



Dear Supporter,

Thank you for taking part in the Cross Bay Walk raising funds for Lancashire Mind.

Please take the time to read this information carefully. This is to ensure that you have all the details you need ahead of the walk.

Date: Sunday 30th June 2024

Walk Time: 12.20pm. Please note that you need to arrive one hour before the walk which is 11.20am

Location: If driving we would advise walkers to leave their cars at Kent's Bank or Grange (the end of the walk point is Grange Prom at Grange Over Sand) as there is limited parking in Arnside (start point). This would mean that your car will be nicely waiting for you at the end of the walk too, rather than needing to make your way all the way back to the start after a long walk. Walkers can park anywhere in Grange.

If you are getting the train from to Arnside, please allow plenty of time as the trains get very busy on walk days and on occasions the trains can be full and you may need to wait for the next one. There are lots of shops, cafés and restaurants to enjoy in Arnside if you arrive early.

Toilets are at the beginning of the walk on Arnside prom. The Guides ask you to use toilets in cafes, etc. Only if you are a customer. There are also toilets at the finish of the walk located opposite Grange lido.

Registration: Meet at the clock tower in Arnside. If you are travelling by train come out of the train station turn right and head towards the small clock tower on the promenade.

On arrival at the clock tower please look out for Lancashire Mind Volunteers, who will be wearing high vis jackets with our charity logo on.

You will be asked to queue so that we can register you. Where possible if you are completing the event as a group, please only have one person in the queue to check in on behalf of all members of the group.

Once all participants are registered, we will leave to meet the Guides Over Sands. Lancashire Mind volunteers will lead you to the Guides over Sands.

To reduce plastic waste, Lancashire Mind have taken the decision not to provide bottled water this year. Therefore, we ask that you ensure that you have enough water/ fluids for yourself in your own water bottle. Please also ensure to make provisions for any dogs too.

Please note there will be a large number of people registering for the walk, 200 for Lancashire Mind and other charity groups also taking part. Please help us to safely and quickly work through the registration process.

What walkers should bring:

- Wear old / Comfortable trainers
- Wear comfortable clothing and dress accordingly
- Bring a hat
- Sun cream
- Hot/Cold drink (please take into account that on the sands there are no toilets)
- Small first aid kit for yourselves to deal with any minor injuries / blisters etc
- Sandwich / chocolate / crisps / fruit / cake - Any snack type

No alcohol to be consumed prior to or during the walk.

Walk: Once registered, please wait to be told by Lancashire Mind volunteers to walk to the beach area, just down from the Albion pub. The Guides over Sands will be there to meet us and deliver a briefing.

All walkers are responsible for getting to the walk start point and leaving after the walk.

Please note that the walk will take 3-4 hours covering a distance of 5.5-7.5 miles. Parts of the walk may be challenging. Changeable weather and a varying terrain will be encountered. First and foremost, you should be able to walk 7.5 miles. Underfoot, Arnside to the shore includes sand, footpaths, lanes and marshland. The bulk of the crossing is flat sand often rippled and sometimes covered in water. Halfway across you will navigate the Kent River where you can expect an average depth of up to 2ft (60cm) for a distance of some 50m. The final leg of the walk is over marsh: this is a clear pathway but may sometimes be slippery. Please ensure that all those under 18 taking part in the walk after supervised by an adult at all times. There will be a tractor as an emergency back-up to assist in the event of anyone unable to complete the walk.

You can find out more about how to prepare on The Grange Over Sands website:
<https://www.quideoversands.co.uk/>

If the walk is unable to go ahead due to circumstances such as poor weather conditions Lancashire Mind will contact participants at the earliest convenience. Please check your emails and phones in the lead up to the event particularly the Saturday before and on the Sunday morning. The Guides often have to make a last-minute decision as to whether the walk can go ahead.

Lancashire Mind will communicate any measures that will be taken and required by those taking part in the walk should the walk take place at a time when the government needs to bring in restrictions relating to Covid-19 or any other health outbreak.

Medical Disclaimer

I am fully aware of the risks associated with physical activity. I am in good medical condition/health and am sufficiently fit to participate in the Cross Bay Walk

I have no medical condition which would prevent me from safely participating in this activity; and I have medical clearance to participate. I knowingly and willingly assume all such risks and acknowledge that my participation in this activity is fully voluntary.

In consideration of my participation in this activity, I, on behalf of myself, hereby release and hold harmless Lancashire Mind, and any respective volunteers and staff, from any and all liability, loss, damage, costs, claims and/or causes of action of every kind and nature, including but not limited to those for bodily injuries, death, and property damage arising out of or relating to my participation in this event.

I have read this information and fully understand that by confirming I have read this information I am agreeing to abide by all event guidelines. I further understand I am giving up legal rights and/or remedies, which may be available to me against Lancashire Mind.

Please note that should any of the above information may change prior to the event, participants will be kept up to date by Lancashire Mind.

If you require any further details about the walk you can contact: nicolatomkins@lancashiremind.org.uk

Thank you again for your support. We look forward to taking part in the walk with you and hope you enjoy the experience.

Best Wishes,
The Lancashire Mind Team