

Directions for the 25k Walk

- *You will leave the hospice at 10pm and turn left out of the main entrance then continue down the road to the traffic lights at Bolton-Le-Sands.
- *Turn left onto Coastal Road and continue until you reach the promenade, where you will keep going all the way down, until you reach Heysham and the end of the promenade.
- * Head up the slip path from the promenade heading onto Knowlys Road & the Strawberry Gardens pub (refreshments and toilets available)
- *Continue down Heysham Road until you reach Whinnisty Lane (at Four Lanes End), where you will turn left and head back onto the promenade where your route will continue until you reach the Broadway Hotel.
- *Turn right onto Broadway, over The Shrimp Roundabout and continue past the L&M College, follow the main road alongside Ryelands park, and then round onto the A6 back to the Hospice.

Directions for the 14k Walk

- *You will leave the hospice at 12am and turn left out of the main entrance then continue down the road to the traffic lights at Bolton-Le-Sands.
- *Turn Left onto Coastal Road and continue until you reach the promenade, where you will continue until you reach the Broadway Hotel.
- *Turn left onto Broadway, over The Shrimp Roundabout and continue past L&M College, follow the main road alongside Ryelands park and then round onto the A6 back to the Hospice.

