

Swimming the Turquoise Blue Waters of the Adriatic Sea

David Drury and his wife Cheryl embarked on a swimming experience of a lifetime. Here is Dave's description:

"Like-minded swim souls from Japan, Brazil, Great Britain, Germany, Australia, and the U.S. ventured to Tivat, Montenegro for a six-day swim vacation of a lifetime in September

we swam in the turquoise blue waters of the Adriatic Sea around Mambula Island and into Blue Grotto caves and WWII-abandoned submarine tunnels. Between swims, we explored historical towns with white, stone fishing villages and climbed high above the Bay of Kotor to the Old Church Prcanj for an



2019. Montenegro lies on the Adriatic coast nestled between Croatia to the north and Albania to the south. This unique country with natural unspoiled beauty and multifaceted cultural heritage only recently gained full independence as a modern nation state in 2006 after the struggles during the breakup of Yugoslavia.

"Our very capable swim guide was Borut Strel. He is the son and support person for the greatest ultra marathon swimmer in the world (Martin Strel). Borut led a comprehensive safety escort (3 boats, 2 swimming guides, and 1 local boat pilot) while his mother provided nourishing home-cooked meals for lunch on the boat, even accommodating gluten-free and vegetarian dietary requests. Borut also provided underwater videotaping and stroke analysis for all swimmers.

"Our group swam 4-km to 5-km daily, broken into morning and afternoon swims. We traversed the Bay of Kotor, a UNESCO World Heritage site which is a stunningly beautiful fjord with crystal-clear, calm, balmy salt-water. Additionally,

expansive panoramic view of the best natural swimming pool in the world! For anyone looking for an active and memorable vacation, this is one trip to consider!"

We know that this virus shutdown won't last forever. Maybe now is a good time to start dreaming of your swim vacation. For more information on Strel Swimming, visit: <https://www.strel-swimming.com/>.

