



West Coast RealSwim Adventure

21 – 24 March 2024



Lake Brunner, the largest lake on the West Coast, provides the ultimate RealSwim Adventure playground!

This RealSwim Adventure trip based in Moana is one out of the box as we combine our West Coast favourites into an epic weekend. Challenge yourself with a Lake Brunner crossing (approx. 9.6km), explore somewhere new at Lake Haupiri, fulfil your adventurous side with our Lake Poerua swim, and enjoy the peaceful sunrise with our dark to dawn final swim.

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!

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 Lake Brunner Pub or 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.

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/87303/>

Cost: \$985

Covers:

- * A lake crossing swim
- * Specialist swim planning, delivery and safety for four days
- * On water safety, including boats and swim equipment
- * A total of five swims across the weekend
- * Saturday BBQ lunch
- * Swim cap
- * Two highly experienced swim coaches with a wealth of knowledge, experience and expertise
- * One camp manager

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

Lake Brunner Lake Crossing
(approx. 9.6km)

There will be some down time today, take the time to recover, and explore Lake Brunner and its beautiful short walks.

Evening: Group dinner at Lake Brunner Pub (optional attendance, pay your own way).

Saturday

Morning: Arnold River swim

Lunch: Group lunch BBQ provided by FitandAbel at Lake Brunner Yacht Club

Afternoon: Lake Haupiri Swim

Evening: Group dinner, Lake Brunner Pub (optional attendance, pay your own way).

Sunday

Morning: "Dark to dawn" swim, swimming into the sunrise

Brunch/Coffee: Lake Brunner Pub to wrap up the weekend (optional attendance, pay your own way).



info@fitandabel.com

