



### **Beacon Tarn**

**Dates:** 28/5/22

**Cost:** £35

**Start time:** 3pm 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 5 pm at the latest.

**Route:** Set off from the car park, cross the road and walk up the road before turning off and following the footpath, it takes and 20 mins. Following the swim we will take a different route back to car park.

**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 half 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.

**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, 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:** 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 may need to make changes to the itinerary due to weather conditions, water conditions or COVID 19. This event is not suitable for children or dogs except by special arrangement.

**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. No small children or dogs allowed.

Happy Swimming

Annie Kendrick