

Travel Matters Itinerary

Immersive Cold Water Retreat in Loch Rannoch, Scotland

●8am. Swim in Loch Rannoch

●9am. Breakfast

●10am. Journal Writing

●11am. Writing Workshop

●1.15pm. Lunch & Free Afternoon*

●4pm. A final dip before sunset for the brave at heart!

●6pm. You are encouraged to write your journal

●7pm. Drinks at the Bar & sharing of the day

●8pm. Dinner



*(*The afternoons are yours to walk (there will be group walks if required) meditate & reflect.)*