

Lake District Wild Swimming and Yoga retreats

Friday 24th to Monday 27th April 2020

Sunday 11th October to Wednesday 14th October 2020



At a glance

What's included:

- Accommodation in a shared twin en-suite room
- All meals including packed lunches
- Daily yoga
- Guided day walks
- Guided wild swimming
- Yoga mat and blocks
- Blankets
- Changing towel robes for swimming
- Bus/taxi/parking costs for activities

What's not included:

- Transport to and from the venue
- Bar snacks and drinks
- Wetsuit or accessory hire
- Other equipment hire
- Refreshments in cafes or pubs

Introduction

Based at the idyllically situated Glaramara Hotel in Borrowdale this retreat offers accessible yoga to complement gentle walks and wild swimming.

We are blessed with a peaceful location and fantastic views from our comfortable hotel. Walks and swims are on our doorstep in the beautiful Borrowdale Valley. We may also visit Crummock Water and Buttermere, swimming in crystal clear water and surrounded by stunning mountain scenery.

The focus of our retreat is on leisurely activity and finding comfort in our surroundings. Participants are asked to leave activity trackers behind and enjoy the simple pleasure of fluid movement.

Arrival is from 3pm. The group will meet at 5pm for introductions and yoga before dinner. Each morning of the retreat there is morning yoga or swimming, followed by a day walk with swimming after breakfast. Each evening there is yoga before dinner and a bedtime guided meditation. All activities are optional and you can take part as much or as little as you wish.

The retreat finishes on the morning of Monday 27th/Wednesday 14th and a final activity will be offered depending on group appetite.

Accommodation

You will be staying in en-suite twin rooms shared with another female member of the group. There are no single rooms available.

Rooms have an ensuite shower room, hairdryer, tea and coffee making facilities, dressing table and wardrobe.

The hotel has a drying room for outdoor clothing, a bar, sitting room, and plenty of outdoor space. There is no mobile signal. A payphone and limited wifi is available in the hotel.

Getting here

Glaramara is just outside Seatoller, a small hamlet at the head of the Borrowdale Valley. The address is Glaramara Hotel and Activity Centre, Seatoller, Borrowdale, CA12 5XQ

For public transport, the hotel is 25 miles from Penrith railway station. Buses to Keswick run hourly, change at Keswick for the Borrowdale service. A taxi costs around £60 and journey time is at least an hour.

Food

All meals are prepared in house at Glaramara with a focus on local dishes and flavours. Dietary requirements can be catered for. This is not a health retreat. You can expect hearty meals and delicious desserts.

All meals are included in the price starting with a hot and cold breakfast buffet. We take a packed lunch on our walk and may also stop at a cafe. A three course evening meal is served at 7.30pm. The hotel has a well stocked bar and serves snacks and cakes through the day.

Yoga

On this retreat you can enjoy twice daily yoga sessions, tailored to the group experience. You can expect styles including slow flow, hatha, yin and vinyasa yoga. If you have never done yoga before don't worry. The sessions are delivered in a way to cater for all levels.

Each evening, enjoy a guided relaxation after the evening meal to help send you off to bed.

All yoga sessions are optional.

Swimming

Each day starts with a 7am swim or yoga session. After breakfast we head out on foot to our main swims. These are usually reached on foot and will involve a walk no more than 3 miles.

The ability to swim crawl is not necessary; good, confident head up breast stroke is more than sufficient. We are taking wild dips, enjoying the experience of being in a natural body of water, rather than swimming miles. You should be a confident pool swimmer and able to tread water

comfortably. Please be aware you may not be able to touch or see the bottom in areas we swim and there won't be a 'pool edge' to grab on to.

The experience will be more enjoyable if you are acclimatised to swimming outdoors. A wetsuit is not essential but you may find it helpful if you are not acclimatised to swimming outdoors. Wetsuits and thermal accessories can be hired.

If you are concerned about water temperature then be advised that April will be colder than October.

All swims are optional.

What to bring

Yoga takes place in the hotel and we will be walking to our swim locations. None of the locations are in hard to get to places, nor will the walks be more than 2-3 miles. You won't need mountaineering equipment however you should pack for outdoor conditions and bring a suitably sized backpack.

Yoga mats and blocks as well as blankets are provided. Changing robe and mats are provided for swimming. The robe doubles as a towel so please do not bring a bulky towel. A small sports towel will be suitable.

A full packing list will be emailed on booking.

Your Guides

The retreat is led by Suzanna and supported by Alice McNeil of Hope Yoga. Both guides will be resident at Glaramara with the group. We are qualified in our respective fields as well as being first aiders. Suzanna is an Outdoor First Aider, trainee Mountain Leader and Open Water Lifeguard.

Payments and Cancellations

The retreat costs £445 and is bookable with a deposit of £150 paid by bank transfer. The balance is due 6 weeks before the start of the retreat.

If you have to cancel you will receive your deposit back once your place on the trip has been filled. If you have to cancel after the full balance has been paid then this can only be refunded if I am able to fill the place on the trip. In both cases, an admin fee of £15 will be deducted from your refund.

I reserve the right to offer an alternative activity in case of inclement weather conditions.

You should arrange your own holiday insurance.