



Wild Swimming Record Book

By Adrian Tierney-Jones

The History Press Ltd. Hardback. Book Condition: new. BRAND NEW, Wild Swimming Record Book, Adrian Tierney-Jones, The lakes, lochs and rivers of Britain provided exercise and relaxation to the people of these islands for hundreds, perhaps thousands of years - until the advent of the cacophonous council pool made us frightened of water when we couldn't see to the bottom. But what could be more natural than a dip in the cool, emerald waters of your local river as it wends its way toward the sea? From the most remote pools in the highlands of Scotland to hidden Cornish coves, the waterways of Norfolk to the Cumbrian lakes, this book recommends the cleanest, quietest wild swimming spots in Britain, and provides all the information you need to get in the water with confidence - from advice on safety and attire to tips on the best swimming techniques. Dozens of full-colour illustrations will help you pick out a promising spot for your next dip, while the unique journal format leaves space to rate your adventures and record details of temperature and tide.



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