



TRIP OVERVIEW

Swim the River Thames with us on this unique and peaceful tour along England's longest river. Set amongst the beautiful English countryside, this one-day or two-day swimming tour gives you the chance to experience the River Thames from a completely new perspective. Discover a clean and healthy river, as well as some fantastic wildlife and historic sites along the picturesque stretch of water.

Stretching from the edge of the Cotswolds to the nation's capital, the River Thames passes through gorgeous countryside and charming villages. We start our trip close to the source of the river, where the fish are jumping and birds are tweeting. We then head past some of the 140 historic sites of special interest, and occasionally take some time out on the banks of the river to really appreciate the view that inspired so many poets, artists, and authors over the centuries.

This trip is offered on a one-day or two-day basis with both weekday and weekend departures. A picnic lunch is provided on both days, however accommodation between days is not included as part of either package.

WHO IS THIS TRIP FOR?

This trip is designed for swimmers who enjoy river swimming and are looking for a chance to experience the beautiful English countryside from the water. Swimmers should have a basic understanding of open water swimming and be capable of completing the average daily swim distance of around 6km (current-assisted and split over several swims) prior to the start of the trip.

LOCATION SUMMARIES

Lechlade

Situated at the start of the navigable section of the Thames, this picturesque market town lies approximately three kilometres from our start point at Buscot.

Buscot And Kelmscott

These charming, small villages are both situated near the National Trust estate of Buscot Park, which offer a glimpse back into the past.

Radcot

Featuring the oldest bridge on the Thames and home to Ye Olde Swan Pub, Radcot is the endpoint of Day 1 and the start point of Day 2.

Rushey Lock and Tadpole Bridge

Rushey Lock has a pretty stone lock-keepers cottage and well-kept garden, full of topiary bushes, including one in the shape of a frog! Tadpole Bridge crosses the Thames above Shifford Lock, and is a large stone arch, built in the late 18th Century.



TRIP SCHEDULE: DAY 1

Start Point	Buscot Lock, Buscot (near Lechlade), SN7 8DA
Start Time	10:00 on Day 1
Finish Point	Ye Olde Swan , Radcot-on-Thames, Bampton, OX18 2SX
Finish Time	16:30 on Day 1

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 swims may vary according to local weather and river conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swims each day and will communicate the plan with all guests as soon as possible.

We meet in the morning at Buscot Lock, near Lechlade, where we will hold a pre-trip briefing in which we discuss in detail the plans for the day. From here, we start our first swim to the tranquil village of Kelmscott, the summer home of William Morris, the renowned writer, designer and socialist. Pill boxes, which were built to halt an anticipated German advance through England's waterways in World War II, will guide our way. After arriving in Kelmscott, we'll enjoy a picnic lunch along the river bank prepared by your SwimTrek guides.

The afternoon is split into two swims through a landscape which has remained unchanged for centuries. The picturesque Grafton Lock is an ideal rest and refreshment point which separates the afternoon swims. On swimming around a bend in the river and under Radcot Bridge, the oldest bridge on the Thames, we reach our finish point at Ye Olde Swan.

TRIP SCHEDULE: DAY 2

Start Point	Ye Olde Swan , Radcot-on-Thames, Bampton, OX18 2SX
Start Time	09:00 on Day 2
Finish Point	The Trout Inn (Tadpole Bridge), Buckland Marsh, Faringdon, SN7 8RF
Finish Time	16:30 on Day 2

We meet in the morning on the island opposite Ye Olde Swan, where we hold a pre-trip briefing to discuss in detail the plans for the day. From here, we begin our first swim, to Radcot Lock. From Radcot, the Thames meanders in an array of oxbows which are a haven for bird and animal life.

This section of the Thames is very rural, with fields lining both banks for most of the way and many old pill boxes visible in the nearby fields. We'll stop for lunch on the river bank and provide you with a hearty picnic. After time to rest and relax we head off to Rushey Lock, one of the most picturesque of the Thames' 45 locks.

The last swim of the day is one of the shortest, but most enjoyable, as we swim under Tadpole Bridge and finish on the lawns of The Trout public house, bringing our river swimming adventure 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"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Sweater/Fleece
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Waterproof Jacket
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Walking Shoes
<input type="checkbox"/>	Small Daypack	<input type="checkbox"/>	Aqua Shoes

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

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.

Group Size and Boat Support

This trip has a maximum group size of 12. The group will be split into a maximum of two groups, based on speed, with each group being accompanied by their own safety vessel/escort.

Boat support on this trip includes one main boat and one inflatable boat to be piloted by your SwimTrek guides and a local boat pilot. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Swimming Distances

SWIM (DAY ONE)*	DISTANCE	SWIM (DAY TWO)*	DISTANCE
Buscot - Kelmscott	3km	Radcot Bridge - Radcot Lock	1km
Kelmscott - Grafton	2½km	Radcot Lock - Lunch on the riverbank	2km
Grafton - Radcot Bridge	1½km	Lunch spot - Rushey Lock	1½km
		Rushey Lock - Tadpole Bridge	1km

*Please note that these swims are an example of what may take place during your trip and should be used as a guide only. Actual swims may vary according to local weather and river conditions.

Swimming Conditions

While this part of the River Thames is amongst the cleanest and healthiest in the country, water quality can sometimes be an issue due to water run off from the fields. Blue-green algae can be present and there is a low risk of Weil's disease from this type of river swimming. More information about Weil's disease, including a handy information card, will be provided at the start of your trip. If you do feel unwell at any stage during or after the trip, you should go to your GP immediately and tell them you have been river swimming.



Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
July/August	17-21°C / 63-70°F	22-24°C / 72-75°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 Buscot Lock or Ye Olde Swan is by car. However, you can travel here via train, bus and taxi, too. 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 There On Day 1

If you are driving to Buscot Lock, the best postcode to use is SN7 8DA. When you get to Lechlade, take the A417 to Buscot and follow the signs for Buscot Weir. The Lock is just behind the weir. There is a National Trust car park 200m before the weir, where you can leave your car for the duration of the trip for a small cost of around £4 a day.

If travelling by public transport, we recommend taking a train to Swindon and then connecting with the Stagecoach bus to Lechlade Markets. For more details on bus timetables, please visit: www.stagecoachbus.com. From Lechlade, you can either walk along the river path (approximately one hour) or catch a taxi, which takes approximately 15 minutes. To book a taxi, please contact CT's Taxis on +44 (0)1367 252575 or SkyLine Private Hire on +44 (0)1285 711123. Alternatively, if travelling by taxi directly from Swindon to Buscot Lock (approximately 40 minutes drive), we would recommend contacting V Cars on +44(0)1793 701701.

Upon finishing the trip, you will be able to share a taxi with other guests back to our Day 1 starting point at Buscot Lock, at a cost of approximately £20.



Getting There On Day 2

If you are driving to Ye Olde Swan, the best postcode to use is OX18 2SX. At Faringdon, follow the signs onto the A4095 towards Witney (there is a sharp left turn off Church Street onto Radcot Road). Continue on this road for approximately 5km, and as you pass over a small bridge after a traffic light, there is a field to the right which is where you can leave your car for the duration of the trip. This field sits opposite Ye Olde Swan and is where you will meet your guides.

If travelling via public transport, we recommend taking a train to Swindon or Oxford, then connecting with the Stagecoach bus to Faringdon. For more details on bus timetables, please visit: www.stagecoachbus.com. From Faringdon, you can catch a taxi to Ye Olde Swan, which takes approximately 10 minutes. We recommend using Faringdon Cars, who can be reached on +44 (0)1367 243838 or via: www.faringdoncars.co.uk. Alternatively, if travelling by taxi directly from Swindon to Ye Olde Swan (approximately 30 minutes drive), we would recommend contacting V Cars on +44(0)1793 701701. If travelling by taxi directly from Oxford, please contact 001 Taxis on +44 (0)1865 240000.

Upon finishing the trip, you will be able to share a taxi with other guests back to our Day 2 starting point at Ye Olde Swan, at a cost of approximately £20.

PRACTICAL INFORMATION

Accommodation

As this trip is offered on a one-day or two-day basis, accommodation is not included as part of your package. This gives you the flexibility to stay wherever you prefer before, during and after your trip.

If you would like to book accommodation in the area, there are some fantastic B&Bs available only a few minutes away from the river. Please see the below information on the the B&Bs which our guests have often used in previous years.

The New Inn Hotel, Lechlade | 01367 252296 | www.newinnhotel.co.uk

The Plough Inn, Kelmscott | 01367 253543 | www.theploughinnkelmscott.com

The Trout at Tadpole Bridge | 01367 870382 | www.trout-inn.co.uk

Food and Drink

A picnic lunch on the riverbank is provided for all guests on both Day 1 and Day 2 of the trip. If you have any special dietary requirements, please ensure that these are listed in the relevant section of your SwimTrek profile prior to your trip.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as dinners, drinks, entertainment and taxi fares. The local currency in the UK is Great British Pounds (£). We recommend bringing approximately £20 - £30 a day to cover your extra expenses.



Passports and Visas

The UK is part of the European Union. Non-residents of the 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 the 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 & Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit [World Standards](http://WorldStandards).