

Guided swim trek break

Designed for confident sea swimmers, this four-night trek explores Islay's wild coastline—covering 500m to 2km swimming a day across wide beaches and hidden coves, all in a wetsuit. Led by professional guide Emma MacDonald of Wild Hebridean Swimming, you'll swim twice daily in some of the island's most striking and remote spots.

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 swim Walk and short acclimatisation swim on the Big Strand (dist. 500 - 800m)
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

11am	Swim at Sanaigmore Bay North west bay on Islay - dist. 800-1200m
1-2pm	Lunch - (cost not included in break) <i>Outback Gallery Café</i>
2pm	Swim in Lock Gruinart <i>Part of RSBP reserve on Islay - dist. 700-1200m</i>
6pm	Back to hotel
7.30pm	Group Dinner - (cost not included in break) <i>The Peatzeria in Bowmore or The Islay Hotel, Port Ellen</i>

DAY THREE

7.30am	Breakfast <i>18 Restaurant & Bar</i>
8.30pm	Meet & depart Discuss the day, necessary kit and depart <i>The Snug</i>
10am	Swim at Claggan Bay <i>East coast pebble beach on Islay - dist. 800-1200m</i>
1-2pm	Picnic lunch <i>The boothy</i>
2pm	Afternoon on The Oa with dip at Lower Killeyan <i>Part of south west RSBP reserve on Islay</i>
6pm	Back to hotel
7pm	Private screening of Singularity <i>The screening room</i>
7.30pm	Group dinner <i>18 Restaurant & Bar</i>

DAY FOUR

7.30am	Breakfast <i>18 Restaurant & Bar</i>
8.30am	Meet & depart Discuss the day, necessary kit and depart
10am	Bruichladdich distillery tour (transport to be arranged by guest)
12pm	Dip and picnic lunch <i>Blackrock on Loch Indaal</i>
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	Swim on The Big Strand
7.30pm	Group dinner and live music - (cost not included in break) <i>Port Charlotte Hotel</i>

DAY FIVE

7-10am	Breakfast <i>18 Restaurant & Bar</i>
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.