



Easedale Tarn

Dates: 18/6/21 & 20/8/21 **Cost:** £60

Start time: 10am at the Red Bank Road, car park, LA22 9PU.

It is pay and display so bring some change with approx £6, for 6 hours.

Finish time: Estimate to be back at the car park by 4 pm at the latest.

Route: Set off from Grasmere walk through the village, follow Easedale Beck then start to head up the left hand side of Sour Gill to the tarn after a swim and picnic we shall head down the opposite side of the Gill. Very beautiful and scenic trip, it takes roughly two hours walk up stopping for rests and photos on the way and two hours and a bit down.

Includes: Fully guided hike / swim qualified walking and swim guide. 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 to start and then gradually up hill, man made paths so uneven terrain, you should be able to walk for at least an hour, it will probably take 2 to get to the top.

What to bring: Small Rucksack, walking boots or sturdy shoes, 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 your 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: Once booked on you will receive an email confirming your place and shortly after that an invoice which will have payment details on. Please complete a medical form (Find in the footer on web site).

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. Full terms and conditions can be found on the booking page on website.

Happy Swimming

Annie Kendrick