



### **Beacon Tarn & Coniston**

**Dates:** 24/7/21 & 3/9/21

**Cost:** £50

**Start time:** 9am Parking at Brown Howe Car Park GR 289 910 this is pay and display and there are toilets.

**Finish time:** Estimate to be back at the car park by 2 pm at the latest.

**Route:** Set off from the car park, cross the road and head towards Blawith Common, we will climb the flank of Slatestone Fell. We will then turn right over the bridge and follow decent path to the outlet of tarn GR SD274 903. We will have our first swim /dip here and perhaps a snack. You get a beautiful view of Coniston below.

We then head down towards Coniston for our second swim of the day, getting in a very quite bay and swim back to Brown Howe, this is about a 600m , anyone who doesn't want to swim can walk back. There will be kayak support on hand for this part of the swim.

**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 400m 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 undulating paths so uneven terrain, you should be able to walk for at least two hours total distance approx 4 miles walk. There will be kayak support for this event whilst swimming on Coniston.

**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. As this is a double dip/ swim Beacon Tarn will be a dip, swim wear only, once we get out each person will have a bottle of clean water to rinse themselves off with, dry and put on fresh swim wear.

**Environmental Policy:** As an outdoor leader and swim guide it is very important to me , that as a company we look after the sensitive ecosystem, and prevent cross contamination of invasive non-native freshwater plants and animals, thus promoting the Cumbria Freshwater Invasive Non- Native Species Initiative.

**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 book via the website booking page, click the book now button - select Lake District as venue, choose date, fill in your details. You will then receive an booking email automated and a confirmation email from me with the details of the event and a medical. This can also be found in the footer on the website. Nearer the event you will receive an invoice with payment details on.

**Trip Caution:** Although unlikely it is possible that we mad 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 web site - booking page.

Happy Swimming

Annie Kendrick