

JQ. How long will the walk take?

The route taken is never the same twice, but it is approximately 8 miles to a maximum of 10 miles. We allow 3-4 hours to complete the walk.

Q. Am I required to raise sponsorship?

A. The Cross Bay Walk is a fundraising event for St John's Hospice and all walkers are encouraged to fundraise through sponsorship for this event. St John's Hospice relies on income from events such as this to enable us to continue to provide outstanding specialist palliative care for patients and families living in your local communities. A Cross Bay Walk sponsorship form is available to download at www.sjhospice.org.uk/crossbaywalk. To give you an idea:

- £25 pays for 1 hour of in-patient care.
- £50 pays for an hour of hospice at home care.
- £100 pays for a patient to attend a Positive Living Group session.

Every penny you raise really makes a difference!

Q. Do I need to bring food/drink?

A. Please bring a drink and snacks that you would like to eat on the walk with you. Remember, you will be enjoying a delicious cream scone at the Lambert Manor Hotel afterwards!

Q. What do we do with rubbish?

A. Please take litter with you and clean up after your dogs. Dogs should be kept on a lead at all times.

Q. What should I wear?

A pair of old training shoes is recommended although some people like to walk in bare feet for some of the walk.

It is better to wear layers rather than one thick jumper. You may get muddy; so consider bringing a towel. It is exposed out in the bay so a hat may also be useful.

There are dangerous quicksands in Morecambe Bay. Stay with the group and follow Michael and his guides at all times.

Q. Is there a minimum walking age?

A. The walk is not suitable for children under 11 years old unless they are used to reasonably strenuous walks. Under 16s should be accompanied by a responsible adult. For further information, please read What to Expect on the Walk on the website.

Q. Am I fit enough to walk?

A. You will be walking for approximately 3-4 hours and it is most likely that you will get wet, you may wish to bring a spare pair of footwear and a towel. It is the walkers responsibility to make sure that they are fit enough to take part in the walk.

Q. How do I get there/back?

A. Walkers can be dropped off at Arnside (LA5 0HD) and then picked up at the Lambert Manor Hotel in Kents Bank (LA11 7BG). Walkers can park at Lambert Manor Hotel if they wish, but please be aware that space is limited and car sharing is advisable wherever possible. Parking is also available on the road by Kents Bank station.

Trains are available between Kents Bank and Arnside so participants may wish to park at Arnside and get the train back from Kents Bank after the walk.

Q. What time are the trains?

A. There are train stations at Arnside, Grange-over-Sands and Kents Bank. The current winter timetable ends on the 21st May. Please check the summer timetable when it becomes available here <http://www.nationalrail.co.uk/default.aspx>

Q. What if I can't complete the walk?

A. A tractor and trailer are brought out into the bay for those who can't complete the walk for medical reasons.

Q. What time should I get there?

Please arrive from 9.00am to register and get your wristband at Arnside promenade. Please arrive at Ashmeadow at the end of the promenade at 9.45am for a prompt start with Cedric at 10am.

Q. Are there toilet facilities?

All walkers for St John's Hospice will be able to use the facilities at the Lambert Manor hotel.