

**Lets go for a n-ice swim . .  
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**Photographer Greg Macvean took these lovely shots of two swimmers who broke through the ice at Threipmuir Reservoir to get some exercise in the freezing waters.**

We all need to get out and have some daily exercise but this is perhaps just too much for some of us.

Brrrr!



Pic Greg Macvean 08/01/2021

Swimmers Helen Palmer (left) and Ruth Bradford (right) use a

hammer to smash the ice on a frozen Threipmuir Reservoir in Edinburgh so they can get into the water for a dip as the temperature drops to -4 degrees



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