

Take the Plunge With New Wild Swimming Package in the Lake District

Wednesday 13 May, 2015

Take the plunge with new Wild Swimming package in the Lakes

Inspired by the Great North Swim? You needn't be a seasoned professional to create your own outdoor swimming adventure this summer, with a new Wild Swimming package being launched in the English Lake District.

The Cragwood Hotel, nestled on the shoreline of England's longest lake, has teamed up with specialist open water swimming company 'Head to the Hills – Swim the Lake District' for a series of guided swims for their guests in July and August.

Suitable for anyone aged 16+ who can comfortably swim 1,000 metres in the pool, open water swimming is a unique way to enjoy the Lakeland landscape. Along the way, you'll be under the watchful eye of experienced open water swimmers and qualified lifeguards, who have been swimming the rivers, lakes and tarns of the Lake District for many years.

Why not try a wild swim through the tranquil Lake District Vale revered by famous Lakeland poets? Or perhaps you fancy swimming down a river without a paddle, exploring a secret river venue which is home to the kingfisher, otter and pike? Both The Poet's Punt and Down the River Without a Paddle are perfect for beginners and intermediate outdoor swimmers.

To calm the waters before you take the plunge, you'll stay overnight at the Cragwood Hotel and catch up on a great night's sleep ahead of a uniquely exhilarating start to the day. The full package includes:

- Four course dinner on the night of your arrival
- Overnight stay at the Cragwood Hotel
- A light continental breakfast before your swim
- A morning guided swim session with Head to the Hills
- Wetsuit hire (if required)

Upcoming dates are:

- Arrive 30 June and swim 'The Poet's Punt' on 1 July
- Arrive 21 July and swim 'Down the River Without a Paddle' on 22 July
- Arrive 4 August and swim 'Down the River Without a Paddle' on 5 August
- Arrive 25 August and swim 'The Poet's Punt' on Wednesday 26 August

The cost for a one night stay and wild swim session is £135 per person. Non-swimming friends and family are welcome to relax on the lakeshore (or just enjoy a full English breakfast at the hotel!) Non-swimmers cost £105 for a one night break.

To extend your stay, a two night stay at Cragwood (DBB) with the morning guided swim session costs £240 per person. The two night rate for non-swimmers is £210.

To book email or call the hotel on 015394 88177.

Notes to Editors: If you would like more information or hi-res images, or are interested in a press trip to the Cragwood Country House Hotel, please contact: Heather Sewell, 01539 825002 / 07795 487003 / hsewell@cumbriatourism.org

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