

# Cross Bay Sunset Walk 40th Anniversary Edition



**Sunday 16th July 2023**  
**Arnside to Grange Promenade**  
**5.30pm**

# Cross Bay Sunset Walk

**A unique walk across the breathtakingly  
beautiful Morecambe Bay!**



We are delighted that you are joining us for our 18th annual Cross Bay Walk on Sunday 16th July 2023.

This year, the walk will be led by King's Guide to the Sands Michael Wilson. He will lead you on an adventure like no other on one of the region's most stunning walks with every step raising money for people affected by cancer and bereavement.

The famous route from Arnside Promenade to Grange Promenade takes around four hours to complete. Due to the unique terrain of the Bay, we cannot guarantee the exact distance, however, on previous walks we have clocked the total at around the 8 mile mark.

The final route will be set as soon as the tide departs the shore on the day of the challenge and Michael will guide you across the Bay following a safe route. He is an extremely experienced navigator of the sands, and he knows how unpredictable they can be, so please respect his judgement and follow his lead.

Due to the ever-changing nature of the Bay, it is possible that the walk may be postponed or cancelled. This decision will be taken by Michael and if it this happens, we will update our Facebook and Twitter pages and email participants. Please keep an eye out for updates as we get closer to the event.

# Cross Bay Sunset Walk

## Walk information

The walk will start at Arnside Promenade, LA5 0HA at 5.30pm and will finish at Grange Promenade. The walk will take approximately 3 to 4 hours. Please be registered and ready at the promenade for a 5.25pm safety briefing. Registration opens at 4.30pm.

The Cross Bay Challenge is no ordinary walk! Crossing sand and sea is reasonably flat but demanding. Expect to get wet... very wet!

## Getting there

Travelling from the south, take junction 35 off the M6 motorway, take the 1st left on to A6070. Travelling from the north, take junction 35 off the M6 motorway, take the 3rd left on to A6070.

Then, for all, turn right onto the A6 heading through Warton, Yealand Conyers and Yealand Redmayne to Milnthorpe. Once in Milnthorpe, turn left at the Cross Keys Hotel onto the B5282 (Park Road) through Storth to Arnside. Once in Arnside, drive past the railway station onto the promenade.

## Parking in Arnside

Parking in Arnside is very limited. Please can walkers be mindful that this is a residential area and to park respectfully. There is an 'informal' car park just as you enter Arnside which may be used.

## Parking at Grange

There are several car parks in Grange - Berners Close, Main Street, Kents Bank Road, Hampsfell Road and Windermere Road. There is also street parking on the Promenade. Kent's Bank is approximately one mile further on. There is a train station at Grange, Kents Bank and Arnside.

## Registration

Registration will be open from 4.30pm to 5.15pm at Arnside Promenade. The registration point is on the promenade opposite the Albion Pub. The starting point is at the end of the promenade and in order to avoid danger to the public and walkers, please make your way to the start by 5.20pm ready for the safety briefing at 5.25pm. The walk will start promptly at 5.30pm.

# Cross Bay Sunset Walk

## Route & Safety Information

### Hydration & refreshments on the walk

There are no cafes or toilets out in the Bay so please bring your own drinks and snacks.

### What to wear

Old comfortable shoes or trainers rather than expensive walking boots or wellies are recommended, as are shorts or trousers which can be rolled up. Many 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 and/or a change of clothing. It is exposed out in the Bay so please wear sunscreen and a hat may also be useful. As it will start get dark during the walk you may wish to bring a torch or headtorch.

### The Bay

Please respect both the Bay and your fellow walkers. Please take all rubbish home with you and ensure dogs are kept on a lead at all times.

### Safety

There are dangerous quicksands in Morecambe Bay. Stay with the group and follow Michael and his guides at all times. Volunteer stewards will also be on hand to assist. Please respect them and follow the instructions that they give. It is sometimes necessary to cancel a walk at short notice if the guide considers conditions out on the Bay to be dangerous. In the event of a cancellation, CancerCare will contact all participants as soon as possible by email.

### Fitness

The walk is on varied terrain including sections of sand, shingle, pebbles, rock and salt marsh. It will proceed at a reasonable pace and will involve crossing two river channels which may be fast-moving and cold, therefore, the walk is only suitable for people who are reasonably fit and able. Parents should assess whether the walk is suitable for their children. The minimum age for the walk is 6 years old as it is challenging in places it may be difficult to carry children if they become tired. Ideally, they should be able to negotiate the river channels with minimum assistance.

# Cross Bay Sunset Walk

## Frequently Asked Questions



### **How do I get back after completing the walk?**

Some walkers choose to be dropped off at Arnside and then picked up at Grange or can park at the start and leave one car at the finish.

Unfortunately, with the last train leaving Grange-over-Sands to head back to Arnside at 9.20pm, it is very unlikely the walk will return in time for this to be a viable option.

Therefore, this year we are making coach travel an option to return to Arnside after conclusion of the walk. Cost of coach travel will be kept as low as possible to cover cost, £7 per person. If you haven't already, email [fundraising@cancercare.org.uk](mailto:fundraising@cancercare.org.uk) to express your interest.

### **What if I can't complete the walk?**

Participants must be confident that they can complete the walk unaided. However, in case of emergency, a tractor will transport injured or unwell participants back to shore.

# Cross Bay Sunset Walk

## Collecting Sponsorship



### JustGiving

Below is your personalised sponsor form but why not try using JustGiving.com too? It's easy, secure, helps you to spread the word further about what you're doing and it's less hassle for you as there's no cash to be collected after the event!

All you need to do is visit [www.justgiving.com/cancercare](http://www.justgiving.com/cancercare) and click 'Fundraise for us'.

Once you've done that, it's really simple to get started:

1. If you're new to JustGiving, enter your email address, fill in your details and create a password.
2. Choose your event ([Cross Bay Walk2023](#)) and click 'Select'
3. Choose a web address for your fundraising page and click 'Create your page.'
4. Go to your account and personalise your page with a message, image and target.
5. Then share your fundraising page link with family, friends & colleagues (Social media and emails are great for sharing).

If you need any help, please feel free to contact the Fundraising Team on 01524 38120.

### Employer Match Funding

Do you work for a company that offers match funding to employees who take part in fundraising challenges? Why not ask your employer if they can double whatever sponsorship you raise? It's definitely worth the ask!

Companies that already match-fund donations include:

Barclays Bank, BAE Systems, Boots, GlaxoSmithKline, Heinz, HSBC, Lloyds Bank & Marks & Spencer.

# Cross Bay Sunset Walk

## Collecting Sponsorship



### Gift Aid

Anyone who sponsors you and is a UK taxpayer can 'gift-aid' their donation by giving us permission to reclaim the tax they have paid on their donation from the government.

This means donations could be worth an extra 25% to us at no extra cost to the donor. So for every £10 donated, we receive £12.50!

To be eligible for Gift Aid, make sure your sponsors write their full name, home address and postcode and tick the 'Gift Aid' box on your sponsor form. See example below:

Full Name	Full Postal Address	Amount	Gift Aid It*
Joe Bloggs	12 Puddle Lane, Kendal, LA9 9PX	£10	✓

Please return your sponsor form & collected sponsor money by 11th August 2023 to:  
Cross Bay Walk, CancerCare, Slynedales, Slyne Road, Lancaster LA2 6ST

Alternatively, you can drop it into one of our centres:

Slynedales, Slyne Road, Lancaster, LA2 6ST

Lakes Centre, Blackhall Road, Kendal, LA9 4BT.

76 Duke St, Barrow-in-Furness LA14 1RX

Morecambe Centre, 34 Northumberland St, Morecambe LA4 4AY

Cheques should be made payable to 'CancerCare'. Please do not send cash through the post.





# Cross Bay Sunset Walk

## About CancerCare



CancerCare is an independent charity which has been providing free professional therapy to people dealing with the effects of cancer and bereavement for 40 years.

We have centres in Lancaster, Kendal, Morecambe and Barrow and offer a wide variety of services including one-to-one counselling, complementary treatments such as reflexology and aromatherapy, and creative and physical therapy groups including yoga.

CancerCare has a dedicated service for children and young people with specially trained counsellors who provide support for children bereaved for any reason, not just as a result of cancer. We also run a weekly young people's peer support group and provide a full range of activities during school holidays.

Every year we help thousands of people across the Morecambe Bay area cope with the devastating impact of cancer and bereavement.

Just over 90% of the income we need to help these people comes from fundraising and generous donations from local people who recognise how vital the services we provide are. Every penny of sponsorship that you raise by participating in the CancerCare Chapel Island Walk will help to make a real difference to the lives of many local families whose lives have been turned upside down. Thank you!

# Cross Bay Sunset Walk

## Terms & Conditions

### ENTRY FEES

Your entry fee covers your place at 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 register to take part by completing the online booking form on Try Booking. All entries will be processed in the order we receive them. Where possible, walkers should pre-register. However, where there are places available, walkers may register on the day, but the organisers and Michael Wilson reserve the right to refuse entry to anyone arriving late.

Event registration and safety briefing times can be found in this Information Pack. Places are limited. If you want to walk with friends, you must secure your places by registering together.

### CLOSING DATE

The closing date for online entries is Friday 14th July at 12.30pm, unless the walk sells out sooner.

### ON THE DAY

It is your responsibility to arrive at the start point in plenty of time to sign in 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

The minimum recommend age for children is 11 years old if they are not used to strenuous walks. Children under 16 may take part in the Cross Bay Walk but MUST be accompanied by a participating adult. For groups please consider the NSPCC's guidance on appropriate levels of supervision for children and young people. It is suggested that children under 8 years of age are accompanied by 1 adult to 6 children, 9 - 12 years of age are accompanied by 1 adult to 8 children and 13 - 18-year-olds are accompanied by 1 adult to 10 children.

### PHOTOGRAPHY

By registering for this event you agree that any photographs taken may be used for promotional purposes by CancerCare.

### DOGS

Dogs are allowed on the walk at the participants' own risk and must be kept on a lead at the start and end of the walk. Please clean up after your dogs and owners must be able to carry their dogs if the depth of the channels require it.