

Wild Swim Wales

WATER SAFETY | GUIDED SWIMS | WELL-BEING DAYS | WEEKEND RETREATS



Summer snorkel safari

JULY NEWSLETTER

Discover what's happening this month with Wild Swim Wales.



Sea & Soul Wild Swim & Yoga Retreats

Escape to the Pembrokeshire coast for a restorative weekend of guided wild swimming, yoga, breathwork and relaxation. October 2026 and June 2027 retreats now booking.

[BOOK WITH PAYMENT PLAN OPTIONS](#)

This month's Water Safety Tip - Jellyfish

As we come into jellyfish season, here's a useful guide on how stingy they are!

No sting or very mild reaction - By-the-wind-Sailor, Moon, Barrel.

Bit more stingy (best to avoid) - Blue (can look more yellow), Compass

Very stingy.. don't touch these! - Lion's Mane, Mauve Stinger, Portuguese Man-O-War

[MCS U.K. JELLYFISH GUIDE](#)

If you get stung...

- ✓ Rinse with cold salt water
- ✓ Scrape off sticky tentacles with bank card
- ✓ Use v. hot flannels or soak in v. hot water for 30mins
- ✓ Take paracetamol &/or ibuprofen
- ✓ Seek medical advice if symptoms worsen.

- ✗ Don't pee on the sting!
- ✗ Don't apply ice or a cold pack
- ✗ Don't touch any tentacles with bare hands
- ✗ Don't cover or close the wound

Summer Adventures & Experiences

Cave swims, snorkel safaris and unforgettable coastal adventures.

[EXPLORE ADVENTURES](#)



Weekly Wellbeing Sessions

Take the plunge and discover the feel-good benefits of cold water swimming in a fun, friendly and supportive group —your first session is FREE for Pembrokeshire residents. Email us to join!

[BOOK YOUR FREE SESSION!](#)



READY FOR YOUR NEXT SWIM?

[BOOK YOUR NEXT ADVENTURE!](#)

Thanks for being part of the Wild Swim Wales community.

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See you in the water!



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