



The High Dam, Finsthwaite, nr Newby Bridge, walk / swim is a great option for those who want to complete a shorter walk and a social swim.

**Dates:** 31/5/21 & 11 /7/21

**Start time:** 5pm at the Car Park LA12 8BJ.

These directions are from memory, at Newby bridge, turn right towards the Sun Inn, follow the road round 1 m ish, then take the left turn signed Finsthwaite, Bobbin Mill. Go past the Bobbin Mill Car Park it is the next right turn. Car Park half way up the hill.

It is pay and display so bring some change, it does not take card payments costs £2.50- 2hrs, £4 - 4hrs.

The car park at Bobbin mill is £3 for the day but not sure if they lock the gates?

**Finish time:** Estimate to be back at the car park by 7.30-8pm at the latest.

**Cost:** £30

**Includes:** Qualified Instructor - both open water coach and Walking group leader. Fully insured and all activities are fully risk assessed. Wetsuit available if required, please provide sizes when booking. During the walk there will be the opportunity to learn about the environment as we go.

**Swim Ability & Fitness Level:** Suitable for recreational swimmers ideally should have outdoor swimming experience and be able to swim at least 100m non-stop, be water confident and happy out of your depth. It will be a social swim. You should be happy walking for an hour or more we will not be racing and there will be plenty of opportunities to stop for a breather or take photo's. The route consists

of easy paths gradually up hill, man made paths so uneven terrain, it will probably take 30-40 max to walk to the dam.

**What to bring:** Small Rucksack, walking boots or sturdy shoes, or trainers, water to drink, suncream, 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 picnic we will eat following the swim, flask hot drink. If you borrow a wet suit you are expected to carry it back down.

**Clothing:** I would advise that you wear costume beneath your clothes. Walking trousers, shorts in suitable weather, leggings (hard to get back on wet legs). Base layer or t-shirt, hoody or fleece. Waterproof trousers and jacket are essential the weather in the hills can change very quickly.

**Booking:** Please confirm your place via email, payment should be made via BACS 13939728 04-03-70 ANNA Business Account - Attitude Swim Coaching. I have attached to the email with this letter the medical consent form which is also required 48 hrs prior to trip, should you be experiencing any COVID 19 symptoms then please stay at home. We will try to maintain a 1M distance except during an emergency.

**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.

Happy Swimming

Annie Kendrick