



## SAFETY ON THE BAY

There are dangerous quicksands in the Bay.

Stay with the group and follow Cedric.

**Do not attempt to cross the sands without a respected local guide.**

If you see anyone in difficulty on the Bay, phone **999** and ask for the **Coastguard**.

Walks may be cancelled if conditions would make the crossing hazardous. Please check with your walk organiser.

## Keep our beaches clean

Do not drop litter. Anything dropped in the Bay will end up on one of our beautiful local beaches, causing an eyesore and possibly injuring wildlife.

If you have a dog, please keep it under control and clean up after it.

Morecambe Bay Partnership is helping to clean beaches around the Bay through the **BeachCare** programme.

For details: [www.morecambebay.org.uk](http://www.morecambebay.org.uk)

**Friends of the Lake District**, a landscape charity with over 7,000 members, has financially supported this leaflet. For 70 years, they have campaigned to conserve the natural beauty of the Lake District and Cumbria viewed most strikingly from the cross bay walk. Acting as representatives for the Campaign to Protect Rural England (CPRE) they represent a growing and influential voice for the countryside and promote sustainability. They would encourage you to use public transport as part of your walk to reduce the impact of traffic on the landscape.

To find out more or to join Friends of the Lake District contact them at 01539 720788 or visit their website [www.fld.org.uk](http://www.fld.org.uk)

## Queen's Guide to the Sands

People have walked across the sands of Morecambe Bay for hundreds of years. Before the arrival of the railway it was the main route to and from Furness.

Now people cross for fun, and to raise money for charity: guided by the 25th appointed **Queen's Guide to the Sands** Cedric Robinson who has been leading the walks since 1963. The first appointment was in 1536, and is still made by the Duchy of Lancaster.

Cedric, a life long local fisherman, knows the ever-changing sands like the back of his hand.

Morecambe Bay's cross-bay walk is internationally known, and has been described as "**one of the world's most wonderful journeys**"

## Morecambe Bay Partnership

This leaflet has been developed by Morecambe Bay Partnership in association with the Queen's Guide to the Sands, Grange Tourist Information Centre, Arnside Parish Council, South Lakeland District Council and Friends of the Lake District.

Morecambe Bay Partnership is a local charity working to improve the quality of life around Morecambe Bay.

To become a member of Morecambe Bay Partnership (registered charity 1089559) or to make a contribution to our work contact:



**friends**  
OF THE LAKE DISTRICT



Morecambe Bay Partnership  
32 Market Place  
Kendal  
Cumbria LA9 4TN

Tel: 01539 773447

[info@morecambebay.org.uk](mailto:info@morecambebay.org.uk)  
[www.morecambebay.org.uk](http://www.morecambebay.org.uk)

*Acknowledgement and thanks to  
Kennie Hopper and Mr J B Lord  
for photographs, Friends of the Lake  
District, South Lakeland District  
Council and Arnside Parish Council.*

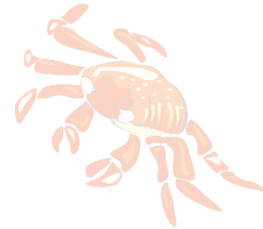
© Copyright Morecambe Bay Partnership 2003



FREE

Feel the magic of

# Morecambe Bay



## Arnside to Grange-over-Sands Cross Bay Walk



Morecambe Bay is a very special place, renowned for its spectacular scenery and wealth of wildlife.

Cross-bay walks are a unique way to experience the Bay and the vast expanse of sand which is exposed at low tide.

## To take part

Numbers of walkers are limited for safety reasons, so it is important that you **register** with the organiser early; and at least a fortnight before. Some walks are public, but most are organised by charities to raise money.

The Tourist Information Centre in Grange-over-Sands (015395 34026) keeps a list of dates of walks and the contact details for organisers of charity walks.

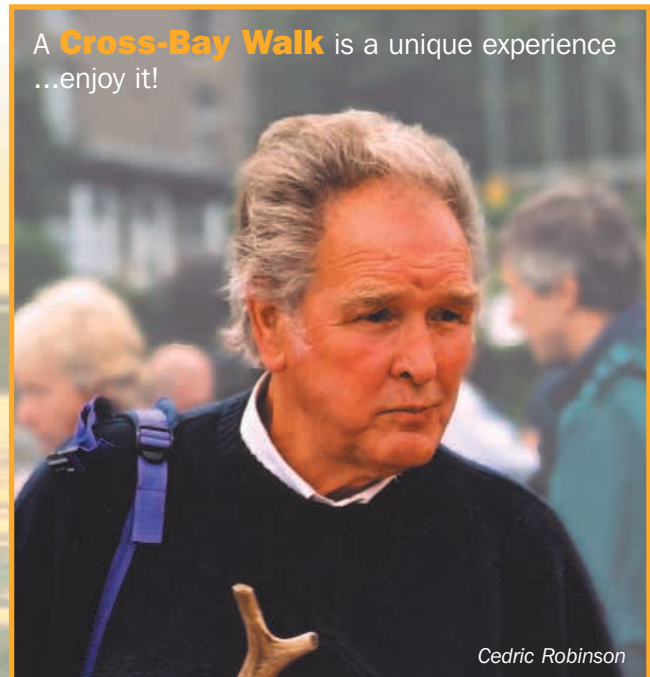
## What should I wear?

Choice of clothing is weather dependant and can be anything from shorts and sunglasses to waterproofs. It's better to wear layers rather than one thick jumper.

Old trainers or sandals are best for the start of the walk, where the shore is quite rocky. You will get wet during the river crossing, so jeans and wellies are not advised.

You will probably get muddy, so consider bringing water to clean your feet, a towel and clean socks!

It can be quite exposed out in the middle of the sands - remember your sunblock and hold onto your hat!



Cedric Robinson

A **Cross-Bay Walk** is a unique experience ...enjoy it!

## How do I get to Arnside?

**Where possible, use public transport** to get to Arnside. Parking in the village is very limited and there are enforced restrictions on how long you can stay. You may get a visit from a friendly Parking Attendant. If you must drive, please car share and use the foreshore car parking near to the viaduct.

**It is easier** to park in Grange-over-Sands where there is plenty of parking, and take the train to Arnside.

**Berners Close car park** is halfway between Kent's Bank and Grange stations. You can then take the short, picturesque train journey from Grange to Arnside and walk back to your car.

To check train times call 08457 48 49 50.

## Where do the walks start?

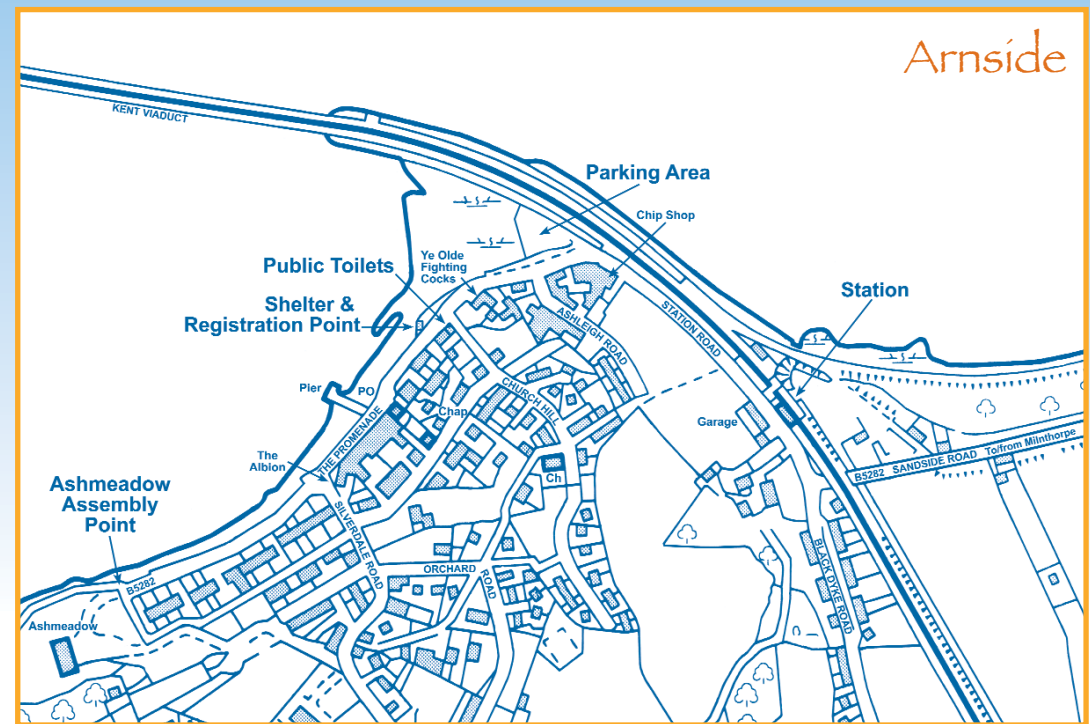
The registration point is at the shelter on the Lower Promenade, a few minutes walk from the railway station - look for the clock opposite the public toilets.

After registering, walk along the footpath to the pier and down the steps to the foreshore to get to the assembly point at the end of the Promenade, below Ashmeadow.

**Please do not congregate near the fountain opposite the Albion pub.**

## What is the walk like?

The cross-bay walk is around 8 miles long and usually takes 3-3½ hours.



Arnside

The walk takes you along the foreshore and through woodland behind Blackstone Point emerging onto the saltmarsh at White Creek.

You then head out into the Bay and soon reach the channel of the River Kent. Crossing the river is a highlight of the walk - the water level and how tall you are, dictate whether you paddle or wade thigh deep!

Halfway across the Bay you stop for a rest. This is a great place to take in the beautiful surroundings, and to enjoy the sense of space. The walk then meanders across the sands and comes ashore at Kents Bank Station.

## What if I get tired during the walk?

A tractor and trailer, called the Sandpiper, are brought out into the Bay for those who get tired. This is especially useful for young children.