



# WILD SWIMMING WEEKEND

## at Budock Vean Hotel with Cornish Kelpie

Escape to the stunning Cornish countryside for a rejuvenating Wild Swimming Weekend from Saturday, 10th May 2025. Immerse yourself in the beauty of the Helford River with two guided wild swims.

#### Saturday 10th May

3pm: Check in

3.30pm: Meet and greet with your instructor and head down to the foreshore

**4pm:** Wild Swim session

Experience the power of "Cold Water Swimming" with Cornish Kelpie Open Water Swim Coaching. This is a fun beginner course for those at the start of their sea dipping/swimming journey, as well as cold water fanatics. You can wear whatever gives you the post swim "high" experience so either a swimsuit, swimsuit with wetsuit boots &/or gloves or wetsuit, whichever you prefer. Remember to bring along something warm for after the swim like a wooley hat, Dry Robe and/or blanket.

Head back to the hotel for tea and cake

Enjoy a delicious evening meal in our restaurant.

## Sunday 11th May

7am: Wild Swim session

Start your day right and enjoy a fabulous breakfast.

Full use of hotel facilities indoor pool, sauna, hot tub & golf.

Enjoy a delicious evening meal in our restaurant.

### Monday 12th May

Start your day right and enjoy a fabulous breakfast.

Full use of hotel facilities indoor pool, sauna, hot tub & golf.

Subject to change