

TRIP OVERVIEW

Get back to nature with a short escape swimming holiday in the UK's picturesque Lake District. With freshwater swims in some of the region's most iconic lakes, this weekend getaway is the perfect way to spend some time in the great outdoors and discover this beautiful part of the British countryside from a unique and unforgettable perspective.

The Lake District National Park lies in the county of Cumbria and covers around 700 square miles of England's most beautiful scenery. It's a region of high mountains, deep valleys, large lakes, remote tarns and spectacular waterfalls. It is an excellent location to develop your open water swimming skills and gain confidence under the watchful eye of our experienced SwimTrek guides.

With a mix of lake and tarn swimming over the course of the trip, you'll have the opportunity to enjoy some of the region's most breathtaking locations. All swims are of a manageable distance and are broken up with some spectacular fell walking between locations, making this the perfect chance to escape the hustle and bustle of everyday life and disconnect for a few days of beautiful lake swimming in the British countryside.

WHO IS THIS TRIP FOR?

With shorter daily swim distances, this trip is perfect for those who enjoy freshwater swimming and are looking for a weekend break amongst some of the country's most breathtaking scenery. Swimmers should have a basic understanding of open water swimming and be capable of completing the average daily swim distance of around 3 km (split over two swims) prior to the start of the trip.

LOCATION SUMMARIES

Central Tarns

The tarns of Easedale and Loughrigg 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 little 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 on Friday afternoon, where we hold a welcome meeting and safety briefing to kick off our trip. 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. After the swim, we head back to the Glenthorne for our first dinner, which is included in your package.

Day 2

From the hotel, 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 enjoy a packed lunch at Rydal Water.

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, with the quiet lakeside walk beside Rydal Water leading to some superb views. Loughrigg Tarn is a small, 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 to bring to an end this day of swimming and trekking.

Day 3

After a hearty breakfast, the first trek of the day is up Sour Milk Ghyll to Easedale Tarn, referred to by the poet Thomas de Quincey as "a chapel within a cathedral." It's one of the most picturesque spots in the Lakes and feels like it's your own private pool, as we get here well before any other visitors. While swimming, you will notice the steep hillsides surrounding the tarn that rise on the right to Tarn Crag and on the left, Castle How and Blea Rigg.

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 this weekend of idyllic lake swimming and walking comes to an end.



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"/>	Water Bottle
<input type="checkbox"/>	Sweater / Fleece	<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.

Please note that SwimTrek will supply swim hats and provide water and electrolyte drinks in shared water bottles on your safety boat. If you prefer to use your own drink bottle, please feel free to bring one along. If you would like to use a wetsuit, rash vest or fins during your swims, please ensure that you bring these with you.

Swimming Distances

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

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 - Rydal Water	2km (Uphill)	Rydal Water - Loughrigg Tarn	2km
Loughrigg Tarn - Grasmere	2½km	Grasmere - Easedale Tarn	3km (Uphill)
Easedale Tarn - Grasmere	3km		



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 of low difficulty. The walk to Easedale Tarn is uphill and of moderate difficulty.

Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
June	14-17°C / 57-63°F	18-20°C / 64-68°F
July	16-19°C / 61-66°F	20-22°C / 68-72°F
September	15-18°C / 59-64°F	18-21°C / 65-70°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.

Group Size

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.

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 guest house 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.

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.

Meals

All breakfasts and lunches are included, as well as dinner at the Glenthorne Guest House on Friday night. Dinner on the Saturday 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.

Extra Expenses

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

Passports & Visas

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

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 & Electricity

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