



TRIP OVERVIEW

For this YogaSwim experience we are based in Cumbria's picturesque Lake District National Park. The Lake District covers around 700 square miles of England's most beautiful natural scenery. It's a region of high mountains, deep valleys, large lakes, remote tarns and spectacular waterfalls. We'll bring you back to nature with freshwater swims in iconic lakes and small mountain tarns, walks to clear the mind and free the senses, and yoga to relax and strengthen the body.

You'll have the opportunity to enjoy some of the region's most breathtaking locations. We start each day with yoga practice lead by an experienced instructor. At the end of the day, we'll unwind and relax tired bodies with a restorative evening yoga class. All swims are of a manageable distance and are connected by spectacular fell walking between locations. What better way could there be to escape everyday life and disconnect from distractions for a few days of beautiful wild lake swimming and yoga?

WHO IS THIS TRIP FOR?

This trip is designed for swimmers who enjoy yoga, or who want to explore the benefits of yoga and how it naturally complements and enhances our swimming. We swim twice per day in freshwater and among some of the UK's most breathtaking scenery. Swims are shorter than an average SwimTrek Trip. So, if you prefer to cover more kilometres per day, then you may like to take a look at our [Lakes & Tarns Weekender](#).

Swimmers do not require open water experience but should be capable of completing the average swim distance of 1½ km prior to the start of the trip. The average daily swim distance is around 3 km (split over a minimum of two swims). No prior experience of yoga is required.

We have given this trip a 'Leisurely' grading designed for people who want to swim at a more relaxed pace and enjoy the scenery.

WHY YOGA AND SWIMMING?

Yoga and swimming are a perfect combination. For swimmers, yoga offers both physical and mental benefits. Yoga increases breathing awareness, develops strength and increases mobility, especially if you can work yoga into your daily routine. Through meditation, relaxation and stretching, yoga has incredible restorative qualities, relaxing the nervous system and muscular tension. It can help you centre and focus, and to find the perfect rhythm for your swims.

TAILOR-MADE SWIMTREK TRIPS

This trip can also be offered as a tailor-made experience. The date of travel and itinerary can be adjusted to suit you. For more information [contact us](#) with the dates you'd like and number of people taking part. We'll be in touch to chat about putting together your dream swimming experience.



LOCATION SUMMARIES

Central Tarns

The tarns of Easedale and Elterwater are some of the finest bodies of water within the Lake District National Park. They are relatively remote and afford magnificent views of the Southern Fells. The precipitous and rocky nature of the terrain, plus the lack of agriculture, give all these tarns their unique purity. They are all ideal locations for open water swimming due to their shallow depth, seclusion and easy entry and exit points for swimmers.

Central Lakes

Grasmere and Rydal Water are situated to the north of Windermere and are as picturesque as any spot that you are likely to find in the Lakes. Unique to these lakes, each of these bodies of water contain an island located centrally, so there's always an opportunity to have a rest on your crossing.

TRIP SCHEDULE

Start Point	Glenthorne Guest House , Grasmere, Cumbria
Start Time	14:00 on Day 1
Finish Point	Glenthorne Guest House , Grasmere, Cumbria
Finish Time	14:00 on Day 3

Please note that the below daily itineraries are an example of the swims that may take place during the course of your trip, however, actual swim locations and distances will vary according to local weather and conditions. Your SwimTrek guides will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

We meet at the Glenthorne Guest House this afternoon for a welcome gathering and a chance to meet your guides and fellow SwimTrekks. We then take an easy walk through the forest and fells, which takes us along the western shore of Grasmere Lake, to our acclimatisation swim. The swim is followed by a short yoga practice covering basic asanas and learning the principle of adding effortless technique to our swimming and yoga, preparing us for the days ahead. After such a full afternoon there is no need to go anywhere as dinner is at the Glenthorne, included in your package.

Day 2

This morning we will meet for our yoga practice. We will explore how our poses can support us in the water through greater balance, mobility, alignment, and connection to our breathing. After breakfast, we meet and hike along the River Brathay towards Elterwater. The waters flowing from Elterwater are one of the main sources of the Lake District's biggest lakes: Windermere. We carry out a circular swim of this



striking tarn with views of the Langdale Pikes clearly visible.

After lunch and some time to rest, we walk up to Loughrigg Tarn. It is a relatively short walk over Loughrigg, a typically beautiful Lakeland fell. Loughrigg Tarn is a small and secluded natural lake. It's a lovely place for a short swim, with the Langdale Pikes offering a beautiful backdrop. After our refreshing swim, there's time for a hot drink before we head back to our accommodation.

Back at Glenthorne House we have the opportunity to practice restorative yoga. The practice will consist of slow deep stretches which we will hold as we begin to understand the feeling of letting go in a pose. This will also help to improve your swimming technique. Tonight you are free to explore Grasmere and select somewhere to have dinner.

Day 3

This morning we have our final yoga practice. We explore how yoga not only improves strength and mobility but also control of our breath, and how we can take this into our swims.

After a hearty breakfast we walk via the Loughrigg terrace to Rydal Water. It's the shallowest of the lakes, which keeps the temperature relatively warm. Heron Island, located in the middle of the lake, is an ideal resting point during our swim. You can clearly see High and Low Pike as well as Great Rigg as we take in the region's beautiful scenery from the water. After our swim, we'll enjoy a packed lunch at Rydal Water.

After getting out of the water and having a hot drink, it's a walk back down to Grasmere where we have a picnic lunch before saying goodbye to the lakes and our newfound friends.



TRIP INFORMATION

Equipment Checklist

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Thermal Long-Sleeve Top
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Aqua Shoes / Sandals
<input type="checkbox"/>	Towel	<input type="checkbox"/>	Small Day Pack (Preferably Waterproof)
<input type="checkbox"/>	Woolly Hat and Gloves	<input type="checkbox"/>	Sun Hat and Sun Cream
<input type="checkbox"/>	Walking Shoes / Boots	<input type="checkbox"/>	Torch or Head Torch
<input type="checkbox"/>	Waterproof Trousers and Jacket	<input type="checkbox"/>	Sweater / Fleece
<input type="checkbox"/>	Personal Drink Bottle (x2)	<input type="checkbox"/>	Wetsuit**

*Try to bring one clear lens and one tinted lens for different light conditions.

**Due to the variable nature of conditions on these swims, it is advisable to bring a wetsuit along with you to use if required.

SwimTrek will supply yoga mats, yoga props, swim hats, water and electrolyte drinks. The guides will no longer distribute shared drinks bottles, but rather will fill up each individual guest's personal drink bottle. Please ensure these are clearly marked to help our guides identify yours. If you prefer to use your own yoga mat or would like to use a wetsuit, rash vest, snorkel or fins during your swims, please ensure that you bring these with you. For more information please check out our [Covid-19 guidance](#).

Yoga Practice

Our 1-1½ hour morning practice is designed to help you prepare for the day, energising and invigorating your body for exhilarating swims and walks. This practice may include a mix of standing poses (asanas), back or forward bends. All poses are completely optional and props may be used for support. The practice will develop stability and alignment for the specific muscle groups we will use when swimming.

After our active day, we'll unwind our tired bodies and relax with a restorative evening yoga class. This is a gentle session which will help the mind and body let go and allow you to enter a state of relaxation.

Group Size and Boat Support

This trip has a maximum group size of 16. The group will be split into a maximum of three groups, based on speed, with each group being accompanied by your SwimTrek guide and Safety Support Crew.

Boat support on this trip includes a combination of canoes and kayaks. Please note that this boat support is subject to change without notice and cannot be guaranteed.



TRIP GRADING

We have given this trip a 'Leisurely' grading designed for people who want to swim at a more relaxed pace and enjoy the scenery.

Swimming Distances

Swim	Distance	Swim	Distance
Grasmere Lake	1½ km	Elterwater	1 km
Loughrigg Tarn	1½ km	Rydal Water	2 km

Swimming Conditions

Swimming in lakes is a fantastic experience, however water quality can, at times, be affected by water runoff from local fields. Blue Green Algae and Weil's Disease are possible contaminants, so if you do feel unwell at any stage during or after the trip, you should visit a GP immediately, telling them you have been lake swimming.

Walking Distances

Walk	Distance	Walk	Distance
Grasmere - Elterwater	2 km (Uphill)	Elterwater - Loughrigg Tarn	1½ km
Loughrigg Tarn - Grasmere	2½ km	Grasmere - Rydal Water	2 km (Uphill)
Rydal Water - Grasmere	2 km		

Walking Conditions

We always walk on recognised tracks or paths, which can be challenging and tricky underfoot. The walk to Rydal Water and Loughrigg Tarn is through charming scenery and low difficulty.

Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
July	16-19°C / 61-66°F	20-22°C / 68-72°F

* Please note that these temperatures are indicative and should be used as a guide only.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. As a consequence, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek guides as quickly as possible.



GETTING THERE

The easiest way to reach the Glenthorne Guest House is to drive, however, you can also reach the guesthouse via train, taxi or bus. While we have outlined various travel options below, they are subject to change and should be used as a guide only. Whichever route you choose to take, we recommend confirming your travel arrangements as early as possible in order to avoid price rises and availability issues.

Getting to Grasmere via Train and Bus/Taxi

From London or Glasgow, the journey will take approximately three hours, while from Manchester journey time is approximately two hours. The nearest train station to Grasmere is Windermere which is approximately 9 miles away. For detailed train timetables and prices visit: www.nationalrail.co.uk.

From Windermere train station, you can choose to take a taxi or a bus operated by Stagecoach which will take approximately 30 to 40 minutes. You can take any of the following Stagecoach services from Windermere: The 505 (Kendal-Coniston), the 555 (Kendal-Keswick) or the 599 (Kendal-Grasmere). The cost for this bus is approximately £7.40 for a single ticket. The Glenthorne Guest House is a 5–10 minute walk from Grasmere Centre along Easedale Road. To book a ticket or find bus timetables, please visit: www.stagecoachbus.com.

Driving to Grasmere

Grasmere is located in the centre of Lake District National Park. The Glenthorne Guest House is located 500m north of the centre of Grasmere on Easedale Road. The postcode is LA22 9QH. When you turn into Easedale Road, the guesthouse is located 200m along on the left-hand side. On-site parking is available for all guests.

PRACTICAL INFORMATION

Accommodation

The Glenthorne is located right in the heart of Grasmere and within five minutes of the village. It offers a relaxed, welcoming atmosphere with comfortable accommodation and delicious home-cooked meals in stunning surroundings. Our accommodation is based on twin-share rooms with either shared or en-suite facilities. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability. Please note that unless you select an en-suite room you will share a bathroom between two rooms.

Pre/Post Trip Accommodation and Trip Extensions

If you require additional nights' accommodation before or after the SwimTrek tour, this can be arranged directly through the Glenthorne via email at info@glenthorne.org.

Food and Drink

All breakfasts and lunches are included, as well as dinner at the Glenthorne Guest House on the first night. Dinner on the second night is at your own expense. This gives you the opportunity to either dine at the Glenthorne Guest House again or to explore and experience a local restaurant of your choice.



Money, Extra Expenses and Tipping

You should bring extra money with you to cover items such as entertainment, dinner on Day 2, snacks and souvenirs. The local currency in the UK is British Pound Sterling (£).

In some countries tipping is not part of the culture. While in others it has become an expected norm. We believe that tipping is done entirely at your discretion. If you have been provided with excellent service it may be something you wish to do. Your SwimTrek guides can advise on local norms for service providers like boat crew, waiters, or taxis. Nothing is expected for your SwimTrek guides, but many groups like to present something to the guides at the end of the trip.

Passports & Visas

Non-residents of UK require a full passport to enter the country, which should be valid for six months beyond the expected length of stay. Citizens of all EU member states, the US, Canada, Australia and New Zealand do not require a visa to enter UK. Please note that visa regulations are subject to change and we advise that you check your own visa requirements prior to travel.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information about travel insurance, please visit: www.swimtrek.com/travel-insurance.

Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to the UK, including all recommended and required vaccinations, please visit www.travelhealthpro.org.uk/countries. Please note that this information is subject to change and you should re-check this site regularly prior to your trip.

Travel Plugs and Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit worldstandards.eu.