

## Waitaki Valley RealSwim Adventure 14 - 17 March 2024



This RealSwim Adventure is located in one of the most beautiful areas of the South Island, the Waitaki Valley.

Based in the village of Otematata, North Otago, surrounded by rugged peaks we will explore areas of all three of the hydro lakes; Benmore, Aviemore and Waitaki. Lake Benmore is NZ's largest manmade lake and the dam is the largest earth dam in New Zealand.

This weekend has all the ingredients for a unique swim adventure including swimming a flooded canyon, a 'swoosh' river swim and exploring on land as well as in the water with a hike and swim adventure. You can expect a bit more of a journey with up to 7km of hiking across the day. All swims are tow float compulsory.

We have included three BBQ meals across this weekend to provide opportunities in different scenic spots to simply relax, socialise and connect, and admire the beauty of this stunning area.

Join us for what will be memorable weekend in the south!

Accommodation is not included in the trip price. We can help organise accommodation if you need. There are numerous options which include bachs, units at the Otematata Pub or pitching your tent at the Camping Ground. The trip is structured this way so you can choose an option that suits your budget, and if you'd like to share with others or go solo.

### Lake Temperature

This will be dependent on the summer weather leading into the weekend, but will likely be late teens.

### How to book

We recommend booking early, this trip is limited to 12 people. You can book via the following link: <https://goteamup.com/p/403516-fit-and-abel-nz-ltd/courses/87304/>

### Cost: \$985

This covers:

- access to private land
- specialist swim planning, delivery and safety for four days
- on water safety, including boats and swim equipment
- a total of six swims across the weekend
- three BBQ meals
- a swim cap
- two highly experienced swim coaches with a wealth of knowledge, experience and expertise and one camp manager

Accommodation, transport and other meals and snacks not included.



## Schedule

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

### Thursday

#### 4:00pm

- \* Meet & Greet and acclimatisation swim at Loch Laird, Otematata
- \* Followed by BBQ dinner lakeside, provided by Fit&Abel

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### Friday

#### \* RealSwim All Day Adventure

- hike on private land
- swim out to an island in Lake Benmore
- BBQ lunch provided by FitandAbel
- swim to a different part of the mainland
- hike back to start point

Dinner at Otematata Pub  
(optional, pay your own way)

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### Saturday

#### Morning

- \* Aviemore Ledge swim

#### \* Lunch

Wrinkly Ram, Omarama  
(optional, pay your own way)

#### Afternoon

- \* Deep Creek Swim

- \* Group Dinner at Otematata Pub  
(optional, pay your own way)

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### Sunday

#### Morning

- \* Fisherman's Bend "Swoosh"
- \* BBQ Bacon Butties lakeside, provided by FitandAbel