



Holme Fell Lake

Dates: 23/4/22

Cost: £35

Start time: 10am Parking at Tilberthwaite Ghyll car park

Finish time: Estimate to be back at the car park by 12.30 pm at the latest.

Route: Head out through the woods fairly easy going, there is a little bit of up and down nothing too strenuous, but is 45 min to an hours walk. Swim in the lake, there is the option to walk up to the top of Holmes Fell (A Wainwright) for a spectacular view of Coniston.

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.

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 a snack & 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: You will receive a confirmation of booking email followed by an invoice with payment details on. If you are new to my sessions you will need to complete a medical 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. We do not allow dogs to attend with their owners, no small children allowed.

T&C's: Please read T & C found on booking page.

Happy Swimming

Annie Kendrick