

Morecambe Bay walk – Sunday 20 June 2010

Additional information

Registration Time: 10.30am - 11.45am

Please register at the shelter opposite the public toilets on the Lower Promenade, Arnside. The walk will begin at 12pm, please arrive in time to allow for registration.

Walk Start Time: 12pm

(The walk will depart at 12pm, and as it is a guided walk if you miss the group start time you will be un-able to take part in the walk)

Walk Start Point : Cross Bay Assembly Point, opposite the Albion Public House, The Promenade, Arnside, LA5 0HA

Finish: 3pm (approx)

Walk Finish Point: Kents Bank Train Station. Priory Road, Kents Bank, Cumbria, LA11 7BG

Car parking and public transport: The walks start and finish points are different as this is a linier walk. There are options to park in either Kents Bank (finish point), Grange-Over-Sands (mid point) or Arnside (start point). Kents Bank has limited on-road parking and Grange-Over-Sands & Arnside have both on-road and pay and display parking. A rail service links the three points. To check up-to date local train times and fares, visit <http://www.nationalrail.co.uk> or ring National rail enquiries on 08457 48 49 50.

Walk duration: The eight mile walk will take approximately 3 hours to complete.

Refreshments and picnicking: Please ensure you bring sufficient food and drink for the walk. There are a variety of shops and cafés in both Arnside & Grange-Over-Sands should you wish to eat before or after the walk.

Challenging aspects: The middle section of the walk does require walkers to wade through water (below knee level). After this stretch of the walk a tractor with trailer will meet the walk, and any tired participants can board the trailer. As such **the walk is not suitable for children under the age of 9**. Any participant who has concerns about their physical condition is advised to consult their own doctor before taking part in this event.

Other Important Information: In the event of heavy rainfall prior to the walk, the route may need to be reversed with the start point changing to Kent's Bank Train Station. As such all participants must

provide a contact number (ideally a mobile phone number for one of their group) which they will be available on 24 hours before the walk begins.

Suitability for pushchairs and/or wheelchairs : Unsuitable due to sand and stretches of water.

For further details please ring 01925 846740