



## Age UK Blackburn with Darwen Morecambe Cross Bay Walk 2017

Sunday 20<sup>th</sup> August 2017 at 3.30pm for a 3.45pm start.  
We're glad you are joining us!

**Entry:** Adults £10 | Children (8+-15) £5 | Dogs £1 each

**Start:** Arnside Promenade, LA5 0AH (meet from 3.30pm)

**Finish:** Kents Bank Railway Station, LA11 7BG

**Distance:** Approximately 8.5 miles (3-4 hours)

You will leave the shore of Arnside Promenade before arriving at Kent's Bank. Due to the unique terrain of the Bay, we cannot guarantee the exact distance. However, we will get as close to 8½ miles as we possibly can. The walk takes approximately 3-4 hours.

The final route will be set as soon as the tide departs the shore on the day of the challenge. Cedric will guide you across the Bay, following a safe route. Please respect Cedric, he knows how unpredictable Morecambe Bay can be and is extremely experienced.

Due to the unpredictable nature of the Bay, the walk may be postponed or cancelled and this decision will be taken by Cedric. If this happens, we will update our Facebook and Twitter pages and email participants. So please keep an eye out as we get closer to the event, this can be up to the day before.

The walk will start at Arnside Promenade, LA5 0HA at 3.45pm and finish at Kents Bank Railway Station, LA11 7BG. It will take approximately 3-4 hours.

Please be ready at the Promenade for 3.30pm.

### Walk Information

#### Walk

The Cross Bay Walk is no ordinary walk! Crossing sand and sea is reasonably flat but challenging and is an adventure to remember, expect to get wet up to the knees... very wet!

#### Getting there and parking

Travelling from the South, take junction 35 off the M6 motorway. Turn right onto the A6 heading through Warton, Yealand Conyers and Yealand Redmayne to Milnthorpe. Once in Milnthorpe, turn left at the Cross Keys Hotels onto the B5282 (Park Road) through Storth to Arnside.

Once in Arnside, travel past the railway station onto the promenade.

#### Parking at Arnside

Parking in Arnside is very limited and walkers who leave their cars there can block spaces for up to 6 hours. There is an 'informal' car park just as you enter Arnside, which may be used. Drivers who are not completing the walk should make their way to Kents Bank railway station for 5pm once all their walkers have been dropped off at Arnside.

## **Parking at Kents Bank**

Continue along the A6 to meet the A590 (or use J36 off the M6). The A590 takes you to Lindale. Turn left at the mini-roundabout onto the B5277 and continue into Grange-over-Sands. Kents Bank is approximately 1 mile further on. Parking on the road leading down to Kents Bank Railway Station.

## **Travel options**

Walkers can be dropped off at Arnside and then picked up at Kents Bank. Walkers can park one car at the start and one car at the finish of the walk. Trains are available between Kents Bank and Arnside. The timetable is available from National Rail Enquiries or Northern Rail.

## **Registration**

Registration will take place at Arnside Promenade from 3.15pm. The registration point is on the promenade opposite and further down past the Albion Pub. The walk start point is at the end of the promenade and in order to avoid danger to the public and walkers please make your way there for 3.30pm.

## **Route and Safety Information**

### **Hydration and Refreshments**

There are no cafes or toilets out in the Bay so please bring a drink and anything that you would like to eat with you. There are shops in Arnside from which you can buy refreshments.

### **What to Wear**

A pair of old training shoes, not boots should be worn. Most people walk in bare feet once they reach the sands at White Creek. It is better to wear layers rather than one thick jumper. You may get muddy; so consider bringing a towel. It is exposed out in the bay so a hat may be useful.

### **Rubbish**

Please respect both the Bay and your companions. Please clean up after yourselves and your dogs and keep your pet on a lead at all times.

### **Safety**

There are dangerous quicksands in Morecambe Bay. Stay with the group and follow Cedric and his guides at all times.

### **Fitness**

The walk is only suitable for people who are reasonably fit and able; it is not suitable for children under 8 years of age. It is your responsibility to make sure you are fit enough to take part in the walk.

\*A tractor and trailer, called the Sandpiper, are brought out onto the Bay for those who cannot complete the walk for medical reasons.

### **Certificates**

Cross Bay Walk certificates can be purchased from Cedric on completion of the walk at a cost of £1.

## **TERMS & CONDITIONS OF ENTRY**

### **ENTRY FEES**

Your entry fee covers your place in the event and is non-refundable and non-transferrable. If you are unable to take part, please let us know as soon as possible.

### **REGISTRATION**

All participants must book a place to take part. All entries will be processed in the order we receive them. The organisers and Cedric Robinson reserve the right to refuse entry to anyone arriving late. Places are limited. If you want to walk with friends, you must secure your places by booking together.

### **ON THE DAY**

It is your responsibility to arrive at the start point in plenty of time to register on site and attend the safety briefing before leaving the foreshore. The organisers reserve the right to refuse participation to anyone who has not registered on the day or attended the safety briefing.

### **MEDICAL CONDITIONS**

It is your responsibility to make sure you are fit to complete the Cross Bay Walk. If you are in any doubt, please consult your GP.

### **AGE LIMITS**

Children under 16, with a minimum age of 8, may take part in the Cross Bay Walk but **MUST** be accompanied by a participating adult. (In accordance with OFSTED Safeguarding and Welfare Requirements, under 8s 1 adult to 8 children or under 16s 1 adult to 30 children).

### **PHOTOGRAPHY**

By registering for this event, you agree that any photographs taken may be used for promotional purposes by Age UK Blackburn with Darwen.

### **DOGS**

Dogs are allowed on the Walk at the participants' own risk and **MUST** be kept on a lead at all times. Participants **MUST** clean up after their dogs and **MUST** be able to carry their dogs if the depth of the channels require it.



If you are happy with the above and agree to follow our instructions and guidance, then now is the time to book your place!

**Please note that whilst Age UK Blackburn with Darwen has gone to great lengths to ensure safety, support and insurance is provided and managed, you are taking this challenge on at your own risk and must therefore be responsible for your own actions leading up to and during the event.**

If you are still happy to take part in this challenge and agree to all of the above, please fill in the details below and return to [sam.kercher@ageukbwd.org.uk](mailto:sam.kercher@ageukbwd.org.uk) or post to Sam Kercher, Age UK Blackburn with Darwen, 4 King Street, Blackburn BB2 2DH or for more info call 01254 266620.

## Cross Bay Walk 2017 Registration Form

Details of those taking part:

Name: ..... Adult/Child/Dog (please circle)

Name: ..... Adult/Child/Dog

Name: ..... Adult/Child/Dog

Name: ..... Adult/Child/Dog

Contact number & email of lead organiser: .....

.....

Registration fee: £10.00 Adult    £5.00 Child (8+-15)    £1.00 Dog (on lead)  
*(Non-refundable and Non-transferable if cancelled)*

Please provide payment by:  
(indicate which method you have chosen)

Online: visit <http://mydonate.bt.com/events/crossbay2017/439478> click Donate Now to complete registration. Please put the names of each participant or lead name and number of participants in the 'Personalised Message' section.

Post a cheque (payable to Age UK Blackburn with Darwen) to Cross Bay Walk 2017, Age UK Blackburn with Darwen, 4 King Street, Blackburn BB2 2DH

Total Payment: £

**Sponsorship forms will be sent out to you and ALL money raised, including registration fees will be used to support our services across Blackburn with Darwen.**