

Wild swim camp

Three days of outdoor wild swimming with world-class open water and cold water swimming expert, Colin Hill. Explore the best places to swim around Ullswater and take in the Lake District landscape.



WHAT TO EXPECT

Each session will be tailored to the ability of the group

Session type and times may change depending on weather conditions

DAY ONE

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| 3pm | Guest check-in
Arrive as early as you like and make full use of the hotel. We can look after your luggage while you have a treatment, join a lake sports session, explore the grounds, or spend time in Swim Club |
| 3.30pm | Meet & greet
Meet your guide and fellow swimmers and run through your itinerary
<i>The Library</i> |
| 4.30pm | Introduction to open water swimming
Gain confidence in the water and meet your group in the lake. You'll find out about acclimatisation, how to navigate in the open water and some safety advice for swimming outdoors. Colin will talk you through all the equipment you need
<i>Sheep shed</i> |
| 6-8pm | Dinner - (to be arranged by guest)
<i>Rampsbeck Restaurant</i> |
| 10pm | Stargazing night swim in Ullswater
Swimming at night is a real experience. Float in the water under the stars with a light-up tow-float
<i>Sheep shed</i> |

DAY TWO

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|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7.30am | Breakfast
<i>Rampsbeck Restaurant</i> |
| 8.30am | Kailpot Crag
Explore the secluded bay of Kailpot on Ullswater. A short boat trip from the hotel jetty, you'll swim close to the lake shoreline, climbing rocks and crags to find the best spot to jump in |

- 12pm **Lunch** - (to be arranged by guest)
The Living Space
- 1.30pm **Cross lake swim – swim across Ullswater with boat support**
A half-mile swim across the lake and back. One way will be a relaxed breaststroke swim and the way back will be front crawl – you'll have the opportunity to relax on the boat and support fellow swimmers
- 3:30pm **Endless Pool demo**
Colin will give advice on swim technique and you'll have a chance to try out the endless swimming pool
- 6.30pm **Open water swim club training session in Ullswater**
The option to join Colin's club for their weekly open water session from the hotel jetty.
- From 7.30pm **Dinner** - (to be arranged by guest)
Rampsbeck Restaurant
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DAY THREE

- 7.30am **Breakfast**
Rampsbeck Restaurant
- 8.30am **Wild river swim**
Join Colin at one of his favourite wild swim spots around Ullswater. A short car journey from the hotel - transport to be arranged by guest
- 11am **Check out**
We'll look after your luggage so you can spend all day with us