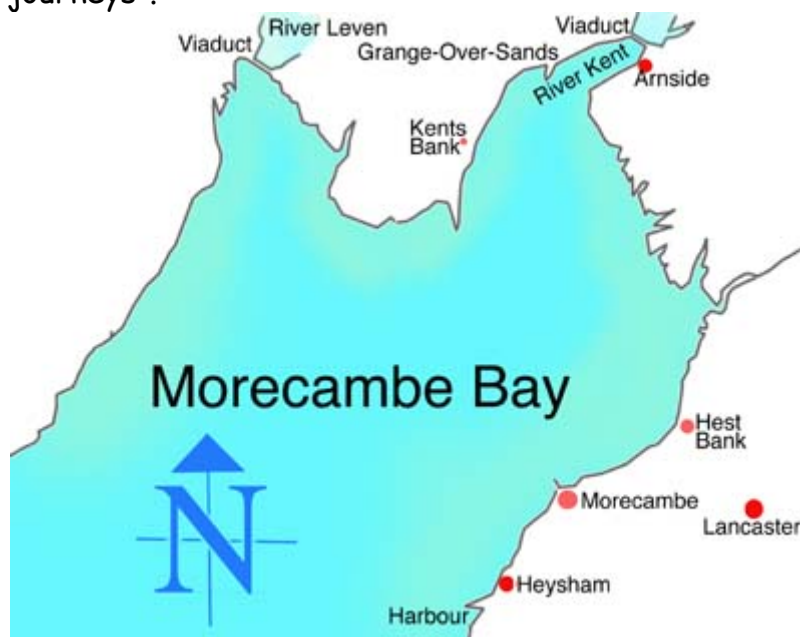


# Walk across Morecambe Bay with the Queen's Guide, Cedric Robinson MBE and Arnold School Parents' & Friends' Association on Sunday 19<sup>th</sup> September 2010

Why not join us for a fantastic day out with lots of fresh air and fun!

People have walked across the Morecambe Bay sands for hundreds of years. Before the advent of the railway it was the main route to Furness. Today people cross for fun, guided by the 25<sup>th</sup> appointed Queen's Guide to the Sands, Cedric Robinson, who has been leading the walks since 1963. The first appointment was made in 1536 and continues to be made by the Duchy of Lancaster. Cedric is a life long local fisherman who knows the ever changing sands like the back of his hand. Morecambe Bay's cross bay walk is internationally renowned and has been described as "one of the world's most wonderful journeys".



## Walk Information

The cross bay walk is approximately 8 miles long and usually takes 3 - 3.5 hours to complete depending on the route that Cedric takes between the channels and around any quicksand! Starting out from Arnside promenade, the walk continues along the foreshore and through woodland, emerging out onto salt marsh at White Creek before heading out into the Bay. Wading through the River Kent's channels, your height and the water level will determine how wet you might get and whether you will need to paddle or wade! It is a most exhilarating walk with spectacular views as we head for dry land at Kent's Bank.

Should you become tired during the walk a tractor and trailer with seating accommodation are on hand in the bay for those who are struggling to go much further. The passengers are usually the children; not because they are tired but more for the novelty ride across Morecambe Bay! Cross Bay walk certificates can be purchased from Cedric on completion of the walk. Cedric recommends walking "lightly" i.e. no heavy rucksacks or anoraks. Choice of clothing is very much dependant on the weather; ranging from shorts and sunglasses to waterproofs and it is recommended to wear layers rather than one thick jumper. Old trainers or sandals and shorts are best to walk in as you will get wet during the river crossing - jeans, wellies and walking boots are not advised due to the depth of the water. It can be quite exposed out in the middle of the Bay, so a hat, sun block and water bottle are advisable, as is a towel, wet wipes and possible change of clothing and footwear on completion of the walk.

### Itinerary

- Departure by coach from Arnold School, Lytham Road will be at 12 noon.
- A stop for refreshments will be made en route at the Brief Encounter Refreshment Room on Carnforth Station. The Refreshment Room has been restored to its 1940's glory days when the station was the setting for Milford Junction in the 1945 David Lean film "Brief Encounter" starring Trevor Howard and Celia Johnson. There is a small exhibition of memorabilia and you will be able to visit the Heritage Centre. Railwayana and an assortment of stalls will be set up on the platform.
- Arrival at Arnside will be approximately 2.15pm, where you will have a short time to explore the pretty shops lining the promenade and maybe a bite to eat; although packed lunches seemed to be the order of the day on our last walk in 2004.
- Cross Bay walk commences at 3.00pm and finishes approx. 6.00/6.30pm
- 7pm return journey to Blackpool

Please note that the above times will be confirmed before the event

The cost of the outing will be £12.00 for adults and £10.00 for children, inclusive of coach travel and refreshments.

If you wish to participate in this unique walk with breathtaking views, please complete the attached slip and forward to the school office by return and no later than Thursday 9<sup>th</sup> September 2010. This will undoubtedly be a popular family day out and places will be limited to the number of seats on the coach.

Should you have any further enquiries, please contact the school's general office on 01253 346391.

Morecambe Bay Walk, Sunday 19<sup>th</sup> September 2010

Cost: £12.00 adults/£10.00 children including coach travel and refreshments at  
Carnforth Station

Name ..... Contact number .....

Child's name and form ..... Email .....

Please reserve ..... adult/ ..... child seats. I enclose a cheque for £ .....

made payable to Arnold School Parents' & Friends' Association.