

Dip & chill swim break

Led by cold water expert Emma MacDonald of Wild Hebridean Swimming, you'll enjoy morning and afternoon swims in hidden, off-the-beaten-track locations chosen for their natural beauty and tranquillity.

Ideal for cold water lovers who want to gain more confidence and experience the benefits of short immersions in just a swimsuit.



WHAT TO EXPECT

Each session will be tailored to the ability of the group.

DAY ONE

Arrival

Arrive early and spend time at the hotel. We can look after your luggage while you explore Islay, our grounds, the beach and championship links, or spend time in the wild garden.

3pm

Guest check in

4.30pm

Meet & greet

Meet your guide and fellow swimmers and run through your itinerary.
The Snug

5pm

Beach dip

Walk along the Big Strand and a dip in the sea

7.30pm

Group Dinner

8 Restaurant & Bar

DAY TWO

7.30am

Breakfast

18 Restaurant & Bar

8.30am

Meet & depart

Discuss the day, necessary kit and depart
The Snug

- 10am **Dip at Port Charlotte's Port Ban**
View of Lochindaal lighthouse and American monument on the Oa.
- 12.30pm **Lunch** - (cost not included in break)
Port Charlotte Hotel
- 2pm **Walk from Port Wemyss**
With cake from Islay Baker along the coast to Portnahaven.
- 5pm **Dip in Portnahaven Bay**
- 6pm **Back to hotel**
- 7.30pm **Dinner** - (cost not included in break)
Ardbeg House, Port Ellen
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DAY THREE

- 7.30am **Breakfast**
18 Restaurant & Bar
- 8.30pm **Meet & depart**
Discuss the day, necessary kit and depart
The Snug
- 10am **Dip at Traigh Bhan "Singing Sands"**
Walk via Carraig Fhada Lighthouse
- 1-2pm **Picnic lunch**
Kilnaughton beach
- 2pm **Afternoon on The Oa with dip at Lower Killeyan**
Part of south west RSBP reserve on Islay
- 6pm **Back to hotel**
- 7pm **Private screening of Singularity**
The screening room
- 7.30pm **Group dinner**
18 Restaurant & Bar

DAY FOUR

- 7.30am **Breakfast**
18 Restaurant & Bar
- 8.30am **Meet & depart**
Discuss the day, necessary kit and depart
- 10am **Bruichladdich distillery tour**
- 12pm **Dip and picnic lunch**
Blackrock on Loch Indaal
- 3pm **Back to hotel**
A relaxed afternoon, time to explore the art collection, read in the Stag lounge or spend time in the wild garden.
- 5pm **Dip at The Big Strand**
- 7.30pm **Dinner and live music** - (cost not included in break)
Port Charlotte Hotel
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DAY FIVE

- 7-10am **Breakfast**
18 Restaurant & Bar
- 11am **Check out**
We'll look after luggage so you can spend all day with us. Guests can explore Islay, book a treatment, or spend time in the wild garden.