



WILD WALES



WHAT WE'RE DOING

We've put together a guide as to what to expect over the weekend. Timings are flexible and swim locations may change due to the weather. The itinerary below is for guidance only.



FRIDAY

Arrive from 3pm

4pm - Intros and welcome chat in the dining room

Short walk to local river for a swim

6.30pm - Dinner at Ty Newydd

SATURDAY

8am - Breakfast

9.30am - Lake Swim

1pm - Lakeside picnic lunch

Afternoon waterfall swim

6pm - Yoga session at Ty Newydd

7.30pm - Dinner

SUNDAY

7.30am - Pastries and coffee

8am - Head out for final swim

11.30am - Brunch at Ty Newydd

12.30pm - Depart



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