

Vol. 01

OCEANMAN MAGAZINE

OCEANMAN Travels

Discovering Curaçao: The Hidden Gem of the Caribbean

Training Tips

Mastering the open water swimming.

OCEANMAN Stories

Coach, Swimmer, Legend: A conversation with Jose Luis Larrosa

Equipment Insights

Goggles for open water swimming.

All about swimming for open water lovers



Welcome to the Inaugural Edition of OCEANMAN Magazine

Welcome to the first volume of OCEANMAN Magazine, your ultimate source for everything related to open water swimming. We are thrilled to launch this monthly publication, dedicated to celebrating the spirit of OCEANMAN and bringing you insightful stories, expert tips, and cultural explorations from our breathtaking competition locations around the globe.

In this inaugural edition, we dive into a rich tapestry of topics designed to inspire, inform, and connect our vibrant community of swimmers, coaches, and enthusiasts.

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Dive into these stories and let's continue to celebrate the incredible world of open water swimming together.



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The Editorial

FROM DREAM TO REALITY: WELCOME TO OCEANMAN MAGAZINE

Since the inception of OCEANMAN, I've always wanted to show that it's about more than just swimming in open water; there is much more behind it. Now, in this first issue of OCEANMAN Magazine, I'd like to share a bit more about why I created this project.

I've always seen the world as both vast and small, dreaming of exploring it and experiencing as many cultures as possible. I believe that those who know more are better able to respect and coexist with others. This is why OCEANMAN couldn't just be a swimming event; it had to be a space to discover the world through swimming—a place for connection where swimmers from all corners of the globe could first connect with each other and then learn about and integrate into the culture and traditions of the host country.



Fermin Egido, OCEANMAN CEO

A few years have passed since our first event in Palamós, Spain, in 2016, and we can now say that the community is a reality. A large OCEANMAN family has been created, and we are constantly adding more initiatives and projects to facilitate these connections. One of these projects is this very magazine you are holding.

We started planning it some time ago, and now it is finally here. Each month, you will be able to receive in your inbox, or download, issues that include narratives from a swimmer's perspective, explanations of cultures and destinations to discover, and interesting articles about swimmers or techniques.

“OCEANMAN couldn't just be a swimming event; it had to be a space to discover the world through swimming”

Just as we designed OCEANMAN as the kind of event we would love to participate in and chose destinations because we are truly passionate about them, we have written this magazine in the way we dream open-water swimming magazines should be. And just as OCEANMAN is an open project for everyone, this magazine is also open to you. Collaborations and contributions are always welcome.

I hope to see you soon at any destination, swimming and at the finish line.

Sincerely,

Fermin Egido
CEO, OCEANMAN



Discovering Curaçao: The Hidden Gem of the Caribbean

A journey through the heart of Curaçao

Nestled in the heart of the Caribbean, Curaçao is an island that offers more than just crystal-clear waters and pristine beaches. It is a vibrant tapestry of cultures, histories, and natural beauty, making it an enchanting destination for travelers and OCEANMAN participants alike. As we dive into the rich history,

and must-see attractions of this unique island, it becomes evident why Curaçao stands out as a premier destination for open water swimming competitions and beyond. The island offers an unforgettable experience that goes beyond the competition.

Whether exploring the historic streets of Willemstad, diving into the vibrant marine life, or simply relaxing on a secluded beach, Curaçao captivates the heart and soul of all who visit.

A Cultural Melting Pot: linguistic diversity, music, dance and cuisine

Curaçao's culture is a vibrant blend of African, European, and Latin American influences, a testament to its complex history. This cultural mosaic is evident in the island's languages, traditions, cuisine, and festivals.

One of the most fascinating aspects of Curaçao is its linguistic diversity. The island's official languages are Dutch, Papiamentu, and English, with Spanish also widely spoken. Papiamentu, a Creole language, evolved from a mix of Portuguese, Spanish, Dutch, and African languages. It is the heart and soul of Curaçao's cultural identity, spoken by nearly everyone on the island.

Music and dance are integral parts of Curaçao's cultural fabric. The island music

The island's music scene is a lively mix of styles, including the traditional Tumba, influenced by African rhythms and European melodies, and the infectious beats of Salsa and Merengue. Festivals like Carnival, which is celebrated with grand parades, vibrant costumes, and rhythmic music, highlight the island's festive spirit and cultural richness.

Curaçaoan cuisine reflects the island's diverse heritage. Local dishes often feature seafood, a nod to the island's maritime culture, and are infused with a variety of spices and flavors. Traditional foods like Keshi Yena (stuffed cheese) and Funchi (a cornmeal-based dish) are must-tries for visitors. It is also known for its Blue liqueur, a vibrant blue drink flavored with the dried peel of the Laraha citrus fruit.





Natural Wonders: Stunning Beaches and Diving Spots

Curaçao is renowned for its breathtaking beaches, each offering a unique experience. From the secluded coves of Kenepa Beach to the lively shores of Mambo Beach, there's something for everyone. The island's clear waters and rich marine life make it a paradise for snorkeling and diving enthusiasts. Sites like the Blue Room, an underwater cave, and the Mushroom Forest, a coral formation that resembles a forest of mushrooms, are just a few of the underwater wonders waiting to be explored.

Christoffel National Park

For those who prefer land-based adventures, Christoffel National Park offers a glimpse into Curaçao's natural

beauty. The park is home to the island's highest peak, Mount Christoffel, which provides panoramic views of the island and the surrounding Caribbean Sea. The park's diverse flora and fauna, including rare species of orchids and the native white-tailed deer, make it a haven for nature lovers.

Historic Willemstad

A visit to Curaçao wouldn't be complete without exploring Willemstad. Beyond its picturesque waterfront, the city boasts several historic sites and museums. The Mikvé Israel-Emanuel Synagogue, the oldest continuously used synagogue in the Americas, and the Kura Hulanda Museum, which offers a poignant look at the history of the African slave trade, are essential stops for history buffs.

OCEANMAN in Curaçao: A Perfect Fit for Open Water Swimming

Curaçao's idyllic waters and favorable climate make it an ideal location for OCEANMAN events. The island's natural beauty and well-preserved marine environments provide a stunning backdrop for competitions, attracting swimmers from around the world

Travel Tips for OCEANMAN Participants

Curaçao offers a wide range of accommodations to suit all budgets and

preferences. For those seeking luxury, resorts like the Santa Barbara Beach & Golf Resort and the Avila Beach Hotel provide top-notch amenities and stunning sea views. Budget travelers can find charming guesthouses and boutique hotels, which offer a more intimate and personalized experience.

What to Eat

Curaçao's culinary scene is as diverse as its culture. Don't miss the opportunity to try local delicacies at markets and food stalls. For a more refined dining experience restaurants offer gourmet meals that highlight the island's fresh seafood and local ingredients.

Mastering the Stroke

Training Tips

Mastering the Open Water Swimming

Open water swimming presents a unique set of challenges and thrills that differ significantly from pool swimming. The vast, unpredictable environments and the longer distances require specialized training and strategies to excel. Whether you're a seasoned competitor or a newcomer to the sport, the following tips and training plans will help you enhance your performance and build the endurance and confidence needed to tackle the open water.



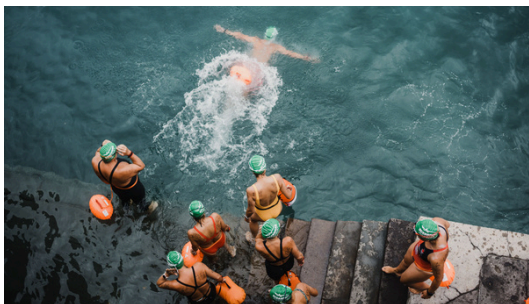
Developing Endurance



Endurance is crucial for open water swimming. Incorporate long-distance swims into your training regimen to build stamina. Gradually increase the distance over time, aiming for a mix of moderate and high-intensity workouts.

Example Endurance Workout:

- Warm-up: 500 meters easy swim
- Main Set:
 - 5 x 800 meters at a steady pace, with 1-minute rest between each
- Cool Down: 300 meters easy swim



Stroke Efficiency



Efficient stroke technique is essential for conserving energy during long swims. Focus on maintaining a streamlined body position, reducing drag, and using a consistent, powerful pull.

Technique Drills:

- Catch-Up Drill: Swim with one arm extended forward while the other completes a full stroke, focusing on body position and a smooth stroke.
- Fist Drill: Swim with fists closed to emphasize the use of forearms and improve your feel for the water.



Building Strength



Strength training helps improve your overall power and speed in the water. Incorporate dryland exercises that target the major muscle groups used in swimming, such as the shoulders, back, and core.

Strength Training Routine:

- Push-ups: 3 sets of 15 repetitions
- Pull-ups: 3 sets of 10 repetitions
- Planks: 3 sets of 1-minute hold
- Squats: 3 sets of 20 repetitions
- Medicine Ball Slams: 3 sets of 15 repetitions



Pacing



Pacing is critical in open water swimming. Start at a sustainable pace and avoid the temptation to sprint at the beginning. Practice pacing during your training sessions to find a rhythm that works for you.

Pacing Workout:

- Warm-up: 400 meters easy swim
- Main Set:
 - 6 x 500 meters, maintaining a consistent pace throughout, with 1-minute rest between each
- Cool Down: 200 meters easy swim





Tales of Perseverance

Breaking Barriers:

The inspirational journey of Noor Elakhdar at OCEANMAN Dubai

At OCEANMAN, we have always been passionate about stories that inspire and break barriers. We are thrilled to share a remarkable tale that embodies the spirit of courage and determination—Noor Elakhdar's triumphant journey at OCEANMAN Dubai. In a world where breaking boundaries meets the embrace

of the open sea, Noor, a trailblazer with Down syndrome and autism, made history as the FIRST Egyptian and Arab to conquer the OCEANMAN Sprint Distance. Her story is not just about swimming; it's about shattering stereotypes, defying expectations, and proving that there are no limits when it comes to chasing dreams.

With a radiant smile and a heart full of determination, Noor shared her emotions after this significant achievement: "A step in making my own history." Noor not only became the first person with Down syndrome and autism from Egypt and the Arab world to complete the OCEANMAN Sprint Distance but also left an indelible mark by not being the last swimmer to exit the water, with four participants trailing behind her.

Chasing her dreams

"It doesn't matter that I am short in size; my dreams are big, and I am chasing them,"

Her message is clear: there are no limits to what we can achieve when we courageously pursue our dreams. The young swimmer has big plans for the future. "More steps are coming up as there is NO limits." We are excited to closely follow Noor's journey, witnessing how she crushes and dispels myths about her apparent and hidden abilities. Her courage and determination are an inspiration to us all. Her story reminds us that true power lies in the will to pursue our dreams regardless of the circumstances.

Join us on this extraordinary journey as Noor Elakhdar continues to make history and proves that water knows no bounds for those willing to dive into the unknown!



OCEANMAN Travel Guide

The Allure of Ibiza

Ibiza, known for its vibrant nightlife and stunning beaches, offers much more than just a party destination. This Mediterranean gem is steeped in history, rich in culture, and brimming with natural beauty.

It provides not only challenging open water swimming conditions but also plenty of experiences for competitors and visitors alike. Dive into the enchanting world of Ibiza as we explore its history, cultural highlights, and essential travel tips.



The Allure of Ibiza

A Cultural Tapestry

Ibiza's culture is a fascinating blend of traditions, influenced by its diverse historical roots and cosmopolitan atmosphere.

Traditional Ibizan culture is characterized by folk music, dance, and festivals. The "Ball Pagès," a traditional folk dance, is performed during local celebrations and showcases the island's agricultural past. The colorful attire and lively rhythms of this dance offer a glimpse into Ibiza's rural heritage.

Festivals and Celebrations

Ibiza hosts numerous festivals throughout the year, celebrating its history, culture, and patron saints. One of the most notable is the "Eivissa Medieval," a medieval fair held in Dalt Vila, the historic old town of Ibiza Town. This event transports visitors back to the Middle Ages with its market stalls, street performances, and reenactments. Another significant celebration is the "Feast of Saint Ciriac," held on August 8th. This festival commemorates the Catalan conquest of Ibiza and includes parades, fireworks, and cultural performances.

The Allure of Ibiza

Culinary Delights

Ibizan cuisine is a delightful fusion of Mediterranean flavors, emphasizing fresh seafood, local produce, and aromatic herbs. Traditional dishes such as “Bullit de Peix” (fish stew) and “Sofrit Pagès” (a hearty meat and vegetable stew) are must-tries for visitors seeking an authentic taste of the island.

For dessert, “Flaó” is a popular choice. This sweet cheese and mint pie, with its unique combination of flavors, exemplifies the island’s culinary creativity.

Must-See Destinations

Dalt Vila: A Journey Through Time

Dalt Vila, Ibiza Town’s fortified old town, is a UNESCO World Heritage site that offers a captivating glimpse into the island’s past. Its narrow cobblestone streets, ancient walls, and historical buildings invite exploration. Key sites include the Cathedral of Our Lady of the Snows, which dates back to the 14th century, and the Almudaina Castle, a testament to the island’s Moorish heritage.



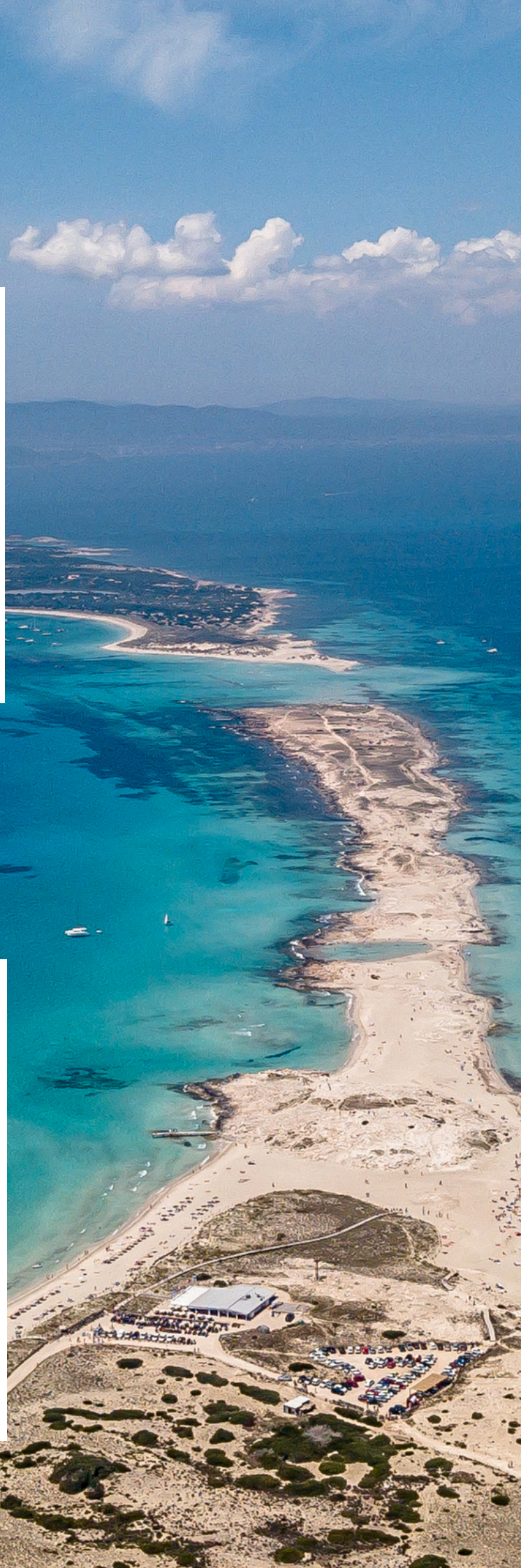
The Allure of Ibiza

Es Vedrà: The Mystical Island

Es Vedrà, a small rocky island off the southwestern coast of Ibiza, is shrouded in myth and legend. Said to be the third most magnetic place on Earth, it has inspired countless tales of UFO sightings and mystical energy. Accessible by boat, Es Vedrà offers breathtaking views and a sense of otherworldly beauty.

Las Salinas: Nature and History

The Las Salinas salt flats, located in the southern part of the island, have been used for salt production since Phoenician times. This area is also a protected natural park, home to diverse wildlife and stunning landscapes. Visitors can explore the salt flats and enjoy the nearby beach, renowned for its crystal-clear waters and vibrant atmosphere.





Champion Chronicles

Coach, swimmer, legend: A conversation with Jose Luis Larrosa

We sit down with a true legend in the world of open water swimming, Jose Luis Larrosa.

A seasoned long-distance swimmer, dedicated coach, and integral part of OCEANMAN's family, Jose Luis brings a wealth of experience and passion to the water. Join us as we unravel the currents of his swimming career, delve into the philosophy of OCEANMAN coaching, and explore the boundless horizons of open water adventure.

Q: As a successful long-distance swimmer, what drew you to the open water?

JL: "I have been always attracted by big water environments, and I love the nature. I studied Biology and Sea Sciences and followed my passion for swimming from the pools to the open water motivated by this facts. It is just not the freedom of swimming, but enjoying every part of it in a different level when you are passionate about the science and the sport."

Q: And how has your experience as a swimmer influenced your coaching journey?

JL: "I became swimming coach before my open water career really started to flourish. I feel that inspire, motivate and guide my swimmers into their journey to the open water swimming is a very fulfilling job and highly necessary. It is not the fact of preparing them physically but also mental and emotionally to afford their goals. I had good coaches but my source of inspiration was mainly my need to do things that challenged myself in different levels."

Q: You've achieved remarkable success as a long-distance swimmer. Could you share a memorable moment from your swimming career that has left a lasting impact on you?

JL: "I have very good memories from most of the big events. I remember one of the Tabarca-Alicante 21Km races where the water temperature was quite low and I struggle so much, however I managed to complete the race and win. Also my first time in India, swimming in the Ganges 81Km race and succeed completing with a stunning winning in the overall, the crowd of more than 3000 people at the finish line and the prize award ceremony was a different level."

Q: Can you share some advice for the swimmers that are preparing for an ULTRAOCEANMAN?

JL: "I would say, that this applies to everything in life, and is as simple as CONSISTENCY. If you maintain certain level of commitment and consistency results will come."



OCEANMAN Stories

Q: OCEANMAN is not just a competition; it's a community with a broader vision. How do you see the role of coaching in fostering this sense of community among swimmers?

JL: "Coaches are an important part of OCEANMAN, we prepare coaches to be able to provide the best to any open water swimmer. Most of our coaches apart from having the best knowledge when it comes to open water coaching, they are very familiar with OCEANMAN events and their guidance is priceless to our community."

Q: The OCEANMAN Academy is a unique initiative. Can you shed light on its purpose and the impact it aims to make in the world of open water swimming?

JL: "There are many projects under development in OCEANMAN. Our aim is to fulfill the open water scene in all aspects. The OCEANMAN Academy will bring together pool community to open water, but also provide benefits and new coaching techniques to all our community."

Q: What motivated you to become a coach, particularly in the realm of open water swimming?

JL: "Swimming and all aquatic activities have been part of my life since I was a kid, from swimming to Open water swimming, going through life saving, water polo and even swim fins events. Even saying that initially started as a way to fund my university studies, it became another passion. However, I must say that being a coach does not finish when you complete





a course, it is a career that you must commit with and keep learning and updating constantly, so it is not a job done but an ongoing development for all the time that you are coaching in your life.”

Q: How does OCEANMAN’s coaching philosophy differ from traditional swimming approaches, and what advantages does it offer to participants?

JL: “I would say that we are more pragmatic and practical. The knowledge provided covers all areas of open water swimming, coaching, swimming technique, season planning, drylands, nutrition, high performance training, video analysis, safety and risk assessment, but at the same time we provide references in terms of training sessions, programs and tests to apply, directly linked to open water preparation which unfortunately lacks in other existing courses.”

Q: What advice would you give to swimmers preparing for their first OCEANMAN race?

JL: “The SPRINT distance can be a good entry point and with a proper preparation they will be able to move to the HALF OCEANMAN and OCEANMAN distances. The key is consistency and a good coach to get them ready to enjoy our events.”

Q: Beyond coaching, you continue to actively participate in swimming events. What motivates you to take on these challenges?

JL: “I feel is a way of living, I need to have some goals to maintain the swimming trainings consistency,

OCEANMAN Stories



Champion Chronicles

but at the same time, open water swimming remains my main passion in life, so travelling and explore new swimming destinations, get back to events that I swam many times and catch up with friends and community or just challenge myself with new distances or events remains a highlight in my day to day life.”

Q: Looking ahead, what excites you most about the future of OCEANMAN, both as a coach and a participant?

JL: “I have been linked to OCEANMAN family since it was founded in 2015

i, and I feel that as a coach, we are reaching a great momentum with more modules added to our course, and other educational initiatives that will help the community in many different aspects like water safety, better coaching techniques, clinics, camps, school programs and more. As a participant I am looking forward to try out new destinations, new amazing water environments and being back to long time existing events to catch up with swimmers, friends and organizers, new ones and others that are part of our big family for many years.”

Goggles for

Open Water Swimming

Open water swimming presents a unique set of challenges, and having the right gear can make all the difference. Among the most crucial pieces of equipment are swimming goggles. They not only protect your eyes but also enhance visibility, allowing you to navigate through diverse water conditions effectively. In this article, we delve into the importance of choosing the right swimming goggles for open water, with a special focus on the innovative products from TheMagic5.

The importance of quality swimming goggles

Swimming in open water exposes your eyes to salt, chlorine, bacteria, and other potential irritants. High-quality goggles provide a protective seal, keeping your eyes safe and comfortable throughout your swim. Moreover, they prevent water from entering and causing discomfort, allowing you to maintain focus and performance.



Equipment Insights

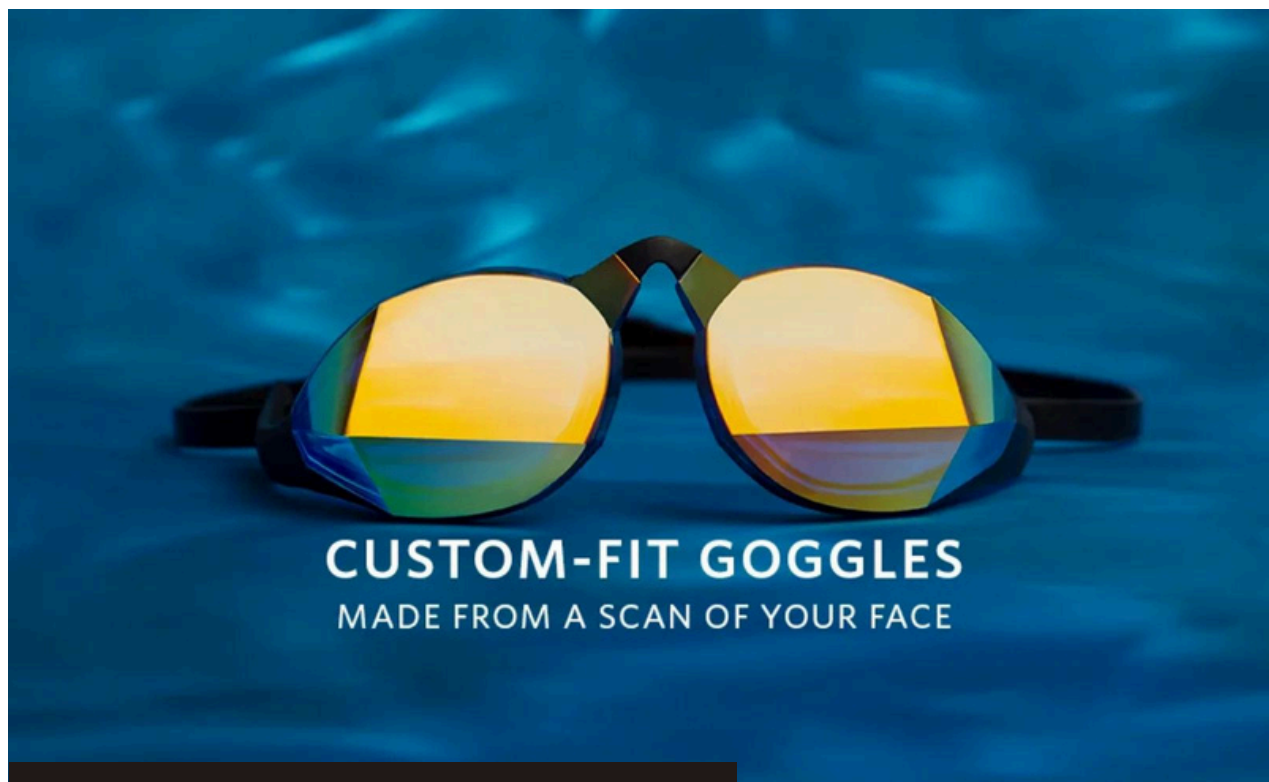
Visibility and Navigation

Open water environments can vary greatly, with differing levels of light, water clarity, and weather conditions. Good goggles enhance your visibility, helping you spot buoys, landmarks, and other swimmers. This is crucial for maintaining your course and ensuring safety.

Anti-Fog and UV Protection

Fogging is a common issue that can severely impair your vision. Modern goggles come with anti-fog coatings and UV protection, ensuring clear vision even in challenging conditions. This is particularly important in open water, where natural elements are less predictable than in a controlled pool environment.





TheMagic5 Swimming Goggles

TheMagic5 has revolutionized the swimming goggle industry with its custom-fit technology. By using a 3D scanning process, TheMagic5 creates goggles tailored specifically to the unique contours of your face. This personalized fit ensures maximum comfort, minimal leakage, and unparalleled clarity.

Elevate your game

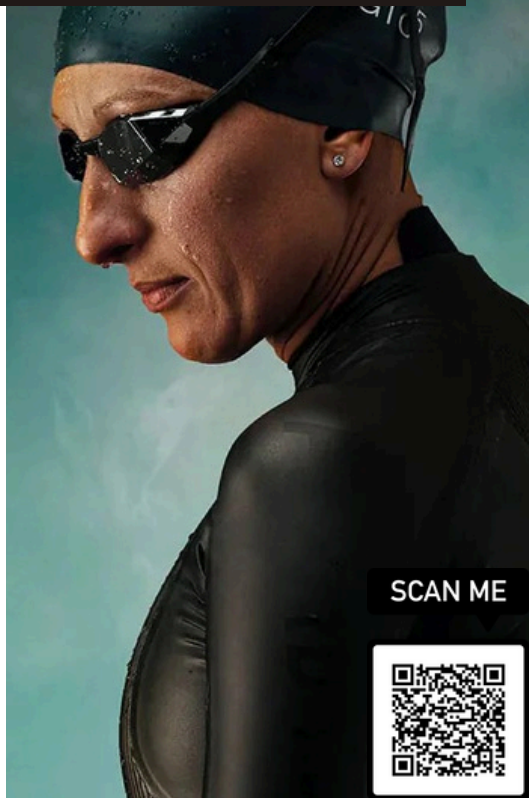
Their custom-fit approach not only enhances comfort and performance but also provides a level of personalization that is unmatched in the market. For open water swimmers, these goggles offer the perfect blend of protection, clarity, and durability, ensuring that you can focus on your swim without any distractions. Investing in a pair of TheMagic5 goggles can significantly enhance your swimming experience.

Product Highlights

- **Custom Fit:** Each pair is individually crafted based on a 3D scan of your face, ensuring a perfect fit with no pressure points or discomfort.
- **Superior Materials:** Made with high-quality silicone and durable lenses, these goggles are built to last and provide exceptional performance.
- **Anti-Fog Coating:** A specialized coating prevents fogging, ensuring clear vision throughout your swim.
- **UV Protection:** The lenses offer UV protection, shielding your eyes from harmful rays and reducing glare.

Top Recommendations

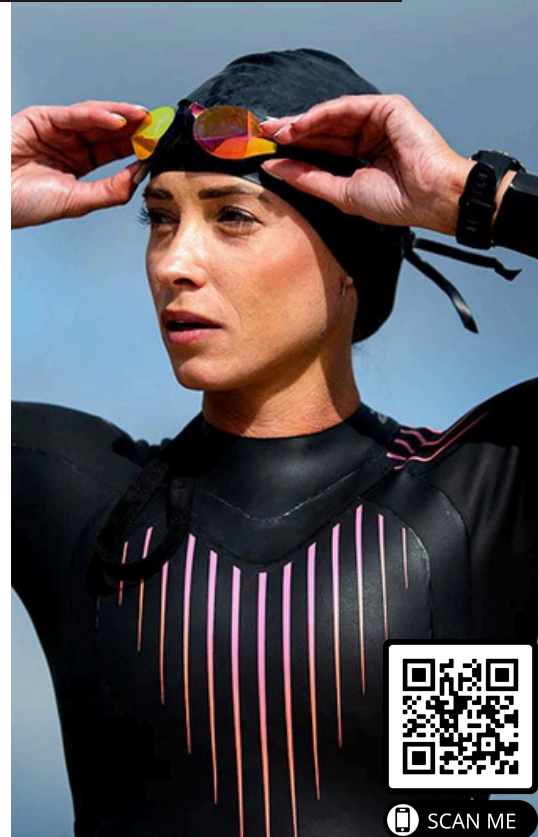
BLACK MAGIC MIRROR SILVER



Introducing the world's first custom-fit swimming goggles. TheMagic5 goggles are crafted using best-in-class materials and its innovative Optimal Fitting Technology (OFT) which adapts to your unique facial structure.

Black Magic Mirror Silver is TheMagic5 darkest tinted swim goggle and the preferred color of US Olympian Ben Kanute. It is made for outdoor swimming and will be your best friend on sunny days.


BLUE MAGIC MIRROR GOLD



The BLUE MAGIC MIRROR GOLD is slightly blue-tinted and gives a beautiful clear wide outlook through the gold mirror, it's the perfect all-condition goggle and will propel you through all conditions.

Choose lenses based on your swimming environment. For bright, sunny conditions, mirrored or polarized lenses are ideal. Clear or lightly tinted lenses work best in low-light or overcast conditions.

OCEANMAN World Final Championship 2023 global impact



At OCEANMAN, we've always believed that open water has the power to unite people from all corners of the globe. We live in a moment when this belief is more necessary than ever.

OCEANMAN World Final Championship in Phuket took place with more than 1800 participants in total with over 1300 swimmers already registered 1 month before the event.

Around 15% of participants in the championship are nationals from Thailand, emphasizing the international appeal and diverse representation at OCEANMAN. With more than 65 different nationalities, it will be a true celebration of diversity and universal love for open water swimming.

Expanding Horizons:

Let's take a moment to appreciate this incredible melting pot of nationalities, all coming together to embrace the challenge of open water swimming. Here are the top 10 countries that made their presence felt in Phuket: Kazakhstan (165 participants), Thailand (160 participants), Malaysia (95 participants), Mexico (95 participants), Vietnam (90 participants), Italy (65 participants), United Kingdom (40 participants), Colombia (35 participants), Ukraine (35 participants), Indonesia (35 participants).

These numbers tell a story of unity and camaraderie. Despite the differences in language, culture, and background, OCEANMAN creates a common ground where a shared passion for open water swimming transcends boundaries. The diversity of participants enriches the experience, making it a truly global event.

Beyond the Competition:

With a total participation of 1800 swimmers, each accompanied by an average of 2.7 companions, the event brought a vibrant influx of visitors to Phuket.

Participants and their companions stayed an average of 4.5 nights, contributing not just to the event but also to the local economy and tourism sector.

Economic Impact:

The cultural exchange, economic stimulation, and sheer energy of the event promise to create ripples that extend far beyond the waters of Phuket. The influx of participants and visitors alike is poised to leave a lasting impact on local businesses, hotels, restaurants, and





OCEANMAN Travels

OCEANMAN World Final

The Biggest Open Water Event in the World

The competition where legends are made

OCEANMAN World Final Championship is the pinnacle of open water swimming events, and this year, it promises to be grander than ever as it takes place in the dazzling city of Dubai. Known for its futuristic skyline, luxurious lifestyle, and cultural melting pot, Dubai provides a spectacular backdrop for the world's biggest open water event.

Dubai is not just a city; it's an experience. With its world-renowned hospitality, stunning architectural marvels, and pristine beaches, it is an ideal location for hosting an event of this magnitude. The warm waters of the Arabian Gulf offer perfect swimming conditions, making it a paradise for open water swimmers from around the globe.

A lifetime experience: elite competition, iconic venues and top organization

OCEANMAN World Final Championship brings together the best of the best. Athletes who have proven their mettle in various OCEANMAN events throughout the year converge to compete for the ultimate title. This is where legends are made, and records are broken.

It is more than just a race, competing here means racing against the best, pushing your limits, and experiencing the camaraderie of the international swimming community.

The course is designed to offer not only a competitive challenge but also a breathtaking view. Swimming in the clear waters of the Arabian Gulf, surrounded by some of the world's most iconic landmarks, is an experience like no other.

The event is organized with meticulous attention to detail, ensuring a seamless experience for participants. From registration to the finish line, every aspect of the championship is managed to the highest standards, reflecting the professionalism that OCEANMAN is known for.

Race Categories:

- **OCEANMAN** (10 KM): The ultimate challenge.
- **HALF OCEANMAN** (5 KM): Perfect for those looking to push their limits.
- **SPRINT** (2 KM): A fast-paced race that is thrilling to compete in.
- **OCEANKIDS**: A 500-meter race designed to inspire the next generation of swimmers.





Beyond the Race: Exploring Dubai

Participating in the OCEANMAN World Final Championship in Dubai is not just about the race; it's also about exploring one of the world's most vibrant cities. Here are some must-see attractions and activities to enjoy during your stay:

Burj Khalifa

No trip to Dubai is complete without visiting the Burj Khalifa, the world's tallest building. Enjoy panoramic views of the city from the observation deck on the 148th floor.

The Dubai Mall

Indulge in a shopping spree at The Dubai Mall, home to over 1,200 retail stores, an indoor aquarium, and even an ice rink.

Desert Safari

Experience the thrill of a desert safari, complete with dune bashing, camel rides, and traditional Bedouin camp activities.

Dubai Marina

Stroll along the Dubai Marina, a beautiful waterfront area lined with restaurants, cafes, and luxury yachts.

The Palm Jumeirah

Visit the Palm Jumeirah, an artificial archipelago that is home to some of Dubai's most luxurious resorts, including Atlantis, The Palm.

Dubai's climate can be warm, so it's crucial to stay hydrated and acclimate yourself to the conditions before the race. Arrive a few days early to adjust to the temperature and time zone.

Keep an eye on the official OCEANMAN website and social media channels for updates on race details, schedules, and any last-minute changes. It will be an unforgettable experience: The best event on the year.



OCEANMAN Travels

OCEANMAN World Final

*Join us for the world's
biggest open water event
of the year*

OCEANMAN World Final Championship in Dubai is set to be an unforgettable event, bringing together the best open water swimmers in an iconic location.

Whether you're an elite athlete aiming for the top spot or a swimming enthusiast looking to be part of a global community, this championship offers something for everyone.

Join us in Dubai for the biggest open water event in the world. Experience the thrill of competition, the beauty of the Arabian Gulf, and the magic of one of the most dynamic cities on the planet. Let's make history together at OCEANMAN World Final Championship in Dubai!

Don't miss your chance to be a part of this historic event and leave your mark on the world of open water swimming. Whether you're competing, cheering from the sidelines, or exploring the wonders of Dubai, this is more than a race



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