

Winter swim camp

November 2024



Two days of outdoor winter swimming with world-class cold water swimmer, Colin Hill, recently inducted into the Ice Swimming Hall of fame. Explore the best river, lake and tarn swims around the Ullswater Valley.

The camp is aimed at those wanting to experience the winter swimming. Most of the swims, apart from the stargazing swim, will be non-wetsuit. Boots and gloves will be provided.

WHAT TO EXPECT

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

DAY ONE

- 3pm **Guest check-in**
Arrive as early as you like and make full use of the hotel. We can look after your luggage while you have a treatment, join a lake sports session, explore the grounds, or spend time in Swim Club.
- 5pm **Meet & greet**
Meet your guide and fellow swimmers and run through the next three days itinerary
The Library
- 6-8pm **Dinner** - (to be arranged by guest)
Rampsbeck
- 6.30pm **Stargazing night swim in Ullswater**
Swimming at night is a real experience. Float in the water under the stars with a light-up tow-float. *Sheep shed*

DAY TWO

- 7.30am **Breakfast** *Rampsbeck*
- 8.45am **Waterfall swim – weather dependant**
Walk through the woodland to swim in a series of waterfalls in the Ullswater Valley.
(transport to be arranged by guest)

- 10am **Introduction to winter swimming**
Experience swimming in cold water safely in the bay in front of the hotel. It will include acclimatisation to cold water and tips for cold water swimming. Dry Robes and floats will be provided.
- 1pm **Lunch** - (to be arranged by guest)
The Living Space
Talk with Colin on winter swimming
- 3pm **Ullswater swim**
- 5pm **Endless pool session**
Join Colin for a demonstration and instruction session in the endless pool.
- From 8pm **Dinner** - (to be arranged by guest)
Rampsbeck
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DAY THREE

- 7.30am **Breakfast** *Rampsbeck*
- 8.30am **Brother's Water swim**
Join Colin at one of his favourite wild swim spots around Ullswater. It is a short car journey away. - *(transport to be arranged by guest)*
- 11am **Check out**
We will look after luggage so you can spend all day with us.
Guests can book a treatment, join a lake sports session, or spend time in Swim Club.