

GET THE FEELING...

....when you walk across the magnificent yet awesome Morecambe Bay with Cedric Robinson, the Queen's Guide to the Sands. With its spectacular beauty and its breath-taking kaleidoscope of water, light, sea and sky, you will not fail to be impressed by the vast expanse of Morecambe Bay.

About the walks...

The notorious sands of the bay have been crossed on foot and by carriage for centuries. They are treacherous and with shifting quicksands and fast tidal channels crossing should only be attempted with a knowledgeable and experienced guide.

Starting from Hest Bank's foreshore or Arnside's promenade and crossing channels of the River Kent, your guide will explain about the bay's wonderful wildlife, the marking of the routes and even point out the dangerous quicksands.

Be prepared...

Be prepared for rain or sunshine and protect yourself against the elements. The bay is very exposed with no shelter or shade so sunscreen, a sun hat or waterproofs, depending on conditions, are a must. Don't forget to bring your lunch and a bottle of water or juice. If weather conditions are very bad, the walk may be cancelled.

The final part of the walk involves crossing gullies on the salt marsh at Flookburgh which can be very wide and slippery so walkers need to be agile enough to get across.

Comfortable footwear such as shoes or trainers are recommended (with socks) as well as shorts or trousers as you can get very wet. You may want to bring a towel and a change of clothing and footwear for when you finish.

Walks are about 8 miles long and take about 4-5 hours depending upon the route taken on the day and usually end at Kents Bank which is roughly 1.5 miles from Grange-over-Sands.

All walks must be pre-booked either with the relevant charity as listed overleaf, or if a Public Walk, then directly with The Guide Over Sands Trust: 015395 58555 / info@guideoversands.co.uk.

For further information contact: Morecambe Visitor Information Centre, 01524 582808 / morecambevic@lancaster.gov.uk

Boats on Morecambe Bay image by Steve Pendrill. Cover image by Jon Sparks.

LANCASTER
CITY COUNCIL

Promoting City, Coast & Countryside



MORECAMBE BAY Cross Bay Walks 2016

Embark on a guided walk across the sands, a unique and exhilarating way to take in the sights and experiences of the wild open bay of Morecambe.

Welcome to Morecambe Bay

Saturday 11th June 10am - Arnside to Kents Bank

Morecambe Bay Hospitals Charity -
01524 516064 / charity@mbht.nhs.uk
Rosemere Cancer Foundation Preston - 01772 522913
www.rosemere.org.uk / info@rosemere.org.uk

Sunday 12th June 11am - Arnside to Kents Bank

Cumbria Wildlife Trust - Anthea 01539 816300
Air Ambulance - Susie Toppet 07547 240854
Derian House Children's Hospice Fund raising team - 01257 271271
communitysupportteam@rnli.org.uk



Saturday 16th July 3.30pm - Arnside to Kents Bank

Lancaster Girls' Grammar School - 07885 491987
or Eller Smith 01524 831132 or Sarah Lister 01748 907070

Sunday 17th July 4pm - Arnside to Kents Bank

Bleasdale School - Val Wardle 01524 58647
Barrow Blind Society - Briony Coglon 01229 820698

Saturday 30th July 2.30pm - Arnside to Kents Bank

Friends of the Lake District - Janine 01539 720788 / info@fld.org.uk
Bay Search and Rescue - www.active.com/arnside-lancashire/walking/races/cross-bay-walk-2016
Bendrigg Trust - sarah@bendrigg.org.uk / 01539 723766
Masonic Group - Peter Chance
Melanie the Tooth Fairy - charity@melanieyates.co.uk

Sunday 31st July 3.30pm - Arnside to Kents Bank

Reuben's Retreat - Emma Parry-Thorpe 01524 701226 / 01524 889650
Growing Well - info@growingwell.co.uk or Sharon White
sharon@growingwell.co.uk / 015395 61777
Eden Valley Children's Hospice - Katrina 01228 817618

All listings are correct to the best of our knowledge at the time of going to print.
They may be subject to change - please contact the charity or organiser before attending an event.

Sunday 7th August - Challenge from Hest Bank to Moor Lane, Flookburgh, Grange-over-Sands

The 11th Bay challenge offers a choice of a half-marathon race,
7 mile walk or Fat Bike cycle challenge -
admin@cancercare.org.uk / 01524 381820 / www.cancercare.org.uk

Saturday 13th August 1.15pm - Arnside to Kents Bank

Heartbeat Preston - Lisa 01772 717147
Boxes of Hope Cumbria - Mrs Polly Robin 01539 535492
boxesofhopecumbria@gmail.com
Hearing Dogs - Rachel Hassey, Community Fundraising Manager
Rachel.hassey@hearingdogs.org.uk / 07769 901297

Sunday 14th August 2.30pm - Arnside to Kents Bank

Sadler's Pedestrian - Colleen Deaville 07776 194154
Winston's Wish - Claire 07867 428914
Ribchester Museum - 01524 751475

Saturday 27th August 1.30 pm - Arnside to Kents Bank

A walk for Cumbria Centre Caravan Club, in aid of Cancer Research UK -
07850 735117 / blue2balloon@yahoo.com

Sunday 28th August 2.30pm - Arnside to Kents Bank

Friends of Rossini - Mr Fox 01539 727531
Blackpool Trinity Hospice - Lisa Martin 01253 359388 / lisa.martin@trinityhospice.co.uk

Saturday 10th September 11.15am - Arnside to Kents Bank

East Lancs Hospice - 01254 287012
eastlancshospice.org.uk/morecambe-bay-walk-2016
St Catherine's Hospice - 01772 324540

Sunday 11th September 12.30pm - Arnside to Kents Bank

Morecambe Carnival Committee - 07710 011782

