



DATE :

**Saturday
26th August**

ROUTE : 12K

**Flat Holm Island
to
Whitmore Bay,
Barry**

THE SWIM

This is an Incredible opportunity to take part in a first-of-its kind event - A 12k swim from Flat Holm Island to Whitmore Bay, Barry.

Flat Holm is a remote island sat deep in the middle of the Bristol Channel. 4 miles from shore between Wales and England.

We will guide you on a 12k swim to Barry's famous Whitmore Bay. A deep-sea adventure unlike no other in the UK.



WHAT IS PROVIDED IN THE PRICE?

- Coach journey from Barry to Cardiff Bay.
- Boat journey to Flat Holm Island
- High ratio lifeguard and Boat support
- Pre-swim snacks and water
- High quality Event tee
- Event Swim Cap
- Kudos



What to expect...

You will arrive at Barry for registration and receive a safety briefing. We will allocate you to a group based on your feedback form. From here, you will be put on a coach and taken to Cardiff Bay barrage, where you embark on a boat journey to Flat Holm island.



Upon arriving at Flat Holm, you will receive a second briefing about the swim and safety procedures, before setting off with your allocated group and safety team.

The swim will last approx 2.5-3.5 hrs, so you must be prepared, and have sufficiently trained for the distance and duration. The route is very exposed to the elements, so you must have sufficient experience in choppy water. Expect a bit of bounce!

The swim will end at Whitmore Bay, a large sandy beach with additional lifeguard cover. There are plenty of ice-creams, hot drinks and food available on the beach, as well as a Hero's welcome.



Flat Holm island has such a rich history! The earliest visitors were in the 6th century, it has been used for smuggling, and the first ever wireless signals were transmitted over the sea from Flat Holm to Lavernock point.

The lighthouse is 300yrs old. There are many remnants of a fortress built in 1860 and also of the ww2 Army defence station, as well as a cholera and isolation hospital built in 1883.

The island is also full of wildlife! The gull population during summer is in the thousands, as well as resident rabbits, sheep and other birds. It really feels like escaping to a remote wild sanctuary and the island has such a unique energy. It also boasts to have Wales's most southern pub, the Gull and Leek, however we advise against a drink before the event! :)








There will be snacks provided pre-swim. Participants will travel in their wetsuits (bottom half only) from Barry to Flat Holm, and be advised to wear light but warm tops such as long sleeve merino tops, or similar under armour / active wear, and lightweight windproof jackets.

Sandals or similar lightweight shoes may be worn, however all items of clothing MUST be able to fit inside your mandatory tow-float. We are not able to look after your gear while you swim, so please do not bring changing robes or any bulky clothing with you on the journey.

We will provide bin-bags for any drinks bottles / food wrappers etc on the island.

PARTICIPATION...

-  You must be able to swim continuous front crawl for the duration of the swim. Please note this is not a race, This swim is not competitive. The swim is likely to last between 2.5 - 3.5 hours.
-  Tow Floats are mandatory. You must be able to carry all clothing and footwear worn on the coach and boat in your tow-float. Pack warm and light!
-  You must be confident in open water and have some sea experience. Conditions are likely to be choppy. Train accordingly in the lead up to the event.
-  You will be grouped according to your speed stated on your feedback form. Faster swimmers will be asked to slow down to stay with the group. Alternatively, if you are considerable slower than your group, you will be picked up by the boat. Your safety is our priority, and groups **MUST** stay together. Groups will consist of around 10-16 swimmers max
-  All swimmers must provide evidence of long-distance swim experience in the form of Garmin / Strava data (or similar). We may also ask for additional references.

SWIM SAFETY...



Safety support is provided by South Wales Water Safety, an experienced team of lifeguards and board paddlers, with the assistance of Swim Wild Wales and local Surf Life Saving clubs.

Additional medical cover will be provided by St Johns ambulance.

We are running a very high safety ratio per swimmer. Each small group will have approx 3 lifeguard paddlers and a safety boat guiding you on the swim.

Navigating the currents can be tricky, so you will stay as a group. This is not a race! Think of it as a guided adventure!

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 and challenging expedition and enjoy the experience.

The Safety team will make necessary decisions based on the groups safety. If a swimmer is swimming at a pace that may affect the groups ability to complete the swim , they may possibly be picked up and moved further up the pack.



ABOUT US..

Swim Wild Wales is all about open water. Our passion is swimming in the Sea, Rivers and Lakes, and making the most of the beautiful coastline and countryside in Wales. For us, it's not about being the fastest or most competitive, it's about connecting with our environment and enjoying the adventure and challenge.

We are qualified Open Water and Surf Life saving coaches, and qualified Beach lifeguards. We offer regular Open Water swim coaching, guided sea-swims, and classroom based sea-safety clinics.

Escape from Flat Holm is a passion-led project. We are a very small team and operating with very small margins to make this event possible. The logistics of this event are very challenging, and the price of your ticket reflects this. Rest-assured, every penny is being spent on ensuring your safety and providing the highest quality event that we possibly can.

What you need to bring..

- **Towel / changing robe for after the swim**
- **Light and warm clothing to wear on the coach and boat**
- **Roll-top Tow Float that can carry footwear and clothing**
 - **Goggles**
 - **Wetsuit / swimsuit**
- **Extra drinking water / snacks for the journey to the island**
- **Swim socks / neoprene shoes / sandals / light footwear**

Q & A

CAN I BRING MY PARTNER, FAMILY OR FRIEND ALONG?

Only swimmers are able to travel to the island. Family and friends can enjoy the wonderful Whitmore Bay, one of South Wales's largest sandy beaches complete with funfair, shops, cafe's and bars.

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

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

IS THERE PARKING AT WHITMORE BAY?

Yes, there is ample paid parking at Nells Point car park in Whitmore Bay, and Harbour rd pay and display, as well as additional parking on the road. All car parks are near the beach.

WHAT TIME IS REGISTRATION?

Registration will be between 9am - 10am at Whitmore bay. You will receive a full itinerary closer to the date with exact timings, locations and instructions.

CAN I SWIM SKINS?

Skins-swimmers must provide evidence of long distance open water skins-swims in the form of Garmin / Strava data. We may ask for additional references.

LEGAL

You can read our full terms and conditions here:

<http://www.swimwildwales.com/s/SWW-Terms-and-Conditions-k65h.pdf>

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