

WINTER SWIMMING RETREAT

19TH - 21ST JANUARY

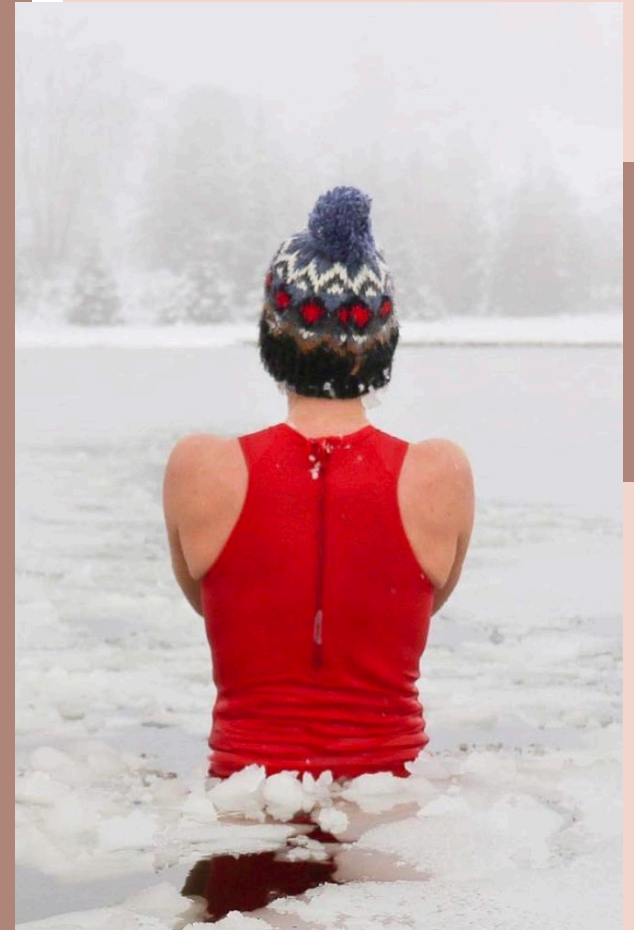
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1ST - 3RD MARCH



**IMMERSE YOURSELF IN SOME OF
THE UK'S MOST BEAUTIFUL
BODIES OF WATER - LEARNING
HOW TO SAFELY ACCLIMATISE
MIND AND BODY TO THE COLD
TEMPERATURES.**

Cold water swimming involves immersing yourself in water that is typically between 0°C - 10°C. This may sound crazy but there are numerous health benefits from boosting your immune system to increasing circulation, metabolism and mental alertness plus it helps to reduce inflammation, pain, stress & anxiety. This may explain why it is one of the fastest growing "sports", and that doctors have started prescribing it to promote better mental health! We just know one thing... once you have a taste you'll be hooked!



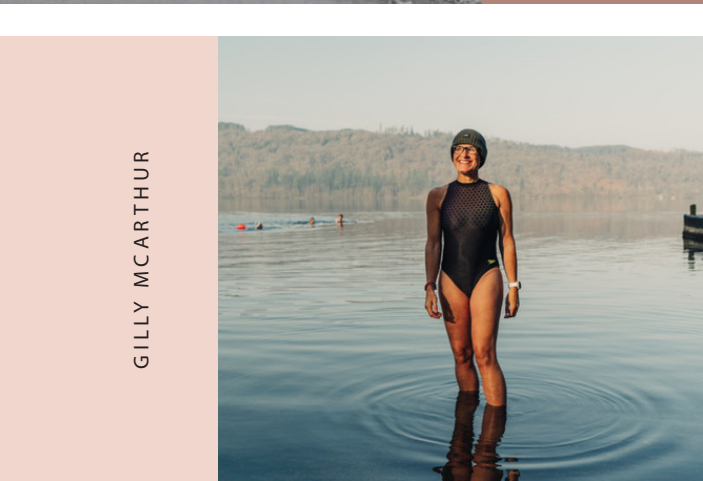
Our new retreat is collaboratively hosted by three esteemed cold-water experts: Jonathan Cowie, Gilly McArthur, and Vicki McCreadie. They are all trained as STA level 2 open water swim coaches, and each with their own cold water swimming expertise.

MEET THE EXPERTS



VICKI MCCREADIE

Vicki McCreadie is trained as an Open Water Coach, Lifeguard, Mountain Leader, Outdoor Education Instructor and is part of the Wonderful Wild Women Team. With over ten years of working professionally in the outdoors, The Lake District is Vicki's playground, home, and office. She is passionate about making the outdoors more accessible for people of all backgrounds. Vicki has worked with children and adults throughout her career and with Mental Health Charities, introducing people to the health benefits of outdoor swimming.



GILLY MCARTHUR

Gilly McArthur is an Open Water Coach, Lifeguard and has worked professionally in the outdoor industry for over 20 years. She is the co-founder of Blue Mind Swim, a group which offers a free introduction to Open Water Swimming in the Lake District, and is part of Wonderful Wild Women, a community that aims to inspire women of all ages to get active outdoors.



JONATHAN COWIE

Coach Jonathan Cowie, contributing Editor of Outdoor Swimmer Magazine, co-founded Blue Mind Men, a men's cold water Swim Club in Windermere, and The Swimmer, a Half-Marathon with four cold water swims through London. Over the past 15 Years, Jonathan has competed in Marathon swims and Winter swimming competitions around the world. He regularly coaches with double World Champion and Olympic Open Water silver medallist Keri-Anne Payne and is recognised as a leader in the field of all things Outdoor Swimming.

THE 2 NIGHT COLD WATER SWIM

RETREAT INCLUDES:

Meet the experts - welcome drink, nibbles round the fire and an introduction into cold-water swimming.

Guided cold water swim in Loughrigg Tarn, with views of the majestic Langdale Pikes beyond.

Guided afternoon woodland walk and a cold-water swim in Rydal water with the opportunity to explore Rydal caves and swim beneath the waterfalls.

Take a dip in the one-mile Grasmere Lake – a favourite spot of poet William Wordsworth

Pop-up Rothay Manor cinema, with complimentary popcorn, screening a selection of inspiring cold-water films.

The Winter Swimming Retreat is available from £880 per person based on 2 people sharing or £650 sole occupancy, for 2 nights on a B&B basis. Price includes expert swimming guidance, three escorted open water swims, dryrobes, reading material, high tea and use of the pop-up cinema. Please note that the guides will adapt the weekend's swims to suit the group and Lake District weather conditions.