

Instructions and advice for the Morecambe Bay Walk 6th July 2025

What do we do?

On the day of the walk, you should plan to arrive at Arnside around an hour before it begins. This will allow you enough time to park, find your way to check-in with our stewards on the promenade and enjoy the amenities that Arnside has to offer before you begin the walk. It is vital that you let our staff know that you have arrived for the start of the walk which will begin promptly at 14:30.

What happens at Check-in?

We will be set up from 13:45 for you to register and will have our flags visible on the promenade front so you can come and find us easily! When you arrive to check in for the walk, we will be sure to check you off our arrival list for safety across the Bay Walk and point you in the right direction down the promenade to the where the briefing will be held by the Guide Overs Sands Trust. We will check any emergency contact details we hold are correct and ask you to sign any further information that we do not already hold (most information will already have been gathered, so there shan't be much to do!) We will also have a selection of t-shirts available to purchase on the day on a first come first served basis if you haven't already ordered yours.

Where does the walk start and finish?

The start of the walk is on the promenade in Arnside at 14:30. After a briefing by guides from the Guide Over Sands Trust, the walk proceeds along the shore, continuing onto the sands and across the channels of the River Kent, finishing at the Promenade between Grange-over-Sands and Kents Bank (near the to-be-developed Lido).

How long is the walk?

The route of the walk is approximately 8 miles and takes around 3-4 hours to complete. Depending on the specific route on the day the distance and time it takes to complete the walk can vary.

Coach Travel

Please note instructions if you have registered your interest in coach travel with us details will be shared separately and will be dependent on demand.

Where do I park and what other travel arrangements should I make?

The main options for you on the day of the walk;

- Parking at Kents Bank Station, post code for sat nav LA11 7BG. You can park at Kents Bank Station then catch the train in the morning to Arnside. This means that if you choose to finish the walk at Kents Bank your car will be waiting for you. There is some free car parking on the road by Kents Bank station. Please note that free parking is restricted, and we ask you leave plenty of time to find a space to park thoughtfully.
- Parking at Grange-over Sands, post code for sat nav LA11 6EH. You can park at the Station then catch the train in the morning to Arnside. This means that if you choose to finish the walk at Grange-over-Sands your car will be waiting for you there. There are many additional car parks around the town of Grange-over-Sands and some on street parking. Please leave enough time for you to find considerate parking.
- Parking in Arnside, post code for sat nav LA5 OHG. You can park in Arnside and then at the end of the walk catch the train back to Arnside. There is parking near Arnside station and further parking in and around Arnside. Please leave enough time for you to find considerate parking.

Please be aware as the walk will finish in between Kents Bank and Arnside and there is a short 20 min walk either way when you have completed the crossing. We will finish near the Lido and public toilets, giving you the choice on where to park.

At all times, please park in clear parking areas making sure not to block access to residents, through traffic or access for emergency vehicles.

You can find more information about train timetables and book tickets at www.nationalrail.co.uk and on Sunday 6th July there is roughly one every hour.

Please note that trains are a walk-up service and may be restricted with total numbers. We ask that if for any reason you may be late to the start of the walk that you call Megan our Event Fundraiser's mobile on 07513825123 and so we can inform our team on the day that you are on your way, but a late start may mean you are unable to join us due to walking a group for safety.

Where are the closest toilets?

In Arnside;

- Opposite Ye Olde Fighting Cocks pub on The Promenade. Fee 20p and disabled access with Radar Key.
- As well as the public toilets there are numerous cafés and pubs in Arnside with toilets available for patrons.

In Grange-Over-Sands;

- Opposite the Lido building. Fee 30p CONACTLESS ONLY or free disabled access with Radar Key.
- In the Ornamental Gardens near Grange Station. Fee 30p CONACTLESS ONLY or free disabled access with Radar Key.

- On Church Hill opposite the Parish Church. Fee 30p CONACTLESS ONLY or free disabled access with Radar Key.
- As well as the public toilets there are numerous cafés and pubs in Grange-Over-Sands with toilets available for patrons.

There are no public toilets in Kents Bank.

What should I wear?

Please come prepared for all weathers! A waterproof jacket is essential as well as additional warm clothing. We recommend wearing old comfortable trainers or shoes as well as shorts or light trousers. Do not wear wellies. YOU WILL HAVE TO WALK THROUGH THE RIVER AT TIMES, AND AS SUCH CAN EXPECT TO GET WET. We also suggest bringing a change of clothing for after the walk for this reason and plenty of drinking water.

Do I get a Hospice t-shirt?

Yes, if you would like one. These are priced at £4.50 each and we do require you to pre order them to guarantee one. These will be ready to be collected on the day from our stewards on The Promenade in Arnside.

Is the walk safe?

Yes. Cross bay walks have been taking place in Morecambe Bay for many years. Lead walks across the sands have been happening for over 60 years and the knowledge and experience of the guides is unquestionable. However, there is still a need for you to be vigilant and cautious when on the sands. There are dangerous quick sands in the bay, so as a participant, you always need to safe by sticking within the group and following the instructions from the guides as explained in the briefing. If you have any problems whilst on the sand, please make this known to a one of the guides.

Can the walk be cancelled?

Yes. Given the nature of the sands unfortunately sometimes the cross-bay walks can be cancelled at late notice. The Guide Over the Sands Trust will contact the Hospice on Friday 4th July to confirm if the walk is going ahead. If the walk is cancelled an urgent email will be sent to you to inform you of this. This failing, we will try and contact you via phone and make announcements via our social media pages. Please keep a look out for any communication from the Hospice prior to the walk.

Even if the weather is terrible, I can guarantee that you will be having a great time and raising lots of money for Eden Valley Hospice and Jigsaw, Cumbria's only children's Hospice.

How do I give Eden Valley Hospice and Jigsaw my sponsorship monies collected?

As we have mentioned your registration fee only covers the cost of holding the walk itself. Eden Valley Hospice and Jigsaw, Cumbria's Children's Hospice rely on the kindness and generosity of

fundraisers such as you, to be able to continue to support the men, women and children throughout Cumbria with life-limiting illness.

There are a few ways in which you can send your fundraising to us.

Online Platforms

The easiest and quickest way for you to share and collect donations from your friends, families and further is by setting up an online form via JustGiving, Facebook, or similar. This money is usually then sent straight through to us, and we can let you know the total we received after your walk with thanks for your support!

Sponsorship Forms

You should receive a sponsorship form on which you can record any cash donations given to you. We do need this form as a record of your donations as it will allow us to Gift Aid any donations that you have raised!

You can then drop the monies off in person on the day, or to the Hospice Fundraising Hub which is open Monday-Friday, 9am-5pm.

Alternatively, if easier, you can bank the monies and send us the payment directly;

- By cheque in the post, payable to Eden Valley Hospice or Jigsaw
- Call the Fundraising team and pay via debit/credit card
- Via our website www.edenvalleyhospice.org or www.jigsaw.org.uk, stating 'sponsorship money from Morecambe Bay walk 2025' in the comments

PLEASE DO REMEMBER TO STILL SEND IN YOUR SPONSORSHIP FORM SO WE CAN CLAIM ANY ELIGIBLE GIFTAID.

We are truly grateful for your support of Eden Valley Hospice and Jigsaw. Our mission is to provide the highest quality care to both adults and children across Cumbria during their most challenging times. This important work wouldn't be possible without the incredible generosity of our supporters and fundraisers—thank you!