



WILD WALES



WILD SWIMMING - HOW FIT DO I NEED TO BE

Swimming outdoors, in wild places, usually involves a walk over uneven ground that might be uphill. Some of our swim spots are at least 30 minutes walk from parking and toilets.



SWIMMING

Our swim spots are wild, wonderful. Where we get in and out of the water can be rocky and slippery. Some of our swim spots are remote. You'll need to be confident in the water under supervision and be comfortable in moving water that can feel cold.

WALKING

Access to almost all of our swim spots is over uneven ground that can be slippery and muddy. You should be able to walk uphill for 30 minutes and be confident walking over uneven ground. You might consider bringing walking poles.

MEDICATION

You **MUST** bring any personal medication with you. We can carry personal medication in dry bags for you. Personal medication means EpiPens, Inhalers, 'as needed' prescribed medicines or personal pain relief for things like sore muscles.



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