training Plan:** A comprehensive online preparation program tailored to the 2:10 min/100m pace requirement.
- ◆ **Video Analysis:** Individualized underwater filming and frame-by-frame stroke analysis to identify efficiency gains.
- ◆ **Expedition Documentation:** High-quality photo and video package capturing your journey from the cliffs of Corsica to the shores of Sardinia.
- ◆ [\*\*Register for Coached Expedition →\*\*](#)

**⚠ Booking Policy:** A €500 non-refundable deposit is required upon registration to secure your spot in the expedition pod and safety vessel. The final balance is due by April 1, 2026.

# Quick Checklist ♦

To ensure a smooth crossing from France to Italy, please ensure you have the following items prepared:

- ♦ **Passport & Travel Documents:** Mandatory. We cross an international sea border; your passport will be checked by the team before departure.
- ♦ **Travel & Activity Insurance:** Mandatory. Participants must hold valid insurance that specifically covers **Open Water Swimming** in international waters and emergency maritime medical evacuation.
- ♦ **Primary Swim Gear:** Your preferred wetsuit (or skins if experienced), at least two pairs of anti-fog goggles (one clear, one tinted), and a high-visibility swim cap.
- ♦ **Skin Protection:** Heavy-duty anti-chafe cream (Lanolin/Vaseline) and reef-safe, high-SPF sunscreen.
- ♦ **The "Boat Bag":** A small waterproof dry-bag containing a "dry-robe" or warm layers, a towel, and a change of clothes for the RIB journey back to port.
- ♦ **Personal Nutrition:** While we provide basic hydration, please bring your preferred gels, electrolytes, or specialized "feeds" you've used during training.
- ♦ **Safety Buoy:** A "Safer Swimmer" inflatable buoy is highly recommended for visibility during our coastal training sessions.

# Ready to Cross the Strait?

This is more than a swim; it is a milestone in your life as an athlete and an explorer. The limestone cliffs of Bonifacio and the granite shores of Sardinia are waiting.

**Secure your place in the next boutique coached expedition.**

**REGISTER NOW**

**Questions?** If you have any doubts about your readiness or the logistics, reach out to us directly. We are here to ensure you arrive at the starting line with total confidence.

**Email:** [runtoswim@gmail.com](mailto:runtoswim@gmail.com)

**Website:** [www.runtoswim.com](http://www.runtoswim.com)

# Frequently Asked Questions

**What happens if the weather is bad?** We monitor wind and swell windows months in advance. We have a "buffer" period for the crossing. If the Strait is unsafe on the scheduled day, we move the crossing to the best possible weather window during your stay.

**Is there a time limit?** To ensure pod safety and maritime coordination, we require a minimum maintained pace of **2:10 min/100m**. Swimmers are grouped into pods of similar speeds to ensure everyone completes the crossing within the optimal safety window.

**Do I need to bring my own support person on the boat?** No. Our support vessels are fully staffed by a **professional Captain**, a **Lead Coach**, and a **Qualified First Aid Worker**. We manage all navigation and safety protocols. To maintain your momentum and pod formation, our crew handles all your nutrition, allowing you to focus 100% on your stroke and the crossing.

**What is the "Coached" vs "Essential" difference?** The *Essential* package is for the swimmer who has their training handled. The *Coached* package is for those who want a Total Immersion expert to guide their preparation for months leading up to the event, including video analysis and specific endurance drills.

**Do I need special insurance?** Yes. While we provide a comprehensive safety net with first-aid personnel and support boats, all swimmers are required to have personal insurance that covers "extreme sports" or "open water swimming."