

ST JOHN'S HOSPICE

Cross Bay Walk - Sunday 16th September (terms & conditions)

- All participants including dogs must have a reasonable level of physical fitness and be able to walk unaided for at least ten miles.
- You will cross at least two river channels that are cold and possibly fast flowing and deep (Usually between knee and thigh deep). The depth may be greater depending on the weather conditions. (This will be dynamically risk assessed at the time by the walk organiser)
- Although routes are largely flat, the ground can be demanding consisting of sand, mud, shingle, pebble and rocks and wearing sensible footwear is advisable.
- Weather can be changeable and suitable waterproof clothing, dry clothing and footwear to change into at the end of the walk is advisable.
- Participants will become wet during the walk.
- Sun cream, water and suitable food to consume on the move will be required e.g. flapjack, bananas, or Kendal mint cake.
- Please note there are NO toilet facilities on the walk.
- Parents must give careful consideration as to whether this walk is suitable for their child. The walk can be onerous and it may be difficult to carry children if they become tired.
- Please listen to/obey all instructions given by the guide, he is there to ensure your safety.
- Certain weather conditions may mean the walk has to be cancelled, in this instance we would rearrange the next available date and your place would be automatically transferred onto that date. (We would endeavour to notify walkers by email on the evening of Friday June 7th if the walk is deemed unsafe due to the weather/estuary conditions).
- Registration will open one hour before the walk commences, if you have not registered by the time the guide commences the walk (10am prompt) we cannot guarantee that you will be able to walk. Please have emergency contact details for the day to hand, this will help speed up the registration process.
- All SJH walkers will receive wristbands upon registration which entitle wearers to refreshments at the Lambert Manor hotel. As there are several hundred walkers taking part that day for other charities, unfortunately without a valid wristband you will not be entitled to free refreshments at the hotel.
- Most importantly have fun and enjoy this unique experience!

Thank you,
Fundraising Team

Caring for our community
Every hour of every day since 1986

