

What to Expect on the Walk

This is arduous and takes about four hours depending on the route. You must have reasonable level of physical fitness and be able to walk ten miles comfortably. The walk usually starts from a stony foreshore at Arnside, proceeds on to the sands and across the channels of the River Kent. The walk involves crossing two river channels which are cold and sometimes fast flowing. The height of the river is usually between knee and thigh deep. Old comfortable shoes or trainers are recommended rather than expensive walking boots or wellies and shorts or trousers which can be rolled up. You will get wet during the walk so bring a change of clothing to change in to at the end. The walk is on varied terrain including sections of sand, shingle, pebbles, rock and salt marsh. The last part of the walk over the salt marsh involves crossing gullies, these can be quite wide and slippery so walkers need to be agile enough to get across.

The weather can be anything from driving rain to hot sun so come prepared to protect yourself against the elements. It is very exposed out on the Bay with no shelter so bring sun screen, a sun hat or waterproofs depending on the conditions.

Make sure you bring a bottle of water and a snack that you can eat on the move. There are no toilet facilities during the walk or at the end of the walk at Kents Bank.

Parents should assess whether the walk is suitable for their children. The walk is onerous and may be difficult to carry children if they become tired. Children should be able to negotiate the river channels with minimum assistance.

Walks can be cancelled at short notice by the guide if conditions make it unsafe to cross.

The walk usually ends at Kents Bank a mile and a half from Grange-over-Sands.