



### **Rydal Water Sunrise Swim**

Take in the morning glory, how far we swim will be dependant upon the group and the weather. Early start sunrise is at 04:58

**Date:** Tuesday 13<sup>th</sup> July

**Start time:** Meet at 04:45am change and have time to take photos before swim. Park White Moss Car Park on the road to Grasmere on the left hand side, well signposted.

### **Brothers Water Sunrise Swim**

**Date:** 21<sup>st</sup> July

**Start Time:** As with all the lakes the scenery is breathtaking. Obviously permitting. Sunrise 05:09 arrive at 04:50 for the best photos, change and swim.

There is a lay by near to the lake which offers free parking.

**Finish Time:** Estimated swim time 45 mins, total trip time 1-1.5 hours.

### **Coniston Sunrise Swim**

Swim out across the lake or round the bay depending on wind and weather. Early start sunrise is at 06:20am

**Date:** Saturday 28th August

**Start time:** Meet at 06:00am change and be ready, opportunity to take photos before sunrise at 06:13

Brown Howe car park is on the A5084, on the west side of Coniston Water, between Torver and Greenodd. Cost for parking FREE before 9 am.

**Finish time:** Estimated swim time 45 mins - 1 hour, totally trip time 1.5 hours

**Cost:** £35

All finish times are flexible.

**Includes:** Qualified Instructor open water coach. Fully insured and all activities are fully risk assessed. Wetsuit available if required, please provide sizes when booking.

**Swim Ability & Fitness Level:** Swimmers should have open water experience and the ability to swim at least a mile in open water, and be confident out of their depth and be able to tread water.

**What to bring:** Towel, swim hat & goggles, warm clothing for afterwards, woolly hat, wetsuit (optional, if experienced non wetsuit swimmer), dry sack or plastic bag to put wet clothing in afterwards, neoprene or swim socks (not essential, but nice). Please bring own breakfast picnic we will eat following the swim, flask hot drink, water.

**Clothing:** I would advise that you wear costume beneath your clothes. You may want a small hand towel and shorts & t-shirt, to pack in a dry bag for wearing on the island, unless wearing wetsuit then I would bother and just carry footwear. Base layer or t-shirt, hoody or fleece. Waterproof trousers and jacket are essential the weather in the hills can change very quickly for afterwards.

**Booking:** Please book via the booking page or click the book now button on the event. Select Lake District as venue, select trip and fill in your details. Once done you will receive a booking email and a confirmation email from me attached will be these details. Followed later by an invoice which will have the payment details on.

**Trip Caution:** Although unlikely it is possible that we may need to make changes to the itinerary due to weather conditions, water conditions or COVID 19

**T&C's:** The trip requires a min of 4 people to be viable, and for everyone to get the most out of the experience. Any one under 18 must be accompanied by an adult. Refunds will only be given due to medical circumstances, or in the event of cancellation. For full terms and conditions see the bookings page.

Happy Swimming

Annie Kendrick