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 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.

1pm **Meet & greet**
Meet your guide and fellow swimmers and run through your itinerary.
The Library

2pm **Lake swim**
Head to the lake for your first swim. Changing rooms and shower available in the sheep shed and Swim Club.
Sheep shed

3pm **Guest check in**

3.15pm **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

8.45pm **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. Timings dependant on sunset.
Sheep shed

DAY TWO

7.20am **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)
Talk with Colin on winter swimming
The Living Space

1pm **Cross lake swim – swim across Ullswater with boat support**
All swimmers receive a medal, with separate breaststroke and front crawl crossings organised where needed.
Sheep shed

6pm **Training session in the lake**
This involves laps around buoys – where you will be coached by Colin. Great for those wanting a fitness swim, but can also be a relaxing few laps.
Sheep shed

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 luggage so you can spend all day with us. Guests can book a treatment, join a lake sports session, explore the local area or spend time in Swim Club.