Winter swim break

Two days of outdoor winter swimming with world-class cold water swimming expert, Colin Hill. Explore the best river, lake and tarn swims around the Ullswater Valley.

The break is aimed at those wanting to experience winter swimming and cold-water immersion. 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.
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 and greet**
Meet your guide and fellow swimmers and run through your itinerary.
The Snug

3pm **Guest check in**

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

6-8pm **Dinner** - (to be arranged by guest)
Rampsbeck Restaurant

7pm **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 Restaurant

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)*

12pm **Lunch** - (to be arranged by guest)
Talk with Colin on winter swimming
The Living Space

2pm **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

4pm **Endless pool session**
Join Colin for a demonstration and instruction session in the endless pool.

From 8pm **Dinner** - (to be arranged by guest)
Rampsbeck Restaurant

DAY THREE

7.30am **Breakfast**
Rampsbeck Restaurant

8.45am **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'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.