









Start Darsham station  10:00; 1<sup>st</sup> swim, and picnic  12:30-14:00; 2<sup>nd</sup> swim  15:15-16:15; Walberswick ferry  16:30; 3<sup>rd</sup> swim  
 16:45-17:45; bus  to Halesworth station departs 18:00. Philip Nice 07922 093968