



**UK SOUTH  
DEVON SWIM  
WEEKEND**

**FRI 11TH TO  
MON 14TH JULY  
2025**

# USEFUL INFO

We are Kate and Ivan Burton. Both swimming enthusiasts, triathletes, and lovers of the outdoors. We have both spent our entire lives working in the outdoor environment. Kate has a background in Outdoor Education, and experience in guiding groups in water and on land, including extensive mountain and river leading around the world. Ivan is a water man through and through, a resident senior trainer and assessor for the RNLI, he also studied Surf Science! We're also qualified Level 2 Open Water Coaches, so you're in competent and experienced hands.

## What's Included

- Safety cover for swims
- Coaching while out and about, stroke analysis
- Theory sessions about water (if wanted)
- Video/Photo of the swims
- Hot drink and snacks after each swim

## What's not included

- Meals
- Transport to the area
- Transport to the swims
- Car Parking Charges
- Any extra snacks or drinks outside of post swim cake and hot drink
- Any swim specific kit - remember tow floats are mandatory
- Any personal travel insurance

Your safety is our number one priority, we have lots of options due to diverse mix of coast/rivers/hills, and unless the conditions are really poor then we should almost always be able to find somewhere for a dip. The majority of our safety cover is done from by swimming with the group in the water, towing safety equipment and from rescue boards.



# ITINERARY

We start the weekend by meeting at Challaborough Bay 7.30pm on Friday 11th July. If you'd like to grab dinner we will be getting fish and chips from Fryer Tucks. This is to meet, chat and plan for the next day. You are more than welcome to eat, or just come for a quick drink. We will create a WhatsApp group so that we can all stay in touch, share photos and also 'drop pins' of locations for the next swim. Please be aware the itinerary laid out below is just an example of what could happen, to give a rough outline for the weekend.

Saturday - meet up with the guides at 9.30am ready for a swim around Burgh Island. We enjoy a chippy lunch, and then walk 2km across the coast path to a more secluded swim through some tunnels. We say goodbye for the evening between 4-6pm. Your evening is then free for you to do as you please. Retire to your hotel and order a take away, or plan a BBQ on the beach with the other swimmers.

Sunday - we meet at 10am for the bucket list the Swoosh. This takes several hours, so we enjoy a leisurely picnic, before heading to a 2nd shorter swim for the afternoon. The guides leave you between 4-6pm and you can enjoy evening number 2.

You could plan to stay on in Devon and extend your stay, or head home ready for work on Monday morning!

Link to Challaborough Bay Car Park :<https://maps.app.goo.gl/aXxs87cSd6r62e2j7>

# TRAVEL

You are expected to be able to get yourself to and from swims for the weekend. We meet each morning at the swim start. We will set up the What's App group around a week before the weekend, so you could plan to meet/share trips. It makes sense for people to car share where possible in the mornings to avoid paying excess car parking charges.





# FOOD AND ACCOMMODATION

You will be in charge of your own food and accommodation for the weekend.

We will meet in a local pub on Friday evening for a meet and chat through the weekend.

Where you stay depends on what you'd like to do, you can camp, stay in your van, book an airbnb or hotel!

We recommend being in the Kingsbridge area, this will mean you are 30 mins from most of the best swimming in the area.

Although most swims are near a cafe/chippy etc, you may need to be able to bring a packed lunch - this will be communicated the evening before so you have time to pop to a shop and arrange food.



# KIT LIST

Water Temp varies from 16C in the sea, to 14C in freshwater

Weather can change quickly and July weather can range from cold and wet, to pleasantly sunny - so you'll need to pack for all types!

Please note red items are mandatory to bring.

Here's a few handy hints when packing:

- pack a drybag so after the swim you can put your wet kit in it without soaking the rest of your backpack
- A lunchbox incase of packed lunch day
- Swim socks or shoes really save the feet on rocky entries
- Remember tow floats are mandatory, and goggles a must too
- Entries and exits can be rocky, sharp or slippery so something on your feet makes a huge difference. Think about a small towel you can easily carry on a hike, and it's sometimes nice to have a dry cossie for the 2nd swim of the day!

## CLOTHES

A range of clothes, for warm, cold and windy weather - check the forecast and pack accordingly

- Warm jacket
- Waterproofs
- Think lots of thinner layers  
shirt/thermals/  
fleece/jumper
- Trousers/shorts
- Gloves + warm hat
- Sunhat and sun glasses
- PJ's
- Underwear

## SWIM KIT

- Wetsuit
- Cossie/Trunks x2-3
- Swim Hat (provided)
- Goggles
- Earplugs
- Tow Float
- Swim shoes or socks
- Towel
- Neoprene hat, booties and/or gloves
- Chaffing Lube
- Snorkel/fins or swim accessories if wanted

## PERSONALS.EXTRAS

- Wash Kit
- Personal medication
- Hairbrush and ties
- Cash/Card
- Camera
- Go Pro
- Device Chargers
- Lunch box/bag
- Day rucksac
- Drinks bottle and thermos
- Book/games
- Headtorch