

Pembrokeshire Swim Adventures



DATE :

Friday 23rd June–
Sunday 25th June
2023

LOCATION :

Celtic Camping, St
David's,
Pembrokeshire.
SA62 6DG

THE LOCATION

Our base is an award winning campsite nestled on the edge of the Pembrokeshire coast, nr St Davids. This area is Britains only coastal national park and is one of most stunning sections of Coastline in the world as voted by National Geographic and Lonely Planet. Don't just take our word for it, come and experience it for yourself!



WHAT IS PROVIDED IN THE PRICE?

Guided expedition swims and dips with qualified lifeguards and kayak support in stunning locations

Breakfast and Lunch for Saturday and Sunday.
Transport to and from the swim locations.

Two nights camping in an award-winning campsite set in an idyllic location.



What to expect...

Arrive at Celtic Camping on Friday afternoon and set up in our camp. You can bring a tent or live-in vehicle, and we will all camp together. The award-winning site is a real gem, a perfect mix of laid back and comfortable. We will have evening fires and you can keep your vehicles next to your tents. There are also plenty of hot showers!



Friday evening you are welcome to eat in the Celtic Camping cafeteria, hit the local pub or cook for yourself. This is to allow people to arrive in their own time. Pending everyone's arrival time, we may head to hidden local beach for an evening dip! This is within walking distance from the campsite so we will remain flexible, and you will have the option. We will discuss the plans for the following 2 days based on weather predictions.

On Saturday and Sunday, we will swim planned point-to-point swims around the beautiful Pembrokeshire coast, this area is Britain's only coastal National Park. We will provide all transport for the group to the locations.
Our swim expeditions will give you an unforgettable experience of this scenic coastline.



We are spoilt for stunning routes and swim options, the guides will decide on which routes we swim based on the group, the weather, tides, and wind direction. The swims we have available to choose from vary from 1.5k to 5k and we will pick the best options based on everyone's experience and goals as a group.





The planned routes will also involve walking the coastline. We will generally plan a route where we park at a location and walk / swim a round trip using the stunning coastal path. A single route may also involve multiple swims and walking at various stages. If necessary, we will provide Ruckrafts for specific routes allowing you to walk and swim towing your shoes etc, these offer a great experience allowing you to cover land and sea independently.



As well as the point-to-point swims, we will head to the beach for some dips!

We will provide breakfast including a full cooked breakfast option and tasty, packed lunches and snacks. Please let us know of any dietary requirements, so we can cater for you. In the evenings, you have the option of cooking for yourself in camp, visiting the campsite cafeteria or eating out. There are some fantastic local pubs with tonnes of character, that we can recommend. We will remain flexible and allow everyone the freedom to decide what they would like to do each evening.

PARTICIPATION...

-  You must be able to swim continuous front crawl for a minimum of 45 mins comfortably. But please note this is not a race, our swims are not competitive
-  You must be able to swim 1k in 30 mins.
-  You must be confident in open water and have some sea experience.
-  You must have a good level of fitness and be happy walking cross country.

SWIM SAFETY...



There will be 2 qualified beach lifeguards on all swims and there will be a safety briefing at the start of each swim.

Please note the walks may be on slippery, rocky, or uneven ground, such as a coastal path.

Our guided swims are all in open water. They may be in exposed areas where choppy water and waves are common.

The guides will decide which routes are chosen based on weather conditions and group abilities.

You may see local wildlife while swimming including seals, or dolphins this is not something to be concerned about but is an amazing experience.

It is not a race! Our swims are NOT competitive. The group will stay together, and faster swimmers will be asked to slow down to wait for slower swimmers. Think of it as a unique sight-seeing expedition and enjoy the experience. There is no such thing as slowing the group down

You will be provided with a Ruckraft if the route requires it. You will need to bring everything else you need to swim with you.

Wetsuits are advised. If you want to swim skins, you MUST inform us prior and provide suitable evidence of experience. There will be short breaks in the swim to ensure the group stays together. The guides have final say on whether we can swim a route or not. All walk / swim times are Approx. and depend on the group. If we are using a Ruckraft, you do not need to pack light. The Ruckraft will carry a whopping 70L expedition pack with ease and remain easy to tow. You will be advised each day what you need.



What you need to bring..

- **Towel / changing robe**
 - **Roll-top Tow Float that can carry footwear**
- **Warm clothes / hat / waterproofs depending on weather.**
 - **Goggles**
 - **Swim cap**
 - **Wetsuit / swimsuit**
 - **Extra drinking water / snacks / warm drinks**
- **Swim socks / boots / shoes / sandals for rocky beaches**
 - **Suitable walking shoes or boots.**
- **Lightweight warm clothing such as thermals.**
 - **Sun cream / cap / Sunglasses**

Q & A

CAN I BRING MY PARTNER, FAMILY OR FRIEND ALONG?

Yes! You can bring extra guests (limited to partners, family, and children) and pay the campsite directly for their stay. Unfortunately, they will not be able to take part in our guided activities, but they may stay in our camp.

I WANT TO COME BUT HAVE A FEW CONCERNS, CAN I CHAT THEM THROUGH?

Yes please do! Give us a call on the details below.

WHAT IS YOUR CANCELLATION POLICY?

Any cancellation within 4 weeks notice of the booked date is non-refundable.

If you cancel a session with over 4 weeks notice, we will either work with you to move your booking to another session or give you a full refund.

We will always try to work with you in the event of any unforeseen circumstances.

Please read our full terms and conditions here:

<http://www.swimwildwales.com/s/SWW-Terms-and-Conditions.pdf>

CAN I PURCHASE A RUCK RAFT?

If you enjoy the experience and would like to own your own Ruckraft, you can purchase them directly from <https://www.abovebelow.sc>. The good guys at Above Below have provided us with a discount code. You can use SWIMROOTS for 15% off your purchase.

HOW DO I BOOK?

Contact Bryce Davies to book on,

07977 138587

swimwildwales@yahoo.com

Instagram - [@swimwild.wales](https://www.instagram.com/swimwild.wales)

Facebook - [@Swimwildwales](https://www.facebook.com/Swimwildwales)

