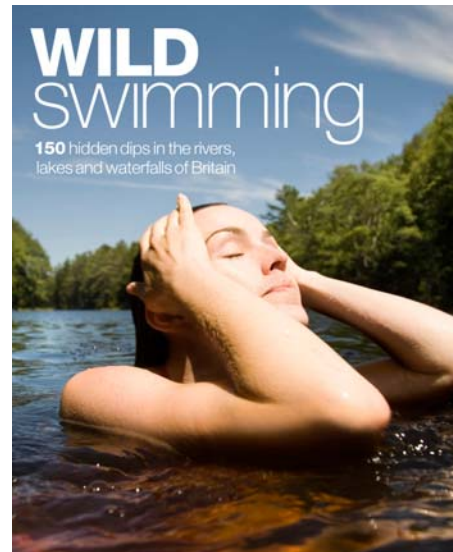


# Wild Swimming

**150 hidden dips in the rivers, lakes and waterfalls of Britain**

**by Daniel Start**

**Published by Punk Publishing – the publishers of the Cool Camping series.**



Wild Swimming by Daniel Start celebrates 150 hidden dips in the rivers, lakes and waterfalls throughout the length and breadth of Britain.

Daniel has spent the last five years discovering, documenting, photographing and exploring the wilds and wild waters of Britain to create a book full of exciting places in which to swim, float, paddle, splash and generally have fun.

Imagine a summertime tour through the wildest and most beautiful regions of Britain - boating, camping and swimming along the way. *Wild Swimming* by award-winning author Daniel Start is inspired by Roger Deakin's cult-classic *Waterlog* and is a celebration of wilderness dipping, being in water and just sunbathing by the stream.

Daniel tells you how to find that perfect swimming hole, what to take and how to have fun while staying safe. Through the different stories you'll be able to swim with otters in Devon, go river-tubing in Yorkshire, night-swim under the stars in Oxfordshire and learn how to build a woodland sauna. In each chapter you'll discover famous wild-swimmers of the past and read stories of heroes, lovers and ordinary folk who have long enjoyed bathing under the willows.

This book is a great tour of Britain via Britain's wild water.

Through the book you'll find listed 150 wild swim boxes providing information on specific swims along with ideas for family days out. It also covers water quality and safety and gives detailed directions and links to OS maps.

Different sections help you find all different types of swims such as:

- **Great for paddling** - mainly shallow and popular with families
- **Literary swims** - where famous poets, writers or artists once swam
- **Skinny-dipping** - remote and secluded, perfect for a natural dip
- **Perfect picnics** - not far from car parking, with grassy banks
- **Leave the car at home** - 20 minutes walk of a train station
- **Go cycling** - on dedicated cycle trails or routes
- **Canoeing and boating** - you can hire a canoe or rowboat
- **Pubs** - a cosy pub with great food just a splash away
- **Camping & night-swims** - fantastic river or lakeside camping
- **Jumping** – famous for leaping
- **Tubing and water fun** – rockslides and current surfing
- **Waterfalls and plunge pools** – the most enchanted of all?

**Contains wonderful ideas for waterside games and activities.** These will make sure everyone's having fun, including younger children and families, while there's also information for those who like a wilder experience: leave the car at home and go canoe, mountain or cycle swimming! Further sections will help you identify riverside wildlife, find wild foods, make a homemade raft and understand how to stay safe.

- **Games and Activities** – to keep everyone entertained and warm
- **Water Fun** – jumps, slides, surf, underwater and water-fights
- **Rafts and Boats** – four different types to build
- **Canoe Camping** – canoes types, night-swimming and lantern-making
- **Riverside sauna** – make a traditional forest sweat-lodge
- **Birds and Beasties** – know what's what and identify it
- **Waterside Foods** – from water-lilies to water-mint
- **Water Safety** – more details on the basics
- **Water Quality and Ecology** –biology and the work of WWF
- **Staying Legal and Respecting Others** – know your rights

**Wild Swimming combines inspirational photos, engaging writing and practical information to make this a truly unique British travel guide.**

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**More information can be found on [www.wildswimming.co.uk](http://www.wildswimming.co.uk)**

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#### **About the author**

**Daniel Start** spent his childhood river-swimming, dam-making and raftbuilding in Herefordshire. He trained as a naturalist and, at the age of 22, was taken hostage in the rainforests of New Guinea. His first book, *The Open Cage*, described his time swimming and trekking with riverine tribes and freedom fighters there and won the 1997 Writer's Guild Award for Non-fiction. He has spent the last five years documenting, photographing and exploring the wilds and wild waters of Britain.

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**Available from [www.punkpublishing.com](http://www.punkpublishing.com) and all good bookshops.**

Details: 256pp, 6 detailed maps, 300 colour photos and is a convenient, light but sturdy 'glove-box' format (21cm x 17cm) - softback with double cover flaps. .

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**[Daniel is a very engaging speaker and is available for interviews \(and swims in Britain!\)](#)**

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**For more information, a review copy, interviews, extracts or competition copies, please contact –**

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