



TRIP OVERVIEW

Join us for a unique swim along Britain's spectacular Jurassic Coast as we take in three of the region's most impressive natural landmarks: Durdle Door, Stair Hole and Lulworth Cove. This 3km tidally-assisted swim is the perfect way to discover this UNESCO World Heritage Site and complete an unforgettable open water swim in one of England's most beautiful coastal locations.

The Jurassic Coast is situated on the English Channel coast of southern England. The site stretches from Orcombe Point near Exmouth in East Devon to Old Harry Rocks near Swanage in East Dorset, a distance of just under 100 miles. Situated towards the Jurassic Coast's eastern end lie the unique geological features of Durdle Door, Lulworth Cove and Stair Hole, all within a 3km stretch of coastline which is superb for swimming.

Please note that swim times can vary between 40 minutes to 1.5 hours, depending on the tide and swimmer speed.

WHO IS THIS TRIP FOR?

This trip is ideal for swimmers who would like the opportunity to swim along a UNESCO World Heritage Site along England's beautiful south coast. Swimmers should have a basic understanding of open water swimming, be confident swimming in various sea conditions and be capable of completing an unassisted swim of around 2km prior to the start of the trip.

LOCATION SUMMARIES

Jurassic Coast

This area consists of Triassic (250-200 million years ago), Jurassic (200-145 million years ago) and Cretaceous (145-65 million years ago) cliffs, documenting over 180 million years of geological history.

Durdle Door

Durdle Door is a natural limestone arch, widely considered to be one of the the British Isle's top geological landmarks. The name Durdle is derived from the Old English 'thirl' meaning to drill.

Lulworth Cove

It is one of the country's finest examples of a cove as its shape is close to **circular**. The unique shape of the cove is a result of wave diffraction. The narrow entrance to the cove ensures that as waves enter they bend into an arced shape which creates the distinctly shaped cove visible today.

Stair Hole

Stair Hole situated between Lulworth Cove and Durdle Door is an infant cove which shows what Lulworth Cove would have been like a few hundred thousand years ago. Folded limestone strata are particularly visible at the entrance.



TRIP SCHEDULE

Trip Date	Saturday 30 June 2018
Swim Direction	Durdle Door to Lulworth Cove
Meeting Point	Durdle Door Car Park, BH20 5PU
Meeting Time	11:00
SwimTime	12:00
Trip Date	Sunday 01 July 2018
Swim Direction	Durdle Door to Lulworth Cove
Meeting Point	Durdle Door Car Park, BH20 5PU
Meeting Time	11:30
SwimTime	12:30
Trip Date	Saturday 01 September 2018
Swim Direction	Lulworth Cove to Durdle Door
Meeting Point	Lulworth Cove Car Park, BH20 5RQ
Meeting Time	09:30
SwimTime	10:30
Trip Date	Sunday 02 September 2018
Meeting Point	Lulworth Cove Car Park, BH20 5RQ
Swim Direction	Lulworth Cove to Durdle Door
Meeting Time	10:30
SwimTime	11:30

Swim Schedule

Depending on your trip date, we meet in either the Durdle Door Car Park or the Lulworth Cove Car Park approximately one hour before our swim in order to hold a safety and trip briefing in which we will explain the route and introduce our safety cover for the swim. You will be able to see the guides in their orange SwimTrek t-shirts.

After the briefing, we will set off on a tidally-assisted 3km swim. The swim time can vary between 40 minutes and 1½ hours depending on the tide and swimmer speed. During this time we will swim through Lulworth Cove and Stair Hole and underneath the awe-inspiring Durdle Door. Please note that the order in which we see these landmarks will vary depending on your trip date and starting point.

After finishing the swim, we do a quick change and then walk along the coastal path back to the start point. The route gives us a great view of the entire swim. At the end there is time for a hot drink and a talk with your guides before the trip comes to an end.



TRIP INFORMATION

Equipment Checklist

We recommend that you bring the following items with you on the day of your swim:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume	<input type="checkbox"/>	Small Daypack
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Warm Clothes Including Woolly Hat
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Sweater / Waterproof Jacket
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Sandals
<input type="checkbox"/>	Towel	<input type="checkbox"/>	

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

Do bear in mind that if you are not used to swimming in cold water, we would highly recommend bringing and using a wetsuit. As everyone's bags will be placed on the support boat, we would appreciate you keeping your daypack small. If you don't have a waterproof daypack then it will be a good idea to bring a bin liner to wrap your bag in as there will be spray on the support boats.

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
Durdle Door Swim	3km (tide-assisted)

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as sea lice, jellyfish, sea urchins and coral could be present during the swim. In all cases we will work on reducing your contact with these creatures, however if you suffer from anaphylaxis, please consult the office prior to booking.

Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
July	15-18°C / 59-64°F	19-22°C / 66-72°F
September	16-19°C / 61-66°F	18-21°C / 64-70°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 and Boat Support

This trip has a maximum group size of 24. 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 two motorised safety vessels to be piloted by your SwimTrek guides. Please note that this boat support is subject to change without notice and cannot be guaranteed.

GETTING THERE

The easiest way to reach the meeting point at either Lulworth Cove Car Park or Durdle Door Car Park is to drive. You can get there via train, bus and taxi though with ease. 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.

Travel via Car

Lulworth Cove and Durdle Door are situated just outside the town of West Lulworth, 25 miles south west of Bournemouth and half an hour away from Weymouth. It is a good idea to familiarise yourself with the best routes available prior to your journey as the roads do get busy, especially during peak holiday times. There are no motorways near the Jurassic Coast (other than the M5 coming from the north down to Exeter). It is signposted from the A352 Dorchester – Wareham road.

Please note that Both Durdle Door and Lulworth Cove have car parks tend to fill early in the day during busy periods and you will be responsible for covering the cost of any parking charges, you can now pay for the parking via credit cards as well as coins, the rates vary from £6 - £9 per day.

To plan your journey, please visit: [The AA route planner](#). The postcode for Durdle Door Car Park is BH20 5PU and for Lulworth Cove Car Park the postcode is BH20 5RQ.

Travel via Public Transport

There are three main railway lines that connect the Jurassic Coast area with London and the rest of the UK. The first runs from Weymouth through Dorchester, Wareham, Poole and onwards up to London Waterloo. The second runs further west and connects Exeter with London Waterloo. A third line runs from Weymouth through Dorchester up towards Bristol. The nearest railway station is Wool, five miles away, on the Bournemouth to Weymouth Line. For all enquiries, please visit: [National Rail](#).

Once you reach Wool, there are usually taxis available directly from the train station. The journey to either car park takes approximately 15 minutes and costs around £10-£15 one-way. If you prefer to book your taxi in advance, this can be done using the following companies:



Company Name	Number
Garrison Cars	01929 463395 / Mobile: 01929 462467
Silver Cars	01929 400409 / Mobile: 07811 328281

PRACTICAL INFORMATION

Accommodation

For those wishing to extend their time in the region prior to or after their swim, the four-star Bishops Boutique Hotel Lulworth Cove is a wonderful option. Located on the cliff top of the Jurassic coastline, the hotel is just a stone's throw from Lulworth Cove and the iconic Durdle Door. For enquiries and reservations, please visit: [Bishops Lulworth](#).

Other accommodation in the area can be found online, a particular favourite in the office is Smuggler's Inn - [The Smugglers Inn](#). The Inn is perched overlooking the stunning vista of Osmington Bay, mere yards away from the sea. Rooms are limited as the Inn offers 4 well-appointed en-suite rooms, which are made up of twin and double rooms, all featuring luxurious Sealy mattresses (the same as can be found in The White House).

All rooms offer tea and coffee facilities and free Wifi (subject to availability), as well as a TV for your entertainment. As for contact with the outside world, phones haven't been put in any rooms, so as to not disturb guests' peaceful getaways but there is always a landline on reception and behind the bar, should the need arise.

Extra Expenses

You should bring extra money with you to cover such items as travel, lunches, dinners, etc. The local currency in the U.K. is (£). There are a great range of restaurants and pubs around the area. The Springhead, George Inn and Smugglers Inn are a few and offer a great range of food options.

Passports and 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 most countries, including all E.U. member states, 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.