

Cross Bay Walkers Information Sheet:

What to expect | Who can walk

The walk starts from a stony foreshore at Arnside, proceeds on to the sands and across the channels of the River Kent to Kents Bank. The start of the walk is across a stony beach and the end of the walk is across mud flats and gullies, which each walker will need to step or jump across.

The walk can be arduous and takes about four hours depending on the route. You must have reasonable level of physical fitness and be able to walk ten miles comfortably.

The walk can be up to ten miles long and includes crossing the channel of the River Kent, which are cold and sometimes fast flowing. The height of the river is usually between knee and thigh deep.

Walks proceed at a reasonable pace and the walkers need to be able to keep up.

Under 16's must be accompanied by a responsible adult.

It is advisable that the walk is not suitable for children under eleven years old unless they are used to reasonably strenuous walks.

Old comfortable shoes or trainers are recommended rather than expensive walking boots or wellies and shorts or trousers which can be rolled up.

You will get wet during the walk so bring a change of clothing to change in to at the end.

The weather can be anything from driving rain to hot sun, plus it is very exposed out on the Bay with no shelter so bring sun screen, a sun hat or waterproofs depending on the conditions.

Make sure you bring a bottle of water and a snack that you can eat on the move.

There are no toilet facilities during the walk or at the end of the walk at Kents Bank.

Well behaved dogs on leads are allowed. They are also allowed on the coach but not on the seats. Please make sure you have a towel to dry your dog before getting back on the coach at the end.

It is sometimes necessary to cancel a walk at short notice if the guide, at his sole discretion, considers conditions out on the Bay to be dangerous. Whenever possible the guide will arrange an alternative route which necessitates a different starting and/or finishing point. Charities need to ensure that they can contact their walkers in the eventuality of a walk being re-routed or cancelled.

Individuals are responsible for carrying any necessary medication.

Toilets

There are no toilets on the walk. For information about available facilities please go to: <http://www.guideoversands.co.uk/guidelines-for-charities>

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