Wild swim break

Three days of outdoor wild swimming with world-class open water and cold water swimming expert, Colin Hill. Explore the best places to swim around Ullswater and take in the Lake District landscape.

WHAT TO EXPECT
Each session will be tailored to the ability of the group
Session type and times may change depending on weather conditions.

DAY ONE

	Arrival 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.
2pm	**Meet & greet** Meet your guide and fellow swimmers and run through your itinerary. *The Library*
2.30pm	**Lake swim** Head to the lake for a quick swim. Changing rooms and shower available in the sheep shed and Swim Club.
3pm	**Guest check-in**
4.30pm	**Endless Pool session (group)** Colin will give a demonstration and advice on swim technique. You'll have a chance to try the endless swimming pool. *Endless Pool*
6-8pm	**Dinner** - (to be arranged by guest) *Rampsbeck Restaurant*
8:30pm	**Stargazing night swim in Ullswater** Float in the water under the stars with a light-up tow-float. *Sheep shed*

DAY TWO

7.30am **Breakfast**
Rampsbeck Restaurant

8.45am **Adventure to Kailpot**
A short boat trip and walk away, explore the secluded bay of Kailpot with Colin. You'll swim close to the lake shoreline, climbing rocks and crags to find the best spot to jump into the lake.

12pm **Lunch** - (to be arranged by guest)
The Living Space

1pm **Cross lake swim – swim across Ullswater with boat support**
This involves laps around buoys – where you will be coached by Colin. Geat for those wanting a fitness swim, but can also be a relaxing few laps.

6pm **Training session in the lake**
Coached by Colin, this session is great for those wanting a fitness swim.

From 7.30pm **Dinner** - (to be arranged by guest)
Rampsbeck Restaurant

DAY THREE

7.30am **Breakfast**
Rampsbeck Restaurant

8.30am **Wild river swim**
Join Colin at one of his favourite wild swim spots around Ullswater. A short car journey from the hotel - transport to be arranged by guest.

11am **Check out**
We'll look after your luggage so you can spend all day with us.