



Swim Wyresdale Park

We welcome you to our beautiful venue here at Wyresdale Park.

How to get there: By Car

Wyresdale Park, PR3 1BA, what three words ///presides.monday.driven if approaching from Preston travel along the A6 turn right Gubberford Lane, over the bridge, turn left in the village turn right up Snowhill Lane. At busy travel times it maybe quicker to drive up the motorway and come off at J34 Lancaster (Langshaw lane). You can check out traffic on motorway by using this www.motorwaycameras.co.uk

From Lancaster A6 turn left, Station Lane, you will come to Six Arches Caravan Park, go over small bridge, past Daisy Clough Nurseries, at the end of this road turn right then first left up Snowhill lane, Scorton

By Bus:

Stage coach 40 Preston Station - takes about 45 mins get off at Cabus Gubberford Lane.

The Approach:



The Entrance



Parking:



The Applestore Café is on the left, toilets are located outside behind the café there are additional ones inside the building to the right of the toilets.

There are no changing facilities, please arrive with swim wear on, or change at your vehicles.

Wetsuits are optional, Tow floats are Compulsory, we recommend bright coloured hats to aid visibility or bobble hats in the winter.

The Jetty:

Leave any belongings on this jetty, towel, shoes, robe etc.

There are storage boxes for belongings if it's raining and hooks on fence or robe/coats.



This jetty is not big accommodate, here we don't mind kit but not fully

During the summer to complete a range

Here there will be a member of staff to greet you, they will take your name and issue any instructions need for your safety.

Tow floats are available to borrow -here

Wetsuits can be hired but only by prior request at a cost £5. They are not kept on site.

You can leave your keys with a



enough to everyone changing the removal of wet getting dressed.

months it is possible of badges, my first

*swim, my first lap. In the winter we do I swam through the winter
Badge.*

During your swim if you do get into difficulties lie on your back, raise your arm and shout for help, alternative use your tow float for support, someone will come to your assistance.

During the summer months we put out buoys so that circuits can be swum, each circuit is roughly 400m, 4 circuits is a mile. On the far side of the lake you will see some blue buoys do not swim between the blue buoys and the shore these note shallow ground for fishing, you could get caught in line.

During the summer months, night swims and special events we have kayak support on the water.

Please look up our facebook - Attitude Swim coaching, Instragram - Swim.Attitude. We also have a page Wyresdale swims where we publish notices and photos. If you enjoy your swim you can always leave us a review on trust pilot <https://uk.trustpilot.com/review/attitudetraining.org>

We hope you loved your experience with us, come again soon.