



**LEN EUROPEAN
MASTERS SHORT COURSE
SWIMMING CHAMPIONSHIPS
MADEIRA 2023**

**19-25
NOVEMBER
2023**

INFO BULLETIN



WELCOME MESSAGE

Dear Friends,

On behalf of the LEN European Masters Swimming Championships 2023 Local Organising Committee, I am delighted to welcome you to Funchal, Madeira, Portugal.

We hope that this document provides you with all the important information to come and participate in one of the world's best and most beautiful venues.

We are happy and very proud to organize these championships. The Organizing committee will do their best and we are sure that Funchal will welcome you warmly revealing some of its natural beauty and magic during the week you are spending here.

It's been amazing to see with happiness that Portugal and Madeira are now one of the major stages in the world and so we hope all of you may come to share with us such joy in this event where competition will be at its highest level.

We are all looking forward to meet you in Funchal, Madeira in November!

Best Regards,

A handwritten signature in black ink, appearing to read 'António José Silva'. The signature is stylized and written over a horizontal line.

António José Silva,
President of Portuguese Swimming Federation

EVENT INFORMATION

GENERAL INFORMATION

| | | |
|------------------------|---|--|
| VENUE | Penteada Olympic Swimming Pools Complex Beco dos Álamos, Freguesia de Santo António Funchal, Madeira 9020-021 PORTUGAL | |
| HOST | Portuguese Swimming Federation | |
| CONTACT DETAILS | <p>Miguel Miranda, LOC Responsible</p> <p>Mariett Matias, Event Manager +351 919 292 476 mariett.matias@fpnatacao.pt</p> <p>Accommodation Manager alojamentos@fpnatacao.pt</p> <p>Pedro DIAS, Transports Manager viagens@fpnatacao.pt</p> | |
| KEY DATES | Arrivals: | 18 November 2023 |
| | Championships: | 19-25 November 2023 |
| | Departures: | 26 November 2023 |
| | Early Bird Registrations: | 4 September 2023 (available for 48h) 10% discount on all accommodation |
| | Registrations Deadline: | 30 September 2023 |
| | Registrations after Deadline will increase 10% | |
| | Preliminary Booking Deadline: | 4 September 2023 |
| | Final Booking Deadline: | 30 September 2023 |

PRICES WITH ACCOMMODATION BOOKING THROUGH LEN

PRICES WITHOUT ACCOMMODATION BOOKING THROUGH LEN

REGISTRATION FEES

Athletes: 40€
Coaches&Staff: 20€
Family&Friends: 15€

Athletes: 50€
Coaches&Staff: 50€
Family&Friends: 50€

ENTRY FEES

Swimming (per event): 18€
Relay (per person per event): 12€
Open Water (if participating in swimming competition; per event): 15€
Open Water Exclusive Fee (per event): 50€

Swimming (per event): 50€
Relay (per person per event): 50€
Open Water Exclusive Fee (per event): 50€

Booking through LEN / LOC will guarantee a smooth organisation process for participants.
Booking done through a third party does not include local transport and side-support.

ABOUT FUNCHAL, MADEIRA



The capital of the archipelago is on the south coast of Madeira in beautiful bay washed by the warm waters of the Atlantic Ocean and surrounded by green mountains and deep valleys. Funchal was erected to city on 21st August of 1508 and is now the main centre for trade, tourism and culture in the whole archipelago.

Exploring this traditional but cosmopolitan city, strolling through its charming streets lined with pretty, flowerdecked houses it's an adventure nobody will forget and something we want to provide to the Championships participants.

Madeira is the perfect host for this event. In a short geographic space we have all the essential conditions for its success. Not only excellent sports and accommodation conditions, but also for what it offers to those who visit the island: stunning landscapes, great gastronomy and endless activities such as the Madeira Toboggan Ride on Traditional Wicker Basket Sledges (one of the main tourist attractions).

It will be an unforgettable experience for all.



SWIMMING VENUE

PENTEADA OLYMPIC POOLS COMPLEX



The Penteadas Olympic Pools Complex, was inaugurated on September 25, 2004, is considered by experts of swimming as one of the most modern and sophisticated of the country at an European level. The complex is set over an impressive five floors and includes an Olympic sized competition pool, a diving pool, a 25m pool and a training pool.

This grandiose infrastructure located in the heart of Funchal, possessing an huge area of approximately 19,500 square meters of construction, distributed over five floors, with one basement. In the past few years, it has been the stage of several European and World events organised by Portuguese Swimming Federation such as:

LEN European Water Polo 2018

FINA Water Polo World Championship 2019

WPS European Open Championships Madeira 2020

WPS World Championships Madeira 2022

LEN European Junior Artistic Swimming Championships Madeira 2023

OPEN WATER VENUE

LIDO BATHING COMPLEX



The Lido Bathing Complex is the best known bathing facility in Funchal. Located next to the seafront public promenade and surrounded by a beautiful green garden, this bathing complex has almost a century of history.

It is also beach accessible to all (where the event will occur), featuring lifts to access the complex, ramps, and also amphibious chairs for those with reduced mobility. LBC is a supervised facility, with a wide range of services and support infrastructures that will provide all participants unforgettable moments in communion with the deep blue of the Atlantic Ocean.

Ocean water temperature is approximately 22°C

The seafront promenade creates a perpendicular connection between the Lido area and Praia Formosa; the views are stunning - you can see for miles in all directions.

Lido Bathing Complex has been the stage of events such as:

Frente MarFunchal Swim

OCEANMAN MADEIRA

Madeira Island Ultra Swim

ACCOMMODATION PLAN



CASTANHEIRO BOUTIQUE HOTEL ★★★★★

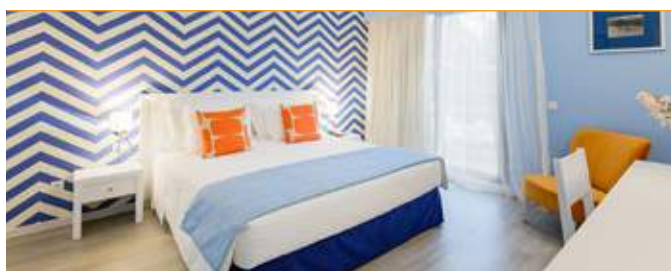
www.castanheiroboutiquehotel.com



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 104€ | 132€ | 161€ |
| SINGLE | 167€ | 195€ | 224€ |

TERRACE MAR HOTEL ★★★★★

www.terracemarhotel.com



| | BED & BREAKFAST | | |
|--------------------|-----------------|--|--|
| TWIN/DOUBLE | 81€ | | |
| SINGLE | 120€ | | |

SAVOY NEXT HOTEL ★★★★★

www.hotelnxt.pt



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 98€ | 135€ | 172€ |
| SINGLE | 156€ | 193€ | 230€ |

ACCOMMODATION PLAN



SAVOY PALACE HOTEL ★★★★★

www.savoysignature.com/savoypalacehotel/en



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 162€ | 223€ | 267€ |
| SINGLE | 272€ | 334€ | 378€ |

VILA PORTO MARE HOTEL ★★★★★

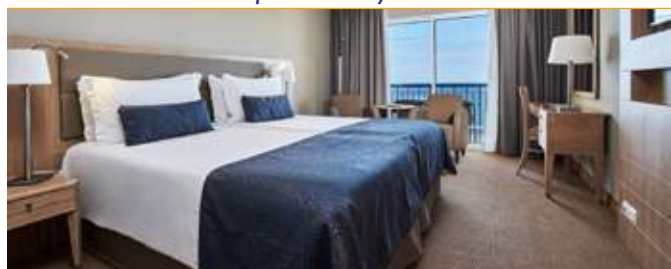
www.portobay.com/en/hotels/madeira-hotels/porto-mare



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 125€ | 152€ | 186€ |
| SINGLE | 209€ | 236€ | 270€ |

PORTO SANTA MARIA HOTEL ★★★★★

www.portobay.com/en/hotels/madeira-hotels/porto-santa-maria



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 127€ | 155€ | 189€ |
| SINGLE | 214€ | 242€ | 276€ |

ACCOMMODATION PLAN



PESTANA ROYAL HOTEL ★★★★★

www.pestana.com/en/hotel/pestana-royal



| | ALL INCLUSIVE | | |
|-------------|---------------|--|--|
| TWIN/DOUBLE | 118€ | | |
| SINGLE | 183€ | | |

PESTANA BAY HOTEL ★★★★★

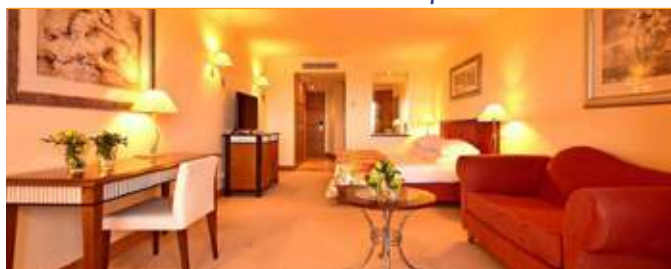
www.pestana.com/en/hotel/pestana-ocean-bay



| | ALL INCLUSIVE | | |
|-------------|---------------|--|--|
| TWIN/DOUBLE | 107€ | | |
| SINGLE | 164€ | | |

PESTANA GRAND HOTEL ★★★★★

www.pestana.com/en/hotel/pestana-grand



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|-------------|-----------------|------------|------------|
| TWIN/DOUBLE | 114€ | 140€ | 166€ |
| SINGLE | 179€ | 204€ | 231€ |

ACCOMMODATION PLAN



PESTANA VILLAGE HOTEL ★★★★★

www.pestana.com/en/hotel/pestana-village



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 104€ | 130€ | 157€ |
| SINGLE | 159€ | 185€ | 212€ |

PESTANA CARLTON HOTEL ★★★★★

www.pestana.com/en/hotel/pestana-carlton-madeira



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 109€ | 137€ | 164€ |
| SINGLE | 178€ | 206€ | 234€ |

PESTANA CASINO PARK HOTEL ★★★★★

www.pestana.com/en/hotel/pestana-casino-park



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 99€ | 128€ | 155€ |
| SINGLE | 159€ | 187€ | 215€ |

ACCOMMODATION PLAN



PESTANA CASINO STUDIOS HOTEL ★★★★★

www.pestana.com/en/hotel/pestana-casino-studios



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 99€ | 128€ | 155€ |
| SINGLE | 159€ | 187€ | 215€ |

THE VIEWS MONUMENTAL ★★★★★

www.theviewshotels.pt/en/monumental



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 83€ | 110€ | 136€ |
| SINGLE | 124€ | 152€ | 178€ |

THE VIEWS BAÍA ★★★★★

www.theviewshotels.pt/en/baia



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 88€ | 120€ | 146€ |
| SINGLE | 135€ | 167€ | 193€ |

ACCOMMODATION PLAN



HOTEL WINDSOR ★★★

www.hotelwindsgroup.pt/en



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 83€ | 102€ | 123€ |
| SINGLE | 124€ | 144€ | 165€ |

HOTEL DO CENTRO ★★★

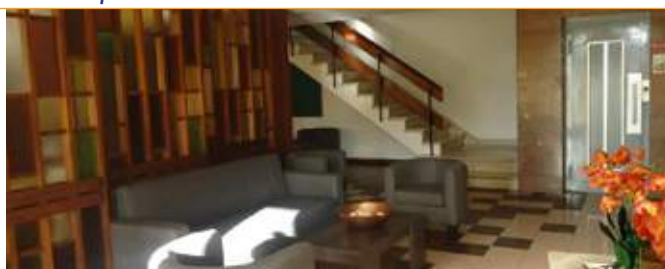
www.hotelwindsgroup.pt/en



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 77€ | 97€ | 117€ |
| SINGLE | 114€ | 134€ | 154€ |

RESIDENCIAL GRECO ★★★

www.hotelnext.pt



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 67€ | 87€ | 107€ |
| SINGLE | 87€ | 107€ | 127€ |

ACCOMMODATION PLAN



TURIM SANTA MARIA HOTEL ★★★★★

turim-hotels.com/turim-santa-maria-hotel-en



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 93€ | 117€ | 141€ |
| SINGLE | 156€ | 180€ | 204€ |

HOTEL DO CARMO ★★★

www.hoteldocarmomadeira.com



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 71€ | 91€ | 107€ |
| SINGLE | 107€ | 127€ | 143€ |

ENOTEL LIDO ★★★★★

www.enotel.com/en/enotel-lido-madeira



| | BED & BREAKFAST | | |
|--------------------|-----------------|--|--|
| TWIN/DOUBLE | 141€ | | |
| SINGLE | 217€ | | |

ACCOMMODATION PLAN



BARCELÓ FUNCHAL OLDTOWN ★★★★★

www.barcelo.com/en-ie/barcelo-funchal-oldtown



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 112€ | 149€ | 186€ |
| SINGLE | 214€ | 251€ | 288€ |

THE VINE HOTEL ★★★★★

www.hotelthevine.com



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 154€ | 193€ | 233€ |
| SINGLE | 246€ | 286€ | 325€ |

DUAS TORRES ★★★★★

www.duastorres.pt



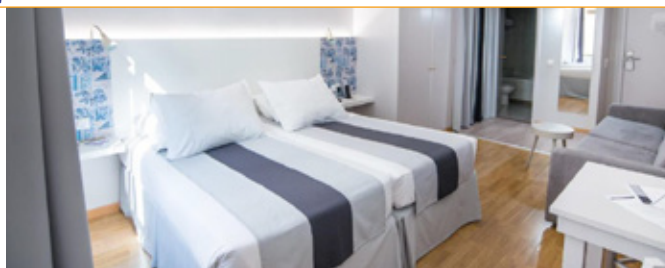
| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 84€ | 110€ | 137€ |
| SINGLE | 138€ | 164€ | 190€ |

ACCOMMODATION PLAN



SÉ BOUTIQUE HOTEL ★★★★★

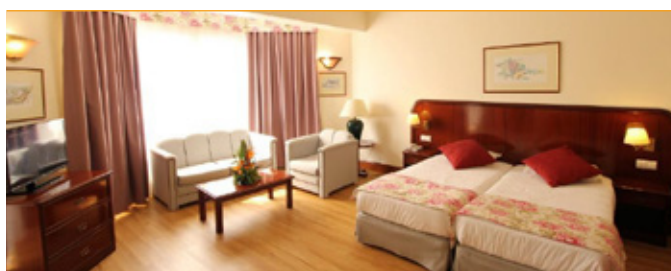
www.seboutiquehotel.com



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 104€ | 135€ | 167€ |
| SINGLE | 151€ | 182€ | 214€ |

JARDINS D'AJUDA HOTEL ★★★★★

www.hoteisajuda.com



| | BED & BREAKFAST | HALF BOARD | FULL BOARD |
|--------------------|-----------------|------------|------------|
| TWIN/DOUBLE | 69€ | 92€ | 115€ |
| SINGLE | 102€ | 125€ | 148€ |

All the presented prices are per person per night, and includes transfers from and to the airport, as well as transportation from and to the venue, for those who book their accommodation through LEN.

Friends & Family and Coaches & Staff who book with us, will also be able to use our transportation system (including airport transfer).

For the participants who choose BB option, the LOC will provide a solution for lunch and dinner near the venue. This service has a cost of 16€ per meal and must be requested together with the accommodation booking form.

COMPETITION SCHEDULE

| DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|--------------|---------------------------|--------------|----------------|
| 19 NOVEMBER | 20 NOVEMBER | 21 NOVEMBER | 22 NOVEMBER |
| 100 im M | 200 free W | 200 breast W | 200 im W |
| 100 im W | 200 free M | 200 breast M | 200 im M |
| 800 free M | 50 breast W | 50 free W | 400 free W |
| 800 free W | 50 breast M | 50 free M | 400 free M |
| 4x50 free MX | 100 fly W | 100 back W | 4x50 medley MX |
| | 100 fly M | 100 back M | |
| | OPEN WATER - 1,5KM | | |

| DAY 5 | DAY 6 | DAY 7 |
|-------------|-------------------------|------------------|
| 23 NOVEMBER | 24 NOVEMBER | 25 NOVEMBER |
| 200 back W | 200 fly W | 4x50 freestyle W |
| 200 back M | 200 fly M | 4x50 freestyle M |
| 50 fly W | 50 back W | 4x50 medley M |
| 50 fly M | 50 back M | 4x50 medley W |
| 100 free W | 100 breast W | |
| 100 free M | 100 breast M | |
| | OPEN WATER - 3KM | |



BOOKING POLICY

The preliminary accommodation booking form must be sent until **September 4, 2023**, with a 50% deposit, including registration fees, entry fees, and LOC service meals (if applicable, see page 14). The final accommodation booking form must be sent until **September 30, 2023**. Please note that the LOC must receive the full amount of the accommodation fee until **September 30, 2023**. This means that the payer is responsible for all bank fees, if applicable. If you have any questions regarding this issue, please let us know and contact us through the email: alojamentos@fpnatacao.pt

TRANSPORTS

Only swimmers and participants who book accommodation through LEN will have access to the event's transport system. To those, transfers from and to the airport are included, as well as, daily transfers to and from the pool.

The routes will be published closer to the event. The journey time will be no more than 20 minutes. These shuttle services will run on a regular basis taking into consideration the Championships training and competition timetables. Friends & Family and Coaches & Staff who book with us, can use our transportation system (including airport transfer).

VISA

The Portuguese Swimming Federation (FPN) will facilitate an invitation letter to Funchal, Madeira (POR) to those who come from countries out of the Schengen agreement. In order to receive this, the participants need to have completed their registration by the registration deadline. All requests need to send an e-mail to mariett.matias@fpnatacao.pt
Deadline: October 15, 2023

MEDICAL SERVICE INFORMATION

Medical service will be available during the stay of participants in Funchal; it will be available at training and competition facilities. An ambulance team will be working at the competition venue near the competition zone. If the patient is in need of emergency medical care, they will be taken to the nearest Hospital - Hospital Dr. Nélio Mendonça (8 minutes from competition venue).

MADEIRA EXPERIENCE

Besides your success in these Championships, the Portuguese Swimming Federation wants you to have the best experience during your stay in Funchal, Madeira, PORTUGAL. Having this in mind, we have prepared a list of activities you can enjoy:

CATAMARAN

47,5€

Catamaran tours are one of the best ways to enjoy the beauty of the Madeiran coast with comfort and stability. We have a stop for the observation of a various varieties of marine species such as: dolphins, whales and turtles. If the weather is favourable, we have a stop along the coast so that you can have the opportunity to dive into the crystalline waters.



NAU SANTA MARIA

47,5€

On this day, you'll be back to 15th century. This magnificent replica of the flagship "SANTA MARIA" by Cristopher Columbus was built in Madeira Island in the small fishing village of Câmara de Lobos. During around 2h30 you will sail along the south coast of Madeira with sightings of marine species such as dolphins and whales.



DOLPHIN AND WHALE WATCHING

67,5€

This company is dedicated to the observation of dolphins and whales on the island of Madeira. It will be under the presence of a professional in the area, a marine biologist.

On this day you will have the possibility to swim with dolphins, an incredible experience.



PORTO SANTO – ONE DAY CRUISE

75€

This is the best way to discover the beautiful natural scenery of Porto Santo island. Departure from Funchal in the morning and returning at the end of the day.



PORTO SANTO 1 DAY CRUISE + A HALF DAY TOUR WITH 4X4

105€

Explore Porto Santo Island on a 4x4 tour with lots of adventure and emotion. This is an excursion that will surprise you! Venture through the most hidden trails and discover the unforgettable landscapes of the interior of the island, where we will be in contact with the geodiversity, fauna, flora and local biodiversity.



MADEIRA EXPERIENCE

CANYONING

65€

Canyoning in Madeira is an exciting sport that takes place in a mountainous water course and to overcome nature's obstacles we have to swim, jump and rappel in beautiful waterfalls. This is an activity that ensures strong emotions and unforgettable moments close to nature, where you will discover what few know. Definitely, an adventure of a lifetime! Madeira Island is considered one of the best places in the world to practice Canyoning.



4X4 – FULL DAY TOUR – JEEP SAFARI

49€

Jeep Safari is a different way to know some of Madeira's hidden spots. While hearing about local stories and whatever you wanted to know about this famous island, you will discover the past and the present, including geologic spots as the volcanic rocks, beautiful flowers and plants. In approximately 7 hours, we will cover most of the ancient roads that were built in the first decades of the 20th century by the locals and that frames the island to reach the most amazing panoramic sites of Madeira.



FULL DAY TOUR - WEST

42,5€

On this, probably the most popular excursion of the Island, you will visit the Fishing village of Câmara de Lobos. After this first stop, the tour continues to Ribeira Brava and along the south west coast as far as Calheta, and climb the mountains to Paúl da Serra (the famous mountain plateau). From the plateau, you will descend to the north coast and the Village of Porto Moniz, famous for its volcanic rock swimming pools, before experiencing the breath-taking drive along the infamous cliff hugging north coast road to São Vicente. you will turn inland and travel up through a lush valley region to the mountain pass of Encumeada and finally to Cabo Girão.



FULL DAY TOUR - EAST

42,5€

What a glorious day out this is, with so many delights to see. Firstly, one of the highest mountains of the island: Pico do Arieiro – 1818 meters high. Way down to discover the native forest in Ribeiro Frio. Then you will discover the famous "A" framed cottages in Santana. Later on, following the stunning north coast, a visit to Porto da Cruz, Portela and its dramatic mountain views and finally Machico where the discoverers first landed. A truly delightful day out.



FULL DAY TREKKING

42,5€

Trekking in Madeira is the best way to discover an island of contrasts. These paths are more difficult than the traditional levadas and take you to the highest mountains and some hidden places in Madeira. Difficulty: Medium / High
Duration: 4-5 hours Distance: 11/13Kms



MADEIRA EXPERIENCE

HALF DAY TOUR – FUNCHAL AND BOTANICAL GARDEN

37,5€

On this tour you will explore Funchal. During this half day tour you will discover the culture and traditions of an island with more than six centuries of history. The main places to visit are the cathedral, farmer's market and the old town. After Funchal city center the last stop will be at the Botanical Garden where all species of flora on the island can be found. The Botanical Garden offers one of the best views over the city.



HALF DAY TOUR – CURRAL DAS FREIRAS AND MONTE

30€

This excursion's first call is at Pico dos Barcelos, which enjoys superb views of Funchal; before winding its way up the mountain to the viewpoint of Eira do Serrado. With superb views over of Curral das Freiras, we'll make our way until the centre of this enchanting village. From here, you will travel through the hills all the way to Monte, the delightful, picturesque hamlet situated above Funchal, famed for its beautiful Church, public gardens & Toboggan sledge's, those who wish may be whisked down the 2km road with this unique & infamous form of transport. (Cost of toboggan not included).



FULL DAY LEVADA WALK

42,5€

Levada walks are very special in Madeira. It is a walk alongside traditional irrigation systems and one of the best way to discover the island, the famous Laurissilva forest and it's fauna. With this experience you can admire beautiful landscapes of valleys, small craters, small waterfalls, the sea and mountains. It's a lifetime experience. During Time: 03:30 / 04:00 (Full Day) Difficulty degree: Easy / Moderate – Distance: 10 / 12Kms



HALF DAY LEVADA WALK

30€

The half day walks alongside the levadas are very popular due to the mixture of sea and mountain views. This is a very relaxing walk where you'll have the opportunity to discover the contrast of the exotic vegetation and the terraces producing different vegetables and fruits, the thousands of different flowers are going to enchant you. During Time: 02:00/ 02:30 (Half Day) Difficulty degree: Easy – Distance: 7/8Km



| | | |
|---------------------|---|--------------|
| Supplements: | Tobogan on HD Curral das Freiras and Monte | 16,5€ |
| | Lunch on West or East Tour | 17,5€ |
| | Lunch on 4x4 | 25€ |

To book your experiences please send an email to masters.madeira@mb-tours.pt with the code: **MASTERS** and the experience you are interested in.



SEE YOU IN MADEIRA!