

# Wild swim camp

Three days of outdoor wild swimming with world-class open water swimmer, 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.

### 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.
- 4.30pm**      **Introduction to open water swimming**  
Gain confidence in the water and meet your group in the lake. You'll find out about acclimatisation, how to navigate in the open water and some safety advice for swimming outdoors. Colin will talk you through all the equipment you need to swim outdoors.
- 6-8pm**      **Dinner** - (to be arranged by guest)  
*Rampsbeck*
- 10pm**      **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*
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### DAY TWO

- 7.30am**      **Breakfast** *Rampsbeck Restaurant*
- 8.30am**      **Angle Tarn hike and Swim**  
Hike through the Lakes landscape overlooking Ullswater and the Helvellyn range before plunging onto the clear waters of one of the Lake District's most scenic tarns 470m up in the fells. Led by mountain leader Karen Field, you'll take in a variety of terrain, magnificent views, wildflowers and Lakeland wildlife.
- 1pm**      **Lunch** - (to be arranged by guest)  
*The Living Space*

2pm

**Lake swim**

In smaller groups, join a longer swim in Ullswater with boat support. For those feeling adventurous swim the half mile across the lake at your own pace.

6.30pm

**Open water swim club training session in Ullswater**

Guests have the option to join Colin's club for their weekly open water session from the hotel jetty.

**or**

**Evening stretching session**

Using a range of breathing, mobility and stretching techniques and movements to aid recovery, with Karen Field.

*Glasshouse*

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

*Rampsbeck*

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**DAY THREE**

7.30am

**Breakfast** *Rampsbeck Restaurant*

8.30am

**Wild river 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.