

The CancerCare Cross Bay Walk



Sunday 24th July 2022
Arnside to Grange Promenade
2:45pm

The CancerCare Cross Bay Walk

A unique walk across the breathtakingly beautiful Morecambe Bay!



We are delighted that you are joining us for our 17th annual Cross Bay Walk on Sunday 24th July 2022.

This year, the walk will be led by Queen'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.

The CancerCare Cross Bay Walk

Walk information

The walk will start at Arnside Promenade, LA5 0HA at 2:45 pm 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 2:40 pm safety briefing. Registration opens at 2pm.

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. 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 and walkers who leave their cars there can block spaces for up to six hours. Please 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 2pm till 2:40 pm 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 2.35pm ready for the safety briefing at 2:40 pm. The walk will start promptly at 2.45am

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.

The Bay

Please respect both the Bay and your fellow walkers. Please clean up after yourselves and your dogs and keep them 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. 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.

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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. Trains are available between Grange and Arnside so participants may wish to park at Arnside and get the train back after the walk. It takes an average of 6mins to travel from Grange-over-Sands to Arnside by train, over a distance of around 3 miles (5 km). There are normally 21 trains per day travelling from Grange-over-Sands to Arnside and tickets for this journey start from £2.60 when you book in advance. We strongly advise you check train times with National Rail or Trainline in the days prior to the walk.

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.

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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 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 (CancerCare's Cross Bay Challenge Walk 2022) 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
- If you need any help please feel free to contact the Fundraising Team at CancerCare on 01524 381 820.

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, Lloyds Bank & Marks & Spencer.

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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 29th July 2022 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.

Please sponsor _____

For the CancerCare Cross Bay Walk

If you are a UK taxpayer, Gift Aid can make your donation worth even more. For every £1 you give, CancerCare receives an extra 25p from the government.

*I am a UK taxpayer and I would like CancerCare to claim Gift Aid on this donation and all donations hereafter until I notify them otherwise. I understand that if I pay less Income Tax/or Capital Gains Tax than the amount of my Gift Aid claimed on all my donations in that tax year it is my responsibility to pay the difference.

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Full Name	Home Address	Post Code	Gift Aid*	Sponsorship Amount	Date Collected
Joe Smith	My house, my street, my town	PO5 1CD	✓	£20.00	01/01/21

By providing us with your personal data, you consent to our privacy policy, available at www.cancercare.org.uk

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About CancerCare



CancerCare is a independent charity which has been providing free professional therapy to people dealing with the effects of cancer and bereavement for almost 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!

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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. If the event is cancelled due to COVID-19 restrictions a full refund will be issued to all participants.

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 Monday 18th July 2022 at 12.30pm.

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.