

## Swim Retreat at Mt White Station 13 - 15 December 2024



This swim retreat is a holistic, natural, water-based experience, located on a remote working high-country station.

Off the beaten track, surrounded by mountains and immersed in the stunning back country of NZ, this weekend has all the ingredients that we think you need to recharge, switch off, revitalise and connect. Daily swims, great food, luxury accommodation, walking, gorgeous scenery and a stretching session.

You'll be situated right next to an amazing high-country lake which is 1.4km long for daily swims that will feed the soul.

This swim camp is unique from our other trips as we organise everything for you...you just need to get yourself to the location, then you can relax, as we guide you through the weekend.

Road access is very good and most often a standard car will be suitable. However, in the case of inclement weather, the creeks can rise very quickly. We would recommend a SUV or similar for this trip.

### Lake Temperature

This will be dependent on the spring weather leading into the weekend, but will likely be mid-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/99356/>

### Cost: \$1395

This covers:

- access to Mt White Station and Lake Letitia
- brand new, luxury accommodation on Mt White Station (shared rooms)
- beautifully prepared meals served at "The Cookhouse"; 2x breakfast, 2x lunch, 2x dinner
- specialist swim planning, delivery and safety for three days
- on water safety
- swim equipment
- two highly experienced swim coaches with a wealth of knowledge, experience and expertise
- one camp manager

Transport 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.

### Friday

#### 3:30pm Arrival

- \* Meet and Greet
- \* Dip and Dinner

### Saturday

- \* Leisurely start

- \* Hearty Breakfast
- \* Morning swim
- \* Stretch with Penelope

- \* Lunch

- \* Walk with a view
- \* Rounded off with an afternoon dip and another lovely dinner

### Sunday

#### Morning

- \* Final hearty breakfast
- \* Final swim
- \* Lunch...and that's a wrap

