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CALL FOR ENTRIES

3rd SWIM FOR THE WHALES International Teams 2025

Within the Framework of World Animal Day

FROM 29TH NOVEMBER TO 07TH DECEMBER



To raise funds and cover, individually or as a team, the distance of one or more of the Routes of the 2025 Sea and Mountain Challenge that, later this year, Swim for the Whales team members and local athletes will be completing in and around Banderas Bay, in the states of Jalisco and Nayarit.

Get ready to be part of this incredible challenge for a cause!

With the aim to support the care and conservation of the humpback whale and marine ecosystems in Banderas Bay and throughout the Mexican Pacific, the Organising Committee calls on all people with a love for biodiversity to join this noble cause and to celebrate together the conservation of animals around the world.

INDEX

Objective.....	2
Fundraising goal and conservation actions	2
Details of the event	2
Distance to cover	2
Invitation to Visit Protected Natural Areas (PNAs)	3
Official Swim for the Whales Participant Kit	4
Key Moments	4
Competitions.....	5
1) Fundraising Competition.....	5
2) Competition for the Highest Number of Protected Natural Areas Visited	7
Awards.....	8
How to form a team	8
Registration	9
Parcel Delivery.....	10
Souvenirs.....	10
Questions and feedback	12
Statement of eligibility	12
Thanks for your support!	13



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➤ Objective

Participate, **individually or as a team**, and cover the distance **of 22 to 444 km**, **doing the physical activity you enjoy the most** (🚶 🚴 🏊 🛶 🚲) **anywhere in Mexico or the rest of the world**: it can be in a swimming pool, a river, the sea, a lake, the mountains, the hills, the countryside, the city or anywhere else

The purpose is to **raise funds** to support the conservation of **the humpback whale and marine ecosystems throughout the Mexican Pacific** and promote **the conservation of Protected Natural Areas**.



➤ Fundraising goal and conservation actions

To raise **1.5 MILLION PESOS** to **contribute** to the following priority **conservation actions**, managed primarily by **six organisations**:

- 1) **Respond to at least 50 entanglement reports during the 2025-2026 season & Rescue at least 3 whales** trapped in fishing nets,
- 2) **Carry out 4 operations to remove ghost fishing gear** in Bahía de Banderas, with the participation of specialised divers.
- 3) **Promote the campaign 'Less Speed = More Lives'** to prevent collisions between boats and whales in Bahía de Banderas and Los Cabos.
- 4) **Conduct 50 monitoring patrols** to ensure that whale-watching tourism activities are carried out responsibly and in accordance with regulations.
- 5) **Plant 200 coral fragments** to reach a total of 1,200 and **monitor** their growth in 15 nurseries installed in **Islas Marietas National Park**.
- 6) **Plant 500 coral fragments** and **monitor** their growth in **Isla Isabel National Park**.
- 7) **Demarcate the Marine Zone** of **Isla Isabel National Park** with **buoys** to protect it.
- 8) **Mentor & teach 170 girls and boys** about the **importance and care of their natural environment** and create a network of **"Bay Guardians"** to lead **environmental projects**.
- 9) **Strengthen environmental education** in the communities surrounding **Isla Isabel National Park** and the **Marismas Nacionales Biosphere Reserve, Nayarit**.
- 10) **Organise 15 marine cleanup brigades**, collect at least **300 kilograms of waste**, and promote the **reduction of single-use plastic consumption**.

Follow this [link](#) to learn more about how the contributions are used.




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Details of the event

Modality	Goal	Registration Fee	Swim for the Whales Kit
INDIVIDUALLY or as a TEAM of up to 10 people . People from ANY AGE can participate	Cover 22 to 444 km (see more options below). From 1 to 9 days from 29th November-07th December 2025 . In ANY LOCATION worldwide.	MXN \$4,200 Per team or individual registered. Registration closes 30Sep2025 TEAMS IN MEXICO The kit will be sent to one location per city for collection at no additional cost. TEAMS OUTSIDE OF MEXICO In addition to the registration fee, postage for the kit must also be covered . Please contact contacto@nadoporlasballenas.org to find out the cost of postage to your country.	Commemorative cap (choice of sun cap or swim cap) or handmade dreamcatcher with a whale tail design, per participant and 1 fabric tote bag per team. You can also purchase additional Swim for the Whales SOUVENIRS (see section in this document).

Distance to cover

Choose one or more routes from the 2025 Sea and Mountain challenge (from 22 to 444 km) and add up the distances to complete the challenge. The location(s) and physical activities are up to you!

Route	Name of the Route	Distance in KM	The chosen distance may be covered:	Where & how?
1	Islas Marietas National Park, Nayarit.	22	a) Independently by each participant, b) Continuos relays , c) Split relays throughout one or more days. d) Simultaneous activities : several participants completing one or more activities at the same time.	¡YOU CHOOSE! In any part of the world, any physical activity. 
2	Turtle Camps, Jalisco.	60		
3	Los Arcos, Jalisco.	120		
4	Sierra de Vallejo-Ameca River, Nayarit.	72		
5	Western Sierra Biocultural Landscape, Jalisco	82		
6	Sierra El Cuale, Jalisco.	88		
	ALL Routes	444		

For Example: If the team chooses Route 1, Islas Marietas National Park + Route 2 with Turtle camps, they will cover 82 km; if they choose Routes 1, 3 y 6 they would need to cover 230 km, and if they choose all routes, they will need to cover 444 km, between the whole team in a 1-9 day timeframe.

Examples if more tan 1 route is chosen	Distance in KM
Add up 2 Routes. Example 1+2	82
Add up 3 Routes. Example 2+4+6	220
Add up 4 Routes. Example 1+4+5+6	264
Add up 5 Routes. Example 4+2+6+5	324

Each participant can add kilometers to your team’s total distance on different days, at different times, and through various activities.

It’s not necessary for everyone to cover the same distance, the goal is to reach the selected target together.

For more information about the 2025 Sea and Mountain Challenge in which, this year, four participants (members of Swim for the Whales and local athletes) will journey through the states of Jalisco and Nayarit, passing through nine protected natural areas, please click this [link](#).



Invitation to Visit Protected Natural Areas (PNAs)



If possible, complete all or part of your distance in at least one **Protected Natural Area (PNA)** near you and enjoy a transformative experience.

PNAs play a vital role in conserving threatened and endangered species, regulating the climate and water cycle, and protecting natural and cultural heritage. By exploring these unique spaces, you can enjoy their beauty while **contributing to their conservation and that of the species that inhabit them**. Click the link below for more information about PNAs:

<https://drive.google.com/file/d/1i6WxFI3-N13XUnBJOS9Z-LSdiN6BpnJj/view?usp=sharing>

Check out the list of over 200 federally protected PNAs in Mexico, listed by state, at: <https://descubreanp.conanp.gob.mx/en/conanp/home>

Also, **research** state and municipal PNAs in your region, and if you live outside of Mexico, explore the PNAs in your own country.



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➤ Official Swim for the Whales Participant Kit

Each participant will be able to choose between a swimming cap, a sun cap or a handmade dreamcatcher.



If you are interested in learning more about how the handmade dreamcatcher is made, please [click on this link](#).

➤ Key Moments:

OPENING of the 3rd Swim for the Whales. Will take place on **Saturday, 29th November at 10:00 AM Central Standard Time - Mexico City, CDMX (GMT-6)** via a live broadcast on Facebook at **@NadoPorLasBallenas**. Teams will have the opportunity to introduce themselves and share the activities each one will be doing.

Swimming in Las Estacas Natural Park - 3rd Swim for the Whales. The Swim for the Whales team will be swimming on **Saturday, 22nd November at 8:00 AM Central Standard Time - Mexico City, CDMX (GMT-6)** en For those who are able to attend, we would love to see you in person!

CLOSING of the 3rd Swim for the Whales. On **Sunday, 7th December at 8:00 AM Central Standard Time - Mexico City, CDMX (GMT-6)** the Swim for the Whales team will be holding a closing event somewhere in the Banderas Bay (we will send notice through social media). For those who can't attend, we hope you can organize something fun at **a Natural Protected Area**.

Enter the competition and win amazing prizes!

1) Fundraising Competition

The five teams that raise the most funds will be awarded a prize

A **fundraising competition** will be held, and the funds raised will be directed toward the conservation efforts set out above. Fundraising can take place **from the launch date of this announcement until Tuesday, 9th December 2025.**

Share photos and videos of your team on **social media** to ask for support from family and friends. **Organise raffles, auctions, sports events, product sales, or other activities** to help boost your fundraising efforts.

Once you complete your registration and *Nado por las Ballenas* confirms your payment, you will find a link to your team's personalized page on the <https://equipos.nadoporlasballenas.org/es> website. This page will help boost your team's fundraising efforts.



Share the link with family, friends, and on your social media so they can make donations that will be directly added to your team's total.

Donations can be made via PayPal or with a credit or debit card.

In the case of bank transfers or deposits, it is necessary to send the payment receipt to contacto@nadoporlasballenas.org, indicating your team's name, so the contribution can be validated and added to your fundraising total.

If you prefer to make a donation via bank transfer or deposit, the bank account details are:

- **Bank:** BBVA
- **Account Name:** Nado por las Ballenas, A.C.
- **Account Number:** 012 545 5561
- **CLABE:** 012 375 001254555612
- **Payment Reference:** Please include the **TEAM NAME** as the payment concept.

Kindly send the payment receipt or reach out with any questions to:
contacto@nadoporlasballenas.org

Prizes for the teams that raise the most funds.



1ST PLACE

- 1 x **Accommodation** for 2 nights for 4 people in Banderas Bay
- 1 x 30-minute **local flight** over the Bay for 2 people in a Cirrus aircraft
- 1 x private catamaran **whale watching tour** for 15 people
- 1 x private **ice therapy session** for up to 10 people
- 2 x **relaxing massages** in Banderas Bay

All to take place in Banderas Bay within the 2025-2026 whale season (depending on the expiration date of each certificate). Cannot be used during Christmas and New Year holidays. Must be scheduled at least 1 month in advance. For more information, check the sponsors' social media accounts and/or websites:

<https://paradisevillage.com.mx/> | [@paradisevillage](#) | <https://marivalarmony.com.mx/> | [@marivalresorts](#)
[@aerotron](#) | [@mikes_fishingtours](#) | [@tronx.mx](#) | [@monarcamassage](#)



2ND PLACE

- 1 x **Accommodation** for 2 nights for 4 people in Banderas Bay
- 2 x Double passes (4 people) for a **whale watching tour**
- 4 x **Surfing or paddle boarding lessons**
- 2 x **Relaxing massages**

All to take place in Banderas Bay within the 2025-2026 whale season (depending on the expiration date of each certificate). Cannot be used during Christmas and New Year holidays. Must be scheduled at least 1 month in advance. For more information, check the sponsors' social media accounts and/or websites:

[@casavelas](#) [@laspalmashotelpv](#) [@exploravallarta](#)
[@ecotoursvallarta](#) [@tronx.mx](#) [@monarcamassage](#)



3RD PLACE

10 x Full body muscle release massages in Mexico City, valid for a period of 6 months (for more information search [@descar.go](#) on social media) and **10 entries to Aquajitos Sport Center's swimming pool** in Cuernavaca, Morelos. **Both valid for 6 months** (expires 20th April 2026).



4TH PLACE

10 x Body composition evaluation and nutritional diagnosis in Mexico City, valid for a period of 6 months (for more information search [@nutrierc](#) on social media).

3 Passes for girls or boys and 3 passes for adults to participate in one of the aquatic or land-based activities offered by **Club Y Además Nadamos** (for more information, check out [@yademasnadamos](#) on social media). Both are valid in Mexico City and have a **6-month validity** period (expires 20th April, 2026).



5TH PLACE

10 x Swim for the Whales official merchandise kits (special edition Buff, eco tote bag) Note: The 10 kits will be sent to one address at no extra charge.

2) Competition for the Highest Number of Protected Natural Areas Visited

The team that visits the highest number of Protected Natural Areas (PNAs) in Mexico and/or anywhere in the world, from the publication date of this announcement until, **Tuesday, 9th December 2025**, will be eligible to receive one of two available prizes, depending on their place of residence:

• **If the winning team resides in Mexico:**

They will receive **10 Maurten product kits (Test Collection)**, which include: 1 x Drink Mix 320, 1 x Drink Mix 160, 1 x Gel 100, 1 x Gel 100 Caf 100, 1 x Solid 160 y 1 x Solid C 160. Each Kit also contains a 500ml thermos and a Maurten bag.

• **If the winning team is based outside of Mexico:** They will receive **10 Swim for the Whales official Kits** (Buff y eco tote bag – see images in the Souvenirs section below).

To participate in the competition, teams must make a **post or story for each Protected Natural Area (PNA)** they visit on social media.

Each post must include:

- 📷 At least one photo or video of the team in the PNA
- 📝 The name of the PNA
- 📱 The following hashtags:
 - **@nadoporlasballenas**
 - **@conanp_mx** from Instagram and **@CONANPmx** from Facebook
 - **@maurten_official** from Instagram and **@MaurtenMexicoOfficial** from Facebook

Note: All 10 kits will be sent to only one address.

CONCURSO
¡VISITA MÁS ANPs!

¿CÓMO PARTICIPAR?

- ✓ Visita ANPs en México o cualquier lugar del mundo.
- ✓ Realiza un post o historia por cada ANP.
- ✓ Incluye fotos o videos con miembros del equipo.
- ✓ Menciona el nombre de la ANP y etiqueta:
 - @nadoporlasballenas
 - @conanp_mx / @CONANPmx
 - @maurten_official / @MaurtenMexicoOfficial

PREMIOS

SI EL EQUIPO RESIDE EN MÉXICO:
10 Kits de productos Maurten (Test Collection).

SI EL EQUIPO RESIDE EN EL EXTRANJERO:
10 Kits Nado Por Las Ballenas:
BUFF OFICIAL
BOLSA CONMEMORATIVA

¡ENTRE MÁS ANPs VISITEN!
MÁS CERCA ESTARÁN DE GANAR

VIGENCIA: DESDE LA PUBLICACIÓN DE ESTA CONVOCATORIA HASTA EL MARTES 14 DE OCTUBRE DE 2025

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➤ Awards

The award ceremony for both of the above competitions will be held **on Sunday, 14th December at 8:00 PM.** (Central Standard Time - Mexico City, CDMX (GMT-6)). The event will be **broadcasted live** on the Facebook page - **@NadoPorLasBallenas**.

A big thank you to our prize sponsors!



➤ How to form a team

- ☑ Give your team a **NAME**
- ☑ Designate a **TEAM LEADER**, who will be responsible for:
 - Completing the **registration process**. (See additional details in the “Registration” section”)
 - Staying up to date with **communications from Swim for the Whales** and sharing event details with the rest of the team. A WhatsApp group will be created with all team leaders, where only Swim for the Whales will be able to post messages. **This group will be used to share important information.**
 - **Encouraging team members to share the cause**, their activities before and during the event, and the **PNAs they visit on social media.**
 - **Recording each participant’s distance covered, funds raised, and links to posts or stories about the PNAs visited.** **Using this information and before Tuesday, 9th December,** the team leader must **complete and send** the RESULTS from download using this link:
<https://www.nadoporlasballenas.org/formato-de-registro-de-distancia-y-donativos-2025.html>
or scan this **QR code** along with proof of donations collected to contacto@nadoporlasballenas.org.

This is essential to be eligible for the competitions!



➤ Registration

Registration is open from the time this document is published and **closes definitively** on **Tuesday 30th September 2025**.

You can register by **completing the REGISTRATION FORM** found on the following link: <https://equipos.nadoporlasballenas.org/es> or by scanning **the QR code**.



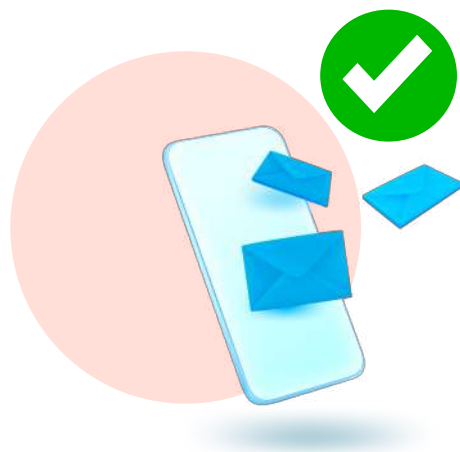
You can pay your registration fee via bank transfer, deposit, or via PayPal (<https://www.paypal.me/NadoPorLasBallenas>), please include the following in the **PAYMENT REFERENCE: REGISTRATION + your team name** and send your payment receipt to contacto@nadoporlasballenas.org.

You will receive a confirmation—please make sure you receive it **before September 30**,

- **Bank:** BBVA
- **Account Name:** Nado por las Ballenas, A.C.
- **Account Number:** 012 545 5561
- **CLABE:** 012 375 001254555612

For teams outside of Mexico: Please email contacto@nadoporlasballenas.org to inquire about the shipping fee, which varies depending on the destination city and country. In the same email, you will receive a link to make the payment. Once the payment is completed, send your receipt to the same email and ensure you receive confirmation of receipt.

After the closing of the registration period, we will publish a list with the names of the registered teams in social media – please corroborate your team is listed accordingly.



➤ Parcel Delivery

For teams in **Mexico**, the packages will be sent to a **specific location in each city** (to be determined), and teams will be notified well in advance to facilitate collection. For **teams outside of Mexico**, the packages will be sent to the address(es) provided on the form (subject to postage being paid).

Support us by sharing your activities on social media

As soon as you are registered, **support us by posting on social media**. Share photos and/or videos of your team, include the team's name, the distance you have pledged to cover, which activities you have chosen to do and where, and how you are preparing for the challenge. Keep posting updates throughout the event, spread the word and share your fundraising strategies and complete your activities and the PNAs that you visit!

Tag @nadoporlasballenas on social media (if on Instagram, invite us as collaborator of the post) and use the hashtags **#yosicuidoalasballenas** and **#nadoporlasballenas**

Feel free to use this [video](#) to **spread the word** about the cause you're raising money for.

@nadoporlasballenas



➤ Souvenirs

When submitting your registration, you will be able to purchase Swim for the Whales merchandise by covering the cost of the products. You can find the **size guide for the t-shirts** [here](#).

The items purchased will be delivered at the same time and to the same venues as the event's participation kits. If you're outside of Mexico, you will have to cover the cost of postage depending on the total weight of the package and destination city.

Before making your payment, please contact us at contacto@nadoporlasballenas.org so we can let you know the cost.

To purchase souvenirs, please **visit this Souvenirs link** or **scan the QR code**. Please send **proof of payment** to contacto@nadoporlasballenas.org **before the 30th of September 2025**.





Swimming cap adults
(white or orange)

\$300
MXP



Swimming cap made of
fabric for kids (1-12 yo)

\$250
MXP



Sun Cap Adults and
kids (8 to 12 yo)

\$300
MXP



Pin (5.5 cm)

\$50
pesos



Eco bag

\$200
pesos



Handmade
Dreamcatcher with
whale tale design
(limited stock)

\$300
pesos



Buff - Sea and Mountain
Special Edition

\$600
pesos



Microfiber Towel Swim for the Whales:
Large (140 x 60 cm)

\$600
pesos



T-shirt Sea and Mountain / *Special Edition*
(dry-fit style) women's, men's and kids

\$800
pesos



Microfiber towel – Sea and Mountain
Special Edition

Large (140 x 60 cm)

\$600
pesos



SET of 5 Stickers Swim for
the Whales (de 5x5 cms. y
7.5x7.5 cms.)

\$250
pesos



Pack of 12 Whale
Postcards

\$150
pesos

*For more information about the handcrafted dreamcatchers click on this [link](#)

**To find the size guide for the t-shirts click on this [link](#)

➤ Questions and feedback

Please send an email to contacto@nadoporlasballenas.org if you have any questions or feedback.

➤ Statement of eligibility

By completing their registration, the participants of each team confirm that they are eligible for such participation. Likewise, they certify that they are in good physical condition and that they do not have any illness or injury that could adversely impact their health when taking part or completing the chosen distance.

Event promotion

Participants expressly give their consent to the event organisers to use their name, photograph, video and biographical information before, during and after the period of participation in the event for the purposes of promotion.

Risk of injury is assumed

The participant understands and accepts that the performance of physical activity involves a risk of injury, and voluntarily and knowingly recognises, accepts and assumes this risk. The participant in the event unconditionally, unrestrictedly and unlimitedly releases the organiser of the event from any liability in the event of any mishap, injury, damage, accident, risk and even death, so that from this moment waives any legal action or of any kind that could be exercised against the organiser of the event or FONNOR and disclaims from now on any claim or claim for physical, moral, monetary, legal or any kind of damage for the same.

Transitory

The Organizing Committee shall resolve any unforeseen issues not covered in this document.

3rd SWIM FOR THE WHALES International Teams 2025

Thanks for your support!





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