

WHAT TO EXPECT ON THE WALK

The walk itself is 7 to 8 miles long, depending on the route. The walk usually starts from the stony foreshore at Arnside, proceeds onto the sands and across the channels of the River Kent.

Please note that the trains will not be running between Arnside and Grange-over-Sands between April and the end of July 2011 whilst work is carried out on the Arnside viaduct. Contact the charity organiser for you walk for details of alternative transport arrangements.

You can see from the picture on the left that the height of the river is usually between knee and thigh deep. Old, comfortable shoes or trainers are recommended rather than expensive walking boots or wellies, and shorts or trousers that you can roll up. You may want to bring a towel.

There are dangerous quicksands in the bay. To ensure your safety, stay with your group and follow instructions from the Guide and his helpers at all times. Never attempt to cross the bay without a respected local guide.

The weather can be anything from driving rain to hot sun, so come prepared to protect yourself against the elements. It is very exposed out on the bay with no shelter, so bring sunscreen and a sunhat or waterproofs, depending on conditions.

Don't forget to bring a bottle of water and a snack.

The last part of the walk involves crossing gullies on the saltmarsh. These can be quite wide and slippery, so walkers need to be agile enough to get across.

The walk usually ends in Kents Bank, a mile and a half from Grange-over-Sands.

Commemorative certificates can be purchased from the Guide at the end of the walk for £1.

Why not combine the walk with a short break in this lovely part of the world? For information about places to stay in the area and local attractions, contact Grange Tourist Information Centre, based in the Victoria Hall, Main St, Grange-over-Sands, Cumbria LA11 6DP, telephone 015395 34026 or visit www.grangeoversands.net.

