



TRIP OVERVIEW

Take part in one of Scotland's most iconic open water swims across the fabled Gulf of Corryvreckan. Situated to the north of Jura and lying just off Scarba's southern shore, the Gulf is transformed into a whirlpool during both flood and ebb tides as the sea surrounds a pinnacle that rises to within 30 metres of the surface.

We swim safely across the Gulf during slack water when the whirlpool is dormant, finishing under the imposing 400-foot cliffs of Scarba. You will be accompanied by a full safety escort throughout the duration of the swim, before having the opportunity to relax in the picturesque hamlet of Craobh Haven at the end of your adventure.

WHO IS THIS TRIP FOR?

Conditions on this trip can be challenging, yet extremely rewarding, so a good experience of open water swimming in challenging sea conditions is a must for this trip. Due to the nature of this trip there is a minimum swimming speed of 35 min/km.

LOCATION SUMMARY

Craobh Haven

This picturesque yachting hamlet offers an excellent base for our crossing of the Corryvreckan. It offers free parking, a small shop and the "Lord of the Isles" pub.

The Legend of The Corryvreckan

Breakan, a Norwegian prince, fell in love with a princess of the Island of Jura. Her father only agreed to the relationship on the condition that Breakan must demonstrate his bravery by anchoring his boat for three whole days in the heart of the whirlpool. Breakan accepted the test and returned home, where he had three cables made of wool, hemp and maidens' hair. The women of Norway readily cut off their hair and plaited the rope. It was thought that the purity and innocence of the maidens would give the rope strength to hold the boat fast in the whirlpool. Breakan came back to Jura and anchored his boat in the Corryvreckan.

On the first day the hemp rope parted. On the second day, the woollen rope parted. On the last day they set the cable of hair and all went well until a strong burst of wind broke the rope. The boat was sucked under the sea by the whirlpool and a surviving crewman and Breakan's dog dragged the body of Breakan ashore to be buried in the King's Cave on the northern shore of Jura overlooking the Corryvreckan.

When the crewman finally made it home again and told of Breakan's fate, one of the young Norwegian ladies was consumed with guilt, as she was not as pure as she had claimed - it had been her hair which had weakened the rope.



TRIP SCHEDULE

Start Point	Craobh Haven Marina car park by Lochgilphead, Argyll, PA31 8UA www.craobhmarina.co.uk
Meeting Time	<i>Please see table below</i>
Finish Time	Approximately four hours after meeting time

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.

Swim Schedule

We meet in the Craobh Haven Marina car park. Once everyone has arrived, we have a safety briefing during which we'll explain the planned route, what to look out for and the safety escort cover that will be with you for the duration of the swim. Following the briefing, we'll get you all in for a short acclimatisation swim en route to our start point. It is compulsory for everyone to take part in this as it allows the guide to assess the group's swimming abilities and to group you accordingly. This is also an excellent opportunity for you to get acclimatised to the conditions too.

The journey from Craobh Haven to Jura takes roughly 30 minutes by boat. The swim sees you cross from the island of Jura to the island of Scarba under a full safety escort. The day will finish back at Craobh Haven harbour where, after changing, there is time to relax and reflect on your swimming adventure at the Lord of the Isles pub.

Meeting and Swim Times

The below meeting times are dictated by local tides in order to ensure that your swim takes place under suitable conditions. A decision on whether an attempt is made depends entirely on the conditions on the day and will be communicated to you by your guides and boat pilot as soon as this decision has been made. If conditions aren't suitable, it may be possible to make a second attempt later in the day, however this cannot be guaranteed and SwimTrek will not be liable for any accommodation or extra expenses that may be incurred as a result of taking part in this alternative swim. Please note that the approximate swim time is 1 hour 35 minutes.



SWIM DATE	MEETING TIME	DEPART MARINA	ESTIMATE SWIM TIME
Friday 30 July	13:00	13:30	15:30
Saturday 31 July	07:00	07:30	09:30
Sunday 1 August	07:45	08:20	10:20
Friday 13 August	11:45	12:15	14:15
Saturday 14 August	12:30	13:00	15:00
Sunday 15 August	13:30	14:00	16:00

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	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Swimming Goggles (x 2)*	<input type="checkbox"/>	Sweater / Fleece/ Waterproof Jacket
<input type="checkbox"/>	Wetsuit	<input type="checkbox"/>	Sun Hat and Sunglasses
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Aqua Shoes / Sandals

*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 eight guests. 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 support 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

The point to point distance across the Gulf of Corryvreckan is approximately 1½km.



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 swims. 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	13-15°C / 55-59°F	21-22°C / 70-71 °F
August	14-16°C / 57-61°F	22-23°C / 72-73 °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 swim. 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. We will always try and carry out the crossing on the first opportunity, however, an alternative swim time (later in the day) may be required, depending on the conditions on the day.

GETTING THERE

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 flights and other travel arrangements as early as possible in order to avoid price rises and availability issues.

The easiest way to get to Craobh Haven is by car, although there is the option to fly into Glasgow International Airport and rent a car too. The postcode needed to get to the meeting point at the start of your trip is PA31 8UA.

Travel to Craobh Haven

From Glasgow, Craobh Haven will take approximately 2½ hours to reach by car. It is also 20 miles south of Oban, which has National Rail and bus links available too. For further details on prices and timetables please see the below information:

Information on trains from the rest of the UK to Oban can be found at www.nationalrail.co.uk.

Information on buses from Scotland or the rest of the UK to Oban can be found at www.citylink.co.uk.

Information on local buses from Oban to Craobh Haven can be found at www.westcoastmotors.co.uk.

Please note that the 23/423 bus route from Oban to Craobh Haven does not operate on weekends.



PRACTICAL INFORMATION

Pre/Post Trip Accommodation

Should you wish to stop overnight in this beautiful area, we suggest staying at the following B&Bs:

HOTEL	WEBSITE / EMAIL	TELEPHONE NUMBER
The Dancing Fox*	The Dancing Fox	+44 (0) 1852 500 657
The Galley of Lorne Inn, Ardfern	www.galleyoflorne.co.uk	+44 (0) 1852 500 284
Primrose Cottage, Ardfern	markholroyd121@btinternet.com	+44 (0) 1852 500 205

*The owner of the Dancing Fox is an open water swimmer with a good understanding of swimmers' needs, so this is a perfect place to stay after the swim should you need accommodation in the area.

Extra Activities

Croabh Haven Watersports have a fantastic cafe on site, plus a picnic area by the water's edge which is ideal for any spectators or family. They even run fishing trips in the evenings during the summer as well as kayaks and paddleboards to hire (www.watersportscotland.co.uk).

Money, Extra Expenses and Tipping

You should bring money with you to cover items such as snacks, lunch, drinks, souvenirs, etc. Please note, showers and a changing room are available at Croabh Haven Watersports, however, they do charge £2 per person to use.

Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

Passports and Visas

Scotland is part of the United Kingdom and European Union. Non-residents of the United Kingdom require a full passport (or valid ID card for citizens of other E.U. countries) 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 US, Canada, Australia and New Zealand do not require a visa to enter the United Kingdom. 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 United Kingdom, 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.

Internet Access, Electricity and Travel Plugs

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