

Wild Swimming Walks: Dartmoor and South Devon



Wild Swimming Walks Dartmoor and South Devon: 28 Lake, River and Beach Days Out in South West England

by Darla Mayberry

★★★★☆ 4.8 out of 5

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Escape the hustle and bustle of everyday life and immerse yourself in the unspoiled natural beauty of Dartmoor and South Devon on our guided wild swimming walks.

Our experienced guides will lead you to hidden swimming spots, where you can revel in the crystal-clear waters and admire the stunning surroundings. As you swim, you'll have the chance to learn about the local wildlife, including the rare and endangered species that call this area home.

In addition to the swimming, our walks also offer breathtaking views of the surrounding countryside. You'll pass by ancient woodlands, rolling hills, and dramatic coastline, all while enjoying the invigorating fresh air.

Our wild swimming walks are suitable for all levels of experience, from beginners to experienced swimmers. We provide all the necessary equipment, including wetsuits, buoyancy aids, and towels. All you need to bring is a sense of adventure and a willingness to embrace the beauty of the natural world.

Benefits of Wild Swimming

Wild swimming offers a range of benefits for both your physical and mental health. Here are just a few of the reasons why you should give it a try:

- **Improved cardiovascular health:** Swimming is a great way to get your heart pumping and improve your overall cardiovascular health.
- **Reduced stress and anxiety:** The act of swimming in natural surroundings can help to reduce stress levels and anxiety.
- **Improved sleep:** Swimming can help to improve sleep quality.
- **Increased energy levels:** Swimming can help to boost your energy levels.
- **Enhanced mood:** Swimming can help to improve your mood and make you feel more positive.

What to Expect on a Wild Swimming Walk

Our wild swimming walks typically last for around 3-4 hours and cover a distance of 3-5 miles. We start by meeting at a designated meeting point, where we will provide you with a safety briefing and all the necessary equipment.

We then set off on our walk, following a route that has been carefully chosen to showcase the best of the local scenery and swimming spots. Along the way, our guides will share their knowledge of the area and the local wildlife.

When we reach our swimming spot, we will take a break so that you can enjoy a refreshing swim in the clear waters. We will also provide you with snacks and drinks to keep you energized.

After our swim, we will continue on our walk, returning to our starting point. Throughout the walk, we will make sure to take plenty of breaks so that you

can enjoy the scenery and take photos.

Book Your Wild Swimming Walk Today

If you're looking for an unforgettable adventure in the heart of Dartmoor and South Devon, then book your wild swimming walk today. We offer a variety of walks to choose from, so you can find one that suits your level of experience and interests.

To book your walk, simply visit our website or give us a call. We look forward to hearing from you soon!

FAQs

What should I bring on a wild swimming walk?

You should bring a swimsuit, towel, and a change of clothes. We will provide all the necessary equipment, including wetsuits, buoyancy aids, and snacks.

What is the water temperature like?

The water temperature varies depending on the time of year. In the summer, the water temperature can reach up to 20 degrees Celsius. In the winter, the water temperature can drop to around 5 degrees Celsius.

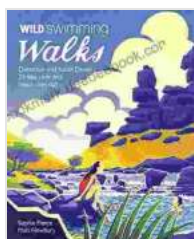
Is wild swimming safe?

Wild swimming is generally safe, but there are some risks involved. These risks include hypothermia, drowning, and waterborne illnesses. We take all

necessary precautions to minimize these risks, including providing you with wetsuits and buoyancy aids.

Do I need to be a strong swimmer to participate in a wild swimming walk?

No, you don't need to be a strong swimmer to participate in a wild swimming walk. We offer walks for all levels of experience, including beginners. We will provide you with all the necessary equipment and support to ensure that you have a safe and enjoyable experience.



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