



**WILD WALES**



# A WILD SWIMMING DAY OUT

Timings and locations are flexible. We'll often change our plans based on weather and the people we have with us. It'll all be glorious though.



## MEETING

We'll meet you at a really clear location or we can pick you up from your accommodation, from there we'll start our adventure

## WALKING

Once we've parked up we'll almost always have a walk to our swim spot. Sometimes that walk might be over uneven ground, often that walk is uphill. The scenery will be amazing, the chat will be great

## SWIMMING

We'll coach you before you get into the water and we'll normally get into the water slowly. Sometimes we'll play in waterfalls, sometimes we'll swim the length of a lake - it's up to you. What do you want to do...



[explorewildwales.co.uk](https://explorewildwales.co.uk)



01766 607003



[hello@explorewildwales.co.uk](mailto:hello@explorewildwales.co.uk)