

## T&C – Notes

### Grogarry Lodge Accommodation –

- We require a minimum of 10 persons to enable the retreat to go ahead.
- A non-refundable 25% deposit will be required to secure the booking. The remaining payment will be required 8 weeks prior to stay.
- Please advise of any health conditions that may affect your stay with us or activities we have planned.
- The itinerary is a sample and may be subject to change depending on weather conditions.
- Breakfast, brunch/lunch and evening meals are provided, however snacks and drinks are not, so please feel free to bring along additional snacks etc.
- We have a well-stocked cellar available for guest use, for alcoholic and non-alcoholic drinks, which will be payable at the time of purchase.
- We cannot unfortunately, take pets on this retreat.
- There will be some well trained labradors & spaniels joining us on our coastal walk, please let us know if this will cause an issues
- No refunds will be given if you choose to not partake in an activity.

### The Wee Haven Benbecula –

- Use of yoga mats, blankets and props are included in your stay.
- Weather permitting there will be a morning class on the nearby beach, other classes will take place under canvas in the garden.
- This is your holiday, should you wish to forgo a class in favour of a lazy morning we will completely understand, this is not a bootcamp!
- In addition to your stay, holistic therapies are also available with Sheila to further enhance your wellbeing. These can be booked in advance and will be on offer onsite at Grogarry Lodge. Please note these are not included in the overall cost of your holiday and are entirely optional.
- Sheila has been a practising therapist for over 15 years her list of treatments include: aromatherapy massage, reiki, Indian Head Massage, hopi ear candling.
- Please advise us of any medical condition that may affect you during your yoga sessions.

### Uist Sea Tours –

- Lifejackets will be provided.
- Paddleboard hire is included in the price.
- Wetsuits are advised for paddleboarding ??
- Please ensure you wear suitable, warm, waterproof clothing with suitable footwear for exploring the island.
- Smoking is not allowed on board.

- This trip is not advised if you are pregnant or have any medical conditions, such as lower back pain, which may be aggravated by jarring movement.

Immerse Hebrides –

### **Health conditions**

Please notify us of any medical condition which may affect you during your holiday , such as a heart or lung condition, diabetes, epilepsy or pregnancy. It is your responsibility to ensure that you are medically fit for open water swimming. You are advised to consult with your general practitioner if you have concerns about cold water swimming.

### **Fitness**

A certain level of fitness is required for our holiday as you will be walking over moderate and sometimes rocky terrain. Also, you will be swimming in the open water with temperatures likely below 15 degrees Celsius. Please ensure you have the appropriate equipment for walking and appropriate wetsuit for these temperatures or have acclimatized sufficiently before your holiday. Sometimes access to swim locations will require walking on uneven paths or steep sand dunes.

### **Equipment**

You are expected to bring appropriate equipment with you for walking and swimming outdoors in the Hebrides but an essential kit list will be provided prior to your holiday. You must be prepared for all types of weather as poor planning can affect enjoyment and safety of you and other group members. If you fail to bring the recommended equipment it might affect your ability to participate in certain activities. Immerse Hebrides cannot be held liable for any financial compensation if the kit list is not adhered to.

Wetsuits are available to hire for an additional fee – please contact for further information.

Please attached kit list – link (saved in retreat folder)

Individual activity providers may have further T&C's to be agreed to upon booking.



## Immerse Hebrides Holiday Kit List

### SWIMMING KIT LIST

#### **\*\*Essential\*\***

Swimsuit/Shorts x 2 (minimum)  
Neoprene socks/boots for protection  
Drybag/waterproof bag for wet kit  
Rucksack/Swim Bag suggested at least 30L  
Tow-float (available to hire)  
Thermos Flask  
Water Bottle  
Reef-safe Sunscreen  
Changing Robe/Towel x 2

#### **Optional**

Earplugs  
Neoprene gloves  
Wetsuit  
Rash vest/thermal vest

#### **Available**

Swim cap/goggles  
Tow-float  
Neoprene socks/gloves

### WALKING KIT LIST

#### **Essential**

Sturdy walking boots/shoes  
Waterproof outerwear  
Hat & gloves  
Warm base layers  
Waterproof Rucksack

#### **Optional**

Gators\*\*\*  
Walking poles  
Hot water bottle  
Midge repellent (SMIDGE is good)

*\*A drybag is useful to keep your gear dry when we go walking and swimming. It also helps protect the rest of your gear from getting wet*

*after a swim.*

*\*\*If you are used to swimming without a wetsuit you can continue with*

*this for the break but also be aware the water temperatures will be around 10-14 degrees Celsius from May to September so may limit your*

*time in the water.*

*\*\*\*It's recommended to have your legs covered when we are walking*

*due to the risk of Lyme's disease from ticks. This risk is greater in the Southern islands of the Outer Hebrides though.*