



TRIP OVERVIEW

For this YogaSwim experience we are based in Cumbria's picturesque Lake District National Park. The Lake District covers around 700 square miles of England's most beautiful natural scenery. It's a region of high mountains, deep valleys, large lakes, remote tarns and spectacular waterfalls. Return to nature with freshwater swims in lakes and mountain tarns, walks to clear the mind and free the senses, and yoga to relax and strengthen the body.

We stay in two types of accommodation throughout the season - these are Glenthorne Guest house (a traditional Quaker house), or The Inn at Grasmere (a relaxed hotel in the centre of the village). There will only be one accommodation for each departure, so please refer to the dates to find the accommodation you are after.

No matter where you're staying, your trip offers an adventurous blend of lake and tarn swimming, supported by daily yoga sessions. You'll have plenty of chances to enjoy some of the region's most breathtaking locations. All swims cover manageable distances and are broken up with some challenging, but spectacular, fell walking between locations. All this creates a perfect opportunity to leave the bustle of everyday life behind - simply disconnect for a few days of immersive yoga and swimming in the most iconic northern patch of English countryside!

WHO IS THIS TRIP FOR?

This trip is designed for swimmers who enjoy yoga, or who want to explore the benefits of yoga and how it naturally complements and enhances our swimming. We swim twice per day in freshwater and among some of the country's most beloved scenery.

The trip explores the beautiful surroundings of the Lake District so swimmers should also be comfortable walking at variable gradients for at least 45 minutes to reach remote swimming spots.

Swimmers do not require open water experience but should be capable of completing the average swim distance of 1 km prior to the start of the trip. The average daily swim distance is around 2km (split over a minimum of two swims). No prior experience of yoga is required.

We have given this trip a 'Leisurely' grading designed for people who want to swim at a more relaxed pace and enjoy the scenery. This grading is for the swim only and does not consider the challenging walks to each remote location.

Swims are shorter than an average SwimTrek Trip, so if you prefer to cover more km's per day then you may like to explore our [Lakes & Tarns](#) trip.

WHY YOGA AND SWIMMING?

Yoga and swimming are a perfect combination. For swimmers, yoga offers both physical and mental benefits. Yoga increases awareness to breathing, develops strength and increases mobility, especially if



you can work yoga into your daily routine. Through meditation, relaxation and stretching, yoga has incredible restorative qualities, relaxing the nervous system and muscular tension. It can help you centre and focus, and to find the perfect rhythm for your swims.

LOCATION SUMMARIES

Central Tarns

The tarns in this area are some of the finest bodies of water within the Lake District National Park, including Easedale. They are relatively remote and afford magnificent views of the Southern Fells. The precipitous and rocky nature of the terrain (plus the limited local agriculture) give all these tarns their unique purity. They are all ideal locations for open water swimming due to their shallow depth, seclusion and ease of entry and exit for swimmers.

Central Lakes

Grasmere and Rydal Water are situated to the north of Windermere – they are as picturesque as any spots you are likely to find in The Lakes. Unique to these lakes, each of these bodies of water contains an island located centrally, so there's always an opportunity to have a rest on your crossing.

TRIP SCHEDULE

Start Point	Glenthorne Guest House , or The Inn at Grasmere ;
Start Time	14:00 on Day 1
Finish Point	Glenthorne Guest House , or The Inn at Grasmere ,
Finish Time	14:00 on Day 3

Please note that the below daily itineraries are an example of the swims that may take place during 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.

Day 1

We gather at the Glenthorne Guest House this afternoon for a welcome meeting and a chance to get to know your guides and fellow SwimTrekkers. We then take an easy walk through the forest and fells, which takes us along the western shore of Grasmere Lake, to our acclimatisation swim. The swim is followed by a short yoga practice covering basic 'asanas' and learning the principle of 'effortless effort' within our swimming and yoga, preparing us for the days ahead. After such a full afternoon we all take



dinner together at the Glenthorne, which is included in your package.

Day 2

This morning, we will meet early for our yoga practice. This is a chance to explore how our poses support us in the water through greater balance, mobility, alignment, and connection to breath. After breakfast, we meet at the guest house and walk to Rydal Water - Rydal is the shallowest of the lakes, which keeps the temperature relatively warm. Heron Island, located in the middle of the lake, is an ideal resting point during our swim. You can clearly see High and Low Pike, as well as Great Rigg, taking in the region's beautiful scenery from the water. After our swim, we enjoy a packed lunch at Rydal Water.

Well-fed and rested, we head back to Grasmere for your second session of yoga.

The practice will consist of slow deep stretches which we will hold as we begin to understand the feeling of letting go in a pose. You'll find that this will also help to improve your swimming technique. Tonight, you are free to explore Grasmere and select somewhere to have dinner.

Day 3

This morning we have our final yoga practice. We explore how yoga not only improves strength and mobility, but also control of our breath, enabling us to take a fresh awareness into our future swims.

After a hearty breakfast, the first trek of the day is up Sour Milk Ghyll to Easedale Tarn, referred to by the poet Thomas de Quincey as 'a chapel within a cathedral.' This is one of the most picturesque spots in The Lakes and feels like your own private pool since we get here well before any other visitors. While swimming, you will notice the steep hillsides surrounding the tarn, which rise on the right to Tarn Crag, and, on the left, form Castle How and Blea Rigg.

After leaving the water for a hot drink, we take a walk back down to Grasmere, where we have a picnic lunch before our weekend of idyllic lake swimming and walking comes to an end.



TRIP GRADING

We have given this trip a 'Leisurely' grading designed for people who want to swim at a more relaxed pace and enjoy the scenery. This grading is for the swim only and does not consider the challenging walks to each remote location.

Swimming Distances

Swim	Distance	Swim	Distance
Rydal Water	1½ km	Grasmere Lake	1½ km
Easedale Tarn	1 km		

Swimming Conditions

Swimming in lakes is a fantastic experience, however water quality can, at times, be affected by water runoff from local fields. Blue Green Algae and Weil's Disease are possible contaminants, so if you do feel unwell at any stage during or after the trip, you should visit a GP immediately, telling them you have been lake swimming.

Walking Distances

Walk	Distance	Walk	Distance
Grasmere - Rydal	4 km (uphill)	Rydal Water - Grasmere	3½ km
Grasmere - Easedale Tarn	3 km (uphill)	Easedale Tarn - Grasmere	3 km

Walking Conditions

Whilst we have given this trip a grading of Leisurely for the swimming conditions, we want you to enjoy exploring the scenery the Lake District has to offer. The walks to our swimming locations will vary in gradient and intensity. The tracks can be challenging and tricky underfoot. Some of the walks are uphill and require comfortable walking shoes.

Temperatures

MONTH	WATER TEMPERATURE*	AIR TEMPERATURE*
June	14-17°C / 57-63°F	18-20°C / 64-68°F
July	16-19°C / 61-66°F	20-22°C / 68-72°F
August	15-19°C / 59-66°F	19-21°C / 66-70°F
September	15-18°C / 59-64°F	18-21°C / 65-70°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. Therefore, 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.

TRIP INFORMATION

Group Size

This trip has a maximum group size of 16. The group will be split into a maximum of three groups, based on speed, with each group being accompanied by your SwimTrek guide and Safety Support Crew.

Boat Support

Boat support on this trip includes a combination of canoes and kayaks. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Extra Activities

Our fantastic water safety partners, Into the Outside, also deliver several Lake District activities. If you would like to add additional excursions either side of your trip, you can find out more at <https://www.intotheoutside.co.uk/> or contact them directly at info@intotheoutside.co.uk

Yoga Practice

Our 1-1½ hour morning practice is designed to help you prepare for the day, energising and invigorating your body for exhilarating swims and walks. This practice may include a mix of standing poses ('asanas'), back or forward bends. All poses are completely optional, and props may be used for support. The practice will develop stability and alignment for the specific muscle groups we will use when swimming. After our active day, we'll unwind our tired bodies and relax with a restorative evening yoga class. This is a gentle session which will help the mind and body let go and allow you to enter a state of relaxation. Please note, depending on the location of the yoga, there may be a short walk from the hotel to reach the space.

Please note, yoga is not included for non-swimmers, but they will be able to join if there is space.

Equipment Checklist

For your basic, essential packing list, please visit our [Packing List](#) page on the website. Please see the table below for **additional, location specific** items.

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Personal hot drink flask	<input type="checkbox"/>	Small Day Pack (Preferably Waterproof)



<input type="checkbox"/>	Aqua Shoes / Sandals	<input type="checkbox"/>	Woolly Hat and Gloves
<input type="checkbox"/>	Towel	<input type="checkbox"/>	Wetsuit
<input type="checkbox"/>	Walking Shoes / Boots	<input type="checkbox"/>	Sun Hat and Sun Cream
<input type="checkbox"/>	Waterproof Trousers and Jacket	<input type="checkbox"/>	Warm clothes

Please ensure you bring a suitable backpack so you can comfortably carry all the essentials you need. Whilst we want you to remain warm, we advise against bringing large drying robes as they are very bulky to carry between swims.

You will be required to carry your kit at the start and end of your day, but your belongings will be portaged between swims if appropriate. For this reason, we recommend your bag is waterproof. We also ask that you bring a personal drinks flask that you can fill from the hotel on the morning of each day. We will supply plenty of top up opportunities throughout the day. Finally, due to the variable nature of conditions on these swims, wetsuits are strongly recommended.

SwimTrek will supply yoga mats, yoga props, swim hats, water and electrolyte drinks. If you prefer to use your own yoga mat or would like to use a wetsuit, rash vest, snorkel or fins during your swims, please ensure that you bring these with you.

GETTING THERE

The easiest way to reach the Glenthorne Guest House is to drive, however, you can also reach the guesthouse via train, taxi or bus. 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 to avoid price rises and availability issues.

Getting to Grasmere via Public Transport

From London or Glasgow, the journey will take approximately three hours, while from Manchester journey time is approximately two hours. The nearest train station to Grasmere is Windermere which is approximately 9 miles away. For detailed train timetables and prices, visit: www.nationalrail.co.uk.

From Windermere train station, you can choose to take a taxi, or a bus operated by Stagecoach which will take approximately 30 to 40 minutes. There are several buses from Windermere to Grasmere Centre. The Glenthorne Guest House is a 5–10-minute walk from Grasmere Centre along Easedale Road. To book a ticket or find bus timetables, please visit: www.stagecoachbus.com.

Driving To Grasmere

Grasmere is in the centre of Lake District National Park. The Glenthorne Guest House is located 500m north of the centre of Grasmere on Easedale Road. The postcode is LA22 9QH. When you turn into



Easedale Road, the guest house is located 200m along on the left-hand side. On-site parking is available for all guests.

ACCOMMODATION

The Glenthorne is located right in the heart of Grasmere and within five minutes of the village. It offers a relaxed, welcoming atmosphere with comfortable accommodation and delicious home-cooked meals in stunning surroundings. Our accommodation is based on twin-share rooms with either shared or en suite facilities. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability. Please note that unless you select an en suite room you will share a bathroom between two rooms.

Pre/Post Trip Accommodation and Trip Extension Options

If you require additional nights' accommodation before or after the SwimTrek tour, this can be arranged directly through the Glenthorne via email at info@glenthorne.org, or the The Inn via email at reservations@theinnatgrasmere.co.uk

Food and Drink

Dinner is included on the first night. Dinner on the second night is at your own expense. This gives you the opportunity to either dine in, or to explore and experience a local restaurant of your choice. For dinners we will generally dine together, but you are free to choose where and with whom you would like to dine. Restaurants get busy so advance booking is recommended. Breakfast and lunch on the following two days are included in your package price.

For more information, please visit: www.swimtrek.com/food-and-drink

TRAVEL ADVICE

Money, Extra Expenses and Tipping

You should bring extra money with you to cover items such as entertainment, dinner on Day 2, snacks, and souvenirs. The local currency in the U.K. is British Pound Sterling (£).

In some countries tipping, gratuities, is not part of the culture in others it has become an expected norm. We believe that tipping is done entirely at your own discretion. If you have been provided with excellent it may be something you wish to do. Your SwimTrek Guides can advise on local norms for service providers like boat crew, waiters, or taxis. Nothing is expected for your SwimTrek guides, but many groups like to present something to the Guides at the end of the trip.

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.

For more information please visit: www.swimtrek.com/sustainable-travel

Passports and Visas

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 all EU member states, the US, Canada, Australia and New Zealand do not require a visa to enter 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.

Internet Access, Electricity and Travel Plugs

At the Glenthorne Guest House, most rooms and communal areas have access to free Wi-Fi.

At The Inn at Grasmere, all rooms have free Wi-Fi and a flat screen TV

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