



## West Coast RealSwim Adventure

23 – 26 March 2023



### What you need to know

The West Coast of New Zealand's South Island provides the ultimate RealSwim Adventure playground! This RealSwim Adventure trip is one out of the box as we take you cruising and swimming on Lake Brunner onboard a private boat for a full day. Absolutely magic! You will also get to experience swimming the Arnold River and in Lake Kaneire across the weekend. For an end of summer adventure complete with relaxed 'real swimming', stunning scenery, great company, delicious food and plenty of banter, this will be hard to beat!

You will get to enjoy five swims across the four days, and one pool swim.

Join us to finish your swim season on a high with this varied and adventurous swimming weekend in the stunning dark lakes of the West Coast.

All swims are tow float compulsory.

### Water Temperature

The lake temperatures will vary between 16 and 20 degrees Celsius at this time of year. The water temperature is entirely dependent on the weather in the weeks prior to March each given year.

### How to book

We recommend booking early, this swim trip will sell fast! You can book via the following link: <https://goteamup.com/p/403516-fit-and-abel-nz-ltd/courses/73858/>

### Cost: \$895

Covers:

- Swim planning, set up and management
- Swim safety and boats for all swims
- A full day boat cruise and swimming, lunch included
- A total of six swims across the weekend
- Two experienced, expert coaches and one camp manager
- Knowledge, experience and expertise

A non-refundable deposit of \$220 is required to secure your spot.

Other food, accommodation and transport not included.

## Schedule

The schedule for this camp will change dependant on weather and at the judgement of the crew. Safety is our number one priority.

### **Thursday**

**2:30pm:** Meet at Lake Poerua for meet & greet, weekend briefing and swim.

**Evening:** Group dinner, Lake Brunner Pub, optional attendance. Pay your own way.

### **Friday**

**All Day:** on board a private boat, Lake Brunner.

Morning swim, afternoon swim and lunch (provided) on board the boat.

**Evening:** Group dinner, Lake Brunner Pub. Optional attendance. Pay your own way.

### **Saturday**

**Morning:** Arnold River swim

**Lunch:** Monteiths Pub, Greymouth. Pay your own way.

**Afternoon:** Hokitika Pool session (pay your own pool entry)

**Evening:** Dinner at Fat Pipi's Pizza. Pay your own way.

**\* stay tonight in Hokitika**

### **Sunday**

**Morning:** Lake Kaneire swim

**Lunch:** A café (TBC) in Hokitika to wrap up the weekend. Pay your own way.



[info@fitandabel.com](mailto:info@fitandabel.com)

