

VINTAGE

BY ★ THE ★ SEA

CROSS BAY WALK

in association with



200 VINTAGE-CLAD EXPLORERS WILL BE LED ACROSS MORECAMBE'S MATCHLESS BAY BY THE QUEEN'S GUIDE TO THE SANDS, **CEDRIC ROBINSON MBE** AND VINTAGE FESTIVAL CO-FOUNDER **WAYNE HEMINGWAY MBE**.

Don your most impeccable tweed, jodhpurs and vintage hiking gear to join **CEDRIC, ROYAL GUIDE TO THE BAY**, for an **EIGHT-MILE TREK** across the Bay's breathtaking environment. Cedric is a master of the sands and will use all of his expertise to guide our intrepid walkers safely through the unpredictable and changeable terrain, from **ARNSIDE TO KENT'S BANK**. The tide leaves a three-to-four hour window in which adventurers can expect high adventure, superior fashion and an **ENTIRELY UNIQUE VIEW** of Morecambe's magnificent Bay. Advanced registration is essential to join this once-in-a-lifetime adventure.

This year we welcome you to come clad with your vintage spats, tweed & caps or frills and join this exclusive **VINTAGE CROSS BAY WALK** with the wonderful Queen's Guide to the Sands, Cedric Robinson MBE and complete a challenge that will take you on a **VINTAGE ADVENTURE** across Morecambe Bay.

You will leave the shore from **ARNSIDE PROMENADE** before arriving at **KENT'S BANK**. Due to the unique terrain of the Bay we cannot guarantee the exact distance. However we will get as close to **8 1/2 miles** as we possibly can! The walk takes approximately **3-4 HOURS**.

The final route will be set **AS SOON AS THE TIDE DEPARTS THE SHORE** on the day of the challenge. Cedric will guide you across the Bay, following a safe route. **PLEASE RESPECT CEDRIC** he knows how unpredictable Morecambe Bay can be and is **EXTREMELY EXPERIENCED**.

Due to the **UNPREDICTABLE NATURE** of the **THE BAY** the walk may be postponed or cancelled and this decision will be taken by Cedric. If this happens, we will update our **FACEBOOK** and **TWITTER** pages and email participants. So please keep an eye out as we get closer to the event, this can be up to a day before.

[CLICK HERE FOR OUR EVENT PAGE!](http://www.cancercare.org.uk/events/vintage-cross-bay-walk) - www.cancercare.org.uk/events/vintage-cross-bay-walk

FUNDRAISING@CANCERCARE.ORG.UK

@CANCERCARELOCAL

CANCERCARECHARITY

CANCERCARE NORTH LANCASHIRE & SOUTH LAKELAND REGISTERED CHARITY NO: 1120048

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WALK INFORMATION

The walk will start at Arnside Promenade LA5 0HA at 4pm and finished at Kents Bank Railway Station LA11 7BG. It will take approx. 3-4 hours. Please be ready at the Promenade at Arnside for 3:45pm (Registration opens at 3:00pm)

WALK

The Cross Bay Challenge is no ordinary walk! Crossing sand and sea is reasonably flat but challenging and is an adventure to remember, expect to get wet... very wet!

GETTING THERE AND PARKING

Travelling from the South, take junction 35 off the M6 motorway. Turn right onto the A6 heading through Warton, Yealand Conyers and Yealand Redmayne to Milnthorpe. Once in Milnthorpe, turn left at the Cross Keys Hotel onto the B5282 (Park Road) through Storth to Arnside. Once in Arnside, Travel past the railway station onto the promenade.

PARKING AT ARNSIDE

Parking in Arnside is very limited and walkers who leave their cars there can block spaces for upto 6 hours. There is an 'informal' car park just as you enter Arnside which may be used. Drivers who are not completing the walk should make their way to Kents Bank railway station for 5pm once all of their walkers have been dropped off at Arnside.

PARKING AT KENTS PARK

Continue along the A6 to meet the A590 (or use junction 36 off the M6) The A590 takes you to Lindale. Turn left at the mini-roundabout onto the B5277 and continue into Grange-over-Sands. Kents Bank is approximately 1 mile further on. Parking is available on the road leading down to Kents Bank Railway Station.

REGISTRATION

Registration will take place at Arnside Promenade from 3:00pm. The registration point is on the promenade opposite and further down past the Albion Pub. The walk start point is at the end of promenade and in order to avoid danger to the public and walkers please make your way there for 3:45pm.

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ROUTE & SAFETY INFORMATION

HYDRATION AND REFRESHMENTS

There are no cafes or toilets out in the Bay so please bring a drink and anything that you would like to eat with you. There are shops in Arnside from which you can buy refreshments.

WHAT TO WEAR

As much as we want you to wear all your Vintage finery, we also need to be practical ! A pair of old training shoes, not boots should be worn. Many people walk in bare feet once they reach the sands at White Creek. It is better to wear layers rather than one thick aran jumper. You may get muddy; so consider bringing a towel and don't wear anything that you hold dear to your collection. It is exposed in out in the bay so a hat may also be useful.

RUBBISH

Please respect both the Bay and your companions. Please clean up after yourselves and your dogs and keep your pet on a lead all times

SAFETY

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

FITNESS

The walk is only suitable for people who are reasonably fit and able; it is not suitable for children under 6 years of age. It is your responsibility to make sure you are fit enough to take part in the walk.

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FREQUENTLY ASKED QUESTIONS

Q. WHAT ACCOMMODATION IS THERE CLOSE BY?

A. There are several accommodation options in Grange over Sands and Arnside surrounding areas.

Q. WHAT TRAVEL OPTIONS ARE THERE?

A. Walkers can be dropped off at Arnside and then picked up at Kents Bank. Walkers can park one car at the start and one car at the finish of the walk. Trains are available between Kents Bank and Arnside.

We also have limited places available on a Routemaster Bus for the true vintage experience. The bus will depart from Morecambe, drop off at Arnside and collect all walkers from Kents Bank. Please call Cancer Care for more details and to book your place. Please note places are limited to 70 people. Charges apply. This offer will run subject to minimum take up.

Q. WHAT TIME ARE THE TRAINS?

A. There are train stations at Arnside, Grange over Sands and Kents Bank. The new summer timetable is now available from National Rail Enquires or Northern Rail. The current winter timetable shows the last train departing back from Kents Bank to Lancaster at 7:41pm

Q. WHAT IF I CAN'T COMPLETE THE WALK?

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

Q. ARE CERTIFICATES AVAILABLE?

A. Cross Bay Walk certificates can be purchased from Cedric on completion of the walk at a cost of £1.

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ABOUT CANCERCARE

CANCERCARE IS A UNIQUE LOCAL CHARITY THAT GIVES MUCH NEEDED SUPPORT TO PEOPLE WITH A DIAGNOSIS OF CANCER OR LIFE LIMITING CONDITION.

“Cancer at 30 is the last thing you expect. I lost all my confidence, all my hopes and dreams for the future” **SUZANNE**

“We were both really struggling after discovering our son had cancer” **ADRIAN**

“Andrea, you have breast cancer.’ I didn’t really hear anything else after that. Cancer. I have Cancer. I just couldn’t take it in” **ANDREA**

Since **1983**, CancerCare has been a **LIFELINE** to people like Suzanne, Adrian, and Andrea offering a range of **THERAPEUTIC** support services, completely **FREE OF CHARGE** to cancer patients and their **FAMILIES & CARERS**. We are currently able to support around 1,500 people every year, both adults and children, throughout **NORTH LANCASHIRE** and **SOUTH LAKELAND**.

Without our help, many more people in our local community affected by the devastating impact of cancer would struggle to cope alone. We’re a completely **INDEPENDENT** local charity and only 17% of the income we need comes from services commissioned by the NHS. That means we have to raise the other 83% ourselves. It is only through **FUNDRAISING** and generous donations from local people that we are able to fund our vital support services.



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COLLECTING SPONSORSHIP

ENCLOSED IS YOUR PERSONALISED SPONSOR FORM BUT WHY NOT TRY USING JUSTGIVING.COM TOO?

It's easy, secure, helps you to spread the word further about what you're doing and it's less hassle for you as there's no cash to be collected after the event!

All you need to do is visit www.justgiving.com/cancercare and click 'Fundraise for us'. Once you've done that, it's really simple to get started:

1. If you're new to JustGiving, enter your email address, fill in your details and create a password
2. Choose your event (CancerCare's Cross Bay Challenge Walk) and click 'Select'
3. Choose a web address for your fundraising page and click 'Create your page'
4. Go to your account and personalise your page with a message, image and target

If you need any help please feel free to contact the Fundraising Team at CancerCare on 01524 381 820.

EMPLOYER MATCH FUNDING

Do you work for a company that offers match funding to employees who take part in fundraising challenges? Why not ask your employer if they can double whatever sponsorship you raise? It's definitely worth the ask! Companies that already match-fund donations include: ASDA, BAE Systems, Boots, GlaxoSmithKline, Heinz, Lloyds Bank & Marks & Spencer.

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GIFT AID

ANYONE WHO SPONSORS YOU AND IS A UK TAXPAYER CAN GIFT AID' THEIR DONATION BY GIVING US PERMISSION TO RECLAIM THE TAX THEY HAVE PAID ON THEIR DONATION FROM THE GOVERNMENT.

This means donations could be worth an extra 25% to us at no extra cost to the donor. So for every £10 donated, we receive £12.50! To be eligible for Gift Aid, make sure your sponsors write their full name, home address and postcode and tick the 'Gift Aid' box on your sponsor form. See example below:

FULL NAME	FULL POSTAL ADDRESS <small>We do need at least house number and postcode or we can't claim Gift Aid</small>	AMOUNT	GIFT AID IT
Joe Bloggs	12 Puddle Lane, Kendal, LA9 9PX	£10	✓

Please return your sponsor form and collected sponsor money by Friday 6th October 2017 to:
Cross Bay Challenge 2017, CancerCare, Slynedales, Slyne Road, Lancaster, LA2 6ST.

Alternatively you can drop it in to one of our centres:
Slynedales, Slyne Road, Lancaster, LA2 6ST or Lakes Centre, Blackhall Road, Kendal, LA9 4BT.

Cheques should be made payable to 'CancerCare'. Please do not send cash through the post.

