



Moonlight Swims

Dates: 22/8 **Cost:** £30

Locations:

Hungry Ghost Moon - 22/8 this will take place at High Dam, Finsthwaite, nr Newby Bridge, LA12 8BJ.

Start time: 8.30 pm an hour before sunset, gives us chance to get set up ready. 22/8 meet in car Park at 8.30 pm longer walk in.

Finish time: Estimate to be back at the car park by 10 pm at the latest.

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 a mile on the High Dam trip. The red tarn is approx 5 miles

What to bring: Small Rucksack, walking boots or sturdy shoes, water to drink, head torch, 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). Weather permitting there will be a fire pit on the shore for after the swim, dry robe, blanket or hot water bottle, flask hot drink.

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: Invoices will be sent out following your booking confirmation email. You will need to complete a 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. This event is a no dogs or children under 14 allowed.

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