



ITINERARY

Saturday 6th July

13:00 PM: Meet at Gummers How
Car Park [Directions](#)

13:30 PM: Hike [More Info](#)

15:30 PM: Check Into Hotel [Directions](#)

18:00 PM: Spa Access

20:00 PM: Reservation

22:00 PM: Star Gazing Walk

Sunday 7th July

07:45 AM: Meet at The Studio

08:00 AM: KW - Morning Motivation

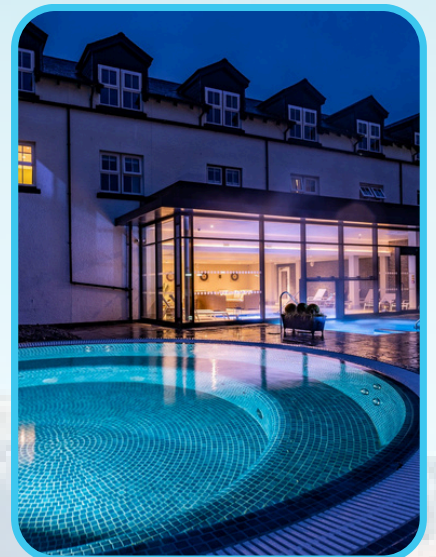
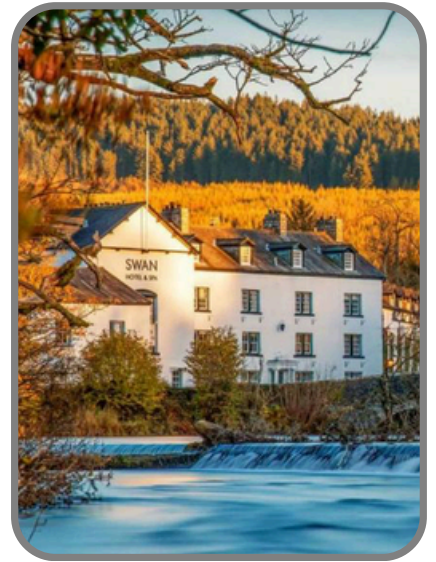
08:45 AM: Yoga Flow with Michaela

10:00 AM: Breakfast

11:30 AM: Checkout

12:15 PM: Paddle boarding

14:00 PM: Finish





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What Will We Be KW Xploring?

- ★ Gummers How Fell with Stunning Views of Lake Windermere
- ★ Snacking with Soulfoodmission
- ★ Relaxing in the Swan Hotel and Spa, Newby Bridge, Cumbria
- ★ Feasting on Delicious Dishes
- ★ Evening Stargazing Walk

Day 1: Saturday, July 6th

1 PM: Meet at Gummers How Car Park  [Directions](#)

Location: Forestry England, Gummers How, Fell Foot Brow, South Lakeland, LA12 8NL

Welcome and introductions at the car park – let's get to know each other!

1:30 PM - 3:30 PM: Hike Time!

Hike up Gummers How (easy to moderate climb)

Enjoy a breath workshop at the summit with Michaela from The Wellbeings Collective (weather dependent)

Hike Info: Gummers How Route  [More Info](#)

Post-Hike: Summit Snacks!

Savor a fresh and organic lunch at the summit provided by Lucy from Soul Food Mission

3:30/4 PM: Check-In at the Swan Hotel  [Directions](#)

Location: The Swan Hotel & Spa, Newby Bridge, Cumbria, LA12 8NB, United Kingdom

Free time until 5 PM (or breath workshop if postponed)

6 PM - 8 PM: Spa Time

Unwind in the spa, come and go as you please – total relaxation mode!

8 PM: Dinner Delight

Restaurant reservation with up to £40.00 included – let's feast!

10 PM: Stargazing Walk

Optional, but highly recommended. Discuss over dinner and get ready to be amazed!



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Day 2: Sunday, July 7th

Morning Motivation and Yoga:

8 AM: Kickstart the day with K Wright Fitness Ltd sunrise workout

8:45/9 AM: Revitalising yoga flow with Michaela from The Well Beings Collective

(outside if the weather's on our side)

10:15 AM: Breakfast

11/11:30 AM: Pack Up and Check Out

No rush, take your time to soak in the last moments

12:15 PM: Paddle Boarding Fun

Meet at the car park to walk to the paddle boarding site

Not into paddle boarding? Relax with a drink from the coffee shop and cheer on your new friends

1:30/2 PM: Wrap-Up

Gather for a debrief, exchange numbers with your new besties, and head home feeling rejuvenated, socialised, and on top of the world!

Make your own way there, car sharing is advised. Please help the driver with fuel costs.

KW has two spaces available in her car if anyone needs a ride.

Looking forward to an epic weekend of exploration, relaxation, and making new friends!

Karleigh Wright 🌟