



What is the challenge?

The Alcatraz Swim is an exciting world famous experience which consists of an approximately 2-mile swim from Alcatraz Island to Crissy Field which is a sandy beach in San Francisco.

This event is not a race - just a friendly swim in an exciting, safe and comfortable environment and will be completed as part of a group.

How much do I need to raise ?

To secure your place on the trip each participant will need to pay a non-refundable deposit of £250 and raise a further £3000 in sponsorship.

Your fundraising will need to be raised by February 2025.

This is a lot of money, but we have an experienced Fundraising Team who will help and support you with your fundraising ideas, activities and events. We also have a range of resources available to help you promote your fundraising activities.

You will be able to count Gift aid towards your final fundraising total ONLY if it is raised online. It is the responsibility of each participant to manage their fundraising page and ensure their total accurately reflects the funds they have raised both online and offline.

What is the schedule?

Day 1 - 17th May 2025 : Fly to San Francisco

Day 2 - 18th May 2025 : Event briefing, sight seeing and free time

Day 3 - 19th May 2025 : Event Day (0530 safety brief & swim followed by evening meal out with the team to celebrate.

Day 4 - 20th May 2025 : *Free time unless the event is postponed from previous day due to weather conditions

Day 5 - 21st May 2025: Fly home

*In the unfortunate event the swim is postponed due to bad weather (this is very unlikely & has only happened once due to fog) the swim will be moved to either later on in the day on the 19th or will be moved to the 20th.

Are there entry requirements?

ALL participants must have completed an Ironman distance swim and provide evidence of this. This is 2.4 miles in an organised open water event. This evidence will be given to Velindre Swimming Ambassador Dave Tonge to verify.

What is included?

- 4 nights shared accommodation
- Flights to San Francisco and return flights to the UK.
- Transfers to and from airport in San Francisco
- IF a UK London airport is selected as best option, transfers will be provided to and from Cardiff.
- Experienced Lead swimmers Dave Tonge & Shane Williams
- Support boat & Medical support
- Experienced guides
- Support Canoes
- Snacks, energy bars, refreshments during the swim

What is not included?

- Swimming kit
- Personal expenses (drinks etc.)
- Single supplement
- Gratuities
- Personal travel insurance
- Food & drink
- Any arrangements made to stay on after the paid return flight to UK.
- Race entry fee (to be paid directly to the event organisers)

Have another question?

If you have any questions about the event that you'd like to ask the team, please don't hesitate to call us on 029 2031 6211 or email kylie.mckee@wales.nhs.uk





Will I be insured?

YOU are responsible for taking out adequate travel insurance to participate. We recommend if you have an existing annual policy, you call and check that you are covered. We also recommend that you check you don't need to pay an upgrade for this specific challenge.

Foreign and Commonwealth Office Advice

Please visit www.gov.uk/foreign-travel-advice for all updated advice prior to departing.

Where will we sleep?

We stay in the same hotel each night. The room configuration will be shared. If there is someone specific you would like to share with, please let us know in advance.

If you would like a single room, a supplement will apply.

Can I stay on after the swim?

You do have the option to extend your trip after the swim but participants will have to make their own arrangements in regards to flights and accommodation. We will however need to know your plans so that we can cancel your return flight.

Can I cover the cost of the trip myself?

Your initial non-refundable deposit will meet some of the cost of travel and general organisation. A percentage of these costs will also, however, come out of the money you fundraise - with an event of this size, this is inevitable. This means that each person that sponsors you must realise that a percentage of their sponsorship will be used to cover these costs. If you feel unhappy about this, you can talk to us about paying for the cost of your bike ride yourself (around £1500 depending on numbers) and fundraise for the remainder, 100% of which will go directly to Velindre Cancer Centre.

What is the weather like?

In May the sea water temperatures in San Francisco are usually between 13-15 degrees.

Daytime air temperatures will be around 18-20 degrees.

The weather can always change unexpectedly and a contingency will be in place if the swim can't go ahead for what ever reason. For example the swim window may change time or to a different day.



Have another question?

If you have any questions about the event that you'd like to ask the team, please don't hesitate to call us on 029 2031 6211 or email kylie.mckee@wales.nhs.uk

