



### **Moonlight Swims**

**Dates:** 16/4/22     **Cost:** £35

**Locations 1:**

Pink Moonlight Trek & Swim - this will take place at Beacon Tarn

**Start time:** 7.30 pm at Brown Howe Car Park A5084, Coniston LA12 8DW

**Finish time:** Full moon is at 7.57pm it takes about 20 mins to walk up in daylight so we will allow 30 min in dark. Estimate to be back at the car park by 9 pm at the latest.

**Dates:** 14/6/22     **Cost:** £35

**Location 2:**

Strawberry Moonlight Swim - 22/8 this will take place at Ullswater

**Start Time:** 8pm Meet at Quiet Campsite first ( Ullswater Penrith CA11 0LS) for fire cooked Pizza then go on to Glencoyne Bay car park, Glenridding, Penrith, Cumbria, CA110NQ. (This is a National trust car park free if you're a member)

**Finish time:** 9.30pm ish

**Swim Ability & Fitness Level:** Suitable for recreational swimmers ideally should have outdoor swimming experience and be able to swim at least 100m non-stop, be water confident and happy out of your depth. It will be a social swim. You should be happy walking for a mile on the High Dam trip. The red tarn is approx 5 miles

**What to bring:** Small Rucksack, walking boots or sturdy shoes, water to drink, head torch, towel, swim hat & goggles, warm clothing for afterwards, woolly hat, wetsuit (optional, if experienced non wetsuit swimmer), dry sack or plastic bag to put wet clothing in afterwards, neoprene or swim socks (not essential, but nice). Weather permitting there will be a fire pit on the shore for after the swim, dry robe, blanket or hot water bottle, flask hot drink.

**Clothing:** I would advise that you wear costume beneath your clothes. Walking trousers, shorts in suitable weather, leggings (hard to get back on wet legs). Base layer or t-shirt,

hoody or fleece. Waterproof trousers and jacket are essential the weather in the hills can change very quickly.

**Booking:** Invoices will be sent out following your booking confirmation email. You will need to complete a medical consent form which is also required 48 hrs prior to trip, should you be experiencing any COVID 19 symptoms then please stay at home. We will try to maintain a 1M distance except during an emergency.

**Trip Caution:** Although unlikely it is possible that we may need to make changes to the itinerary due to weather conditions, water conditions or COVID 19. This event is a no dogs or children under 12 allowed.

**T&C's:** The trip requires a min of 4 people to be viable, and for everyone to get the most out of the experience. Any one under 18 must be accompanied by an adult. Refunds will only be given due to medical circumstances, or in the event of cancellation.

Happy Swimming

Annie Kendrick