

fells and flow

ACTIVITIES

*At The Lakeshore
and The Nest*

Paddle Perspectives

9.30am-11am
SUP or Kayak

Wild Heat

9.30am-3.15pm
Pause, breathe, and warm
through in our lakeside
sauna

Sound, stillness and deep rest

10am-11am
Guided meditation

Fully booked

Wild Isle Swim

11am-12.30pm
Guided open water
adventure

Rooted & Rested

11.30am-12pm
Guided walk led by Bloom
with Berry

Paddle Perspectives

11.30am-12.45pm
SUP or Kayak

Sound, stillness and deep rest

11.45am-12.45pm
Guided meditation

Flow by the lake

1pm-1.45pm
Yoga led by Bloom with
Berry

Fully booked

Wild Isle Swim

1.30pm-3pm
Guided open water
adventure

Flow by the lake

2pm-2.45pm
Yoga led by Bloom with
Berry

Fully booked

Wild Reset

3pm-5pm
Guided yoga, sauna and dip

Fully booked

Kindling Words

5pm-5.30pm
Poems and stories with
Embers & Echoes

Discovery Dive

5.30pm-6.30pm
Coached swim loop with
Colin Hill

Festival barbecue

6pm-8pm
Proceeds supporting The
Lake Foundation's 'Fork out
for the Fells' initiative.

TALKS & WORKSHOPS

At The Wild Base

Jo Mosely

10am-10.45am
Stories of adventure,
resilience and joy in nature

Dr Kate Rawls

11am-11.45am
Stories from Dr Kate Rawls
author of *The Life Cycle*

Fell Foodie

12pm-12.45pm
Food demo with outdoor
cook Harrision Ward

Polly Atkin

12pm-5pm
Local author and poet

Protecting our Lakes and Rivers from Invasive Species

1pm-1.45pm

Wildlife Tracks

2pm-2.45pm
Wildlife Recording with
ecologist Martin Harris

Leading for sustainability

3pm-3.30pm
Q&A with Dr Sarah Smith
and Helen Bishop

An audience with Colin Hill

3.45pm-4.45pm
Talk with Colin Hill



Fells and Flow is
in partnership with
The Lake District Foundation