

***Walk***

***Information***

***Pack***



**When:**

The High Sheriff of Cumbria’s Morecambe Bay Charity Walk takes place on **Sunday 6th July 2014**.

**Where:**

The walk will start at 11:30 from Arnside Promenade, LA5 0AA and finish at Kents Bank Station, LA11 7BB.

**Registration:**
All participants must sign in on the day of the walk at the table marked ‘High Sheriff of Cumbria’ opposite the Albion Pub. Registration is open from 09:30, allowing plenty of time as it will get busy. When you sign in you will be given a personal identification number to wear and we ask that you make sure this is returned at the end of the walk for safety reasons. You will also be given a strip of high visibility tape which we ask you tie around your upper right arm. This will ensure all walkers attending to support the High Sheriff are clearly visible at all times.

**Please remember** to bring along your sponsor form and money if you are fundraising for the High Sheriff Crimebeat Fund.

**Please Note:** On The Day Entries are available but there will be a limited number available. If you know someone who is coming to enter on the day please ask them to come before 11:00 to ensure the relevant paperwork is completed before the final briefing.

**Clothing:**

The choice of clothing is weather dependant, so be prepared and remember it is quite exposed out in the middle of the sands. So, bring your sun block, sun hat, warm clothing and possibly even waterproofs. Old trainers or sandals are the best footwear as the start of the walk is a rocky shore. You will get wet during the river crossings so jeans and wellies are not advised. It may also be a good idea to have a change of clothes in your car for the journey home.

**Terrain:**

The walk is mostly flat and thousands of people have safely taken part in a cross bay walk over many years. Participants must stay with the rest of the walkers and follow the instructions of Cedric Robinson and his team at all times. You need your footwear at the start and end of the walk but there is an opportunity to go barefoot once on the sands.

**Transfer of Entry:**
Once you have entered the event we are unable to provide any refund or credit, either in full or in part, whatever the circumstances of the entrants' non-attendance at registration. However, if you are unavailable to participate we are happy for you to give your entry to somebody else. Please email event@cumbriafoundation.org or hs.cumbria2014@btconnect.com by 12noon on Friday 4th July at the latest giving your written permission and nominee’s details so that our registration team can make the required changes.

**Start & Finish:**

Cedric Robinson will give a short briefing ahead of the walk setting out and you are asked to listen as any safety announcements will be made at this time.

At the **Finish** we ask you to remove your personal identification number and hand it in to the High Sheriff refreshment area and then remove the tape from your arm and place it into the refuse bag provided.

Commemorative certificates can be purchased from Cedric Robinson at the end of the walk at Kents Bank for a cost of £1.

**Car Parking:**
When you arrive at Arnside turn right under the railway bridge, past the railway station on your right, follow the road round to the seafront where there is very limited parking. If you are lucky enough to find a spot this is only a few hundred yards from the start which is directly across from the Albion Public House.

However, we recommend that you park your car in Grange over Sands, follow the promenade footpath to Kents Bank railway station or Grange over Sands railway station and catch the train to Arnside before the walk starts. To view the train timetable please visit <http://www.northernrail.org/travel/timetables/196300> . This means you will have a car waiting for you when you finish. It may otherwise be a good idea to car share leaving one car at the finish and take another to the start at Arnside.

**Toilets:**

Please be aware there are no toilets on the sands.

**Feed Stations:**

Please be aware there are no feed stations on the sands, therefore we advise you bring a drink and snack to enjoy whilst you walk and to keep you well hydrated and energetic – remember you have to carry everything, including your litter, so keep it light.

At the finish area there will be water and biscuits available free of charge. There will be donation buckets available for you to make a small donation if you wish.

**Children:**

The sands are not suitable for prams or buggies and children must be comfortable walking for the time and distance required.

**Dogs:**

The walk is suitable for dogs who are comfortable walking for several hours, but they must be kept under control (there may be numerous dogs together on the walk); please ensure your dog is wearing a collar with identity tag and placed on a lead when advised – remember their drink and snack.

**Bags:**
Walkers are responsible for their own property. As there is no bag storage area at the start/finish we suggest you leave your kit in your car or with your accommodation provider. The organisers cannot be held responsible for any loss or damage of personal possessions during the event.

**Changing:**
As there is no allocated area for changing pre walk we recommend that you arrive in your walking kit and have some warm dry items to put on after the event.

We regret that there are no shower facilities available on site post event.

**Post Walk Refreshments:**
There will be water andbiscuits available at the finish area free of charge. However, there will be donation buckets if you wish to bring some loose change and make a small contribution.

 **Event Photography & Filming:**We will be taking photographs during the event so please don’t forget to smile. After the event we value your feedback so please don’t be shy in emailing your comments and feedback to events@cumbriafoundation.org or hs.cumbria2014@btconnect.com

**We're Here to Help:**
If you have any queries please email events@cumbriafoundation.org or hs.cumbria2014@btconnect.com or call 01900 825760 and one of the team will be able to assist you.

Please note, for final queries on Saturday the emergency contact number below will be available from 12noon.

**Your Conduct & Safety:**

Participants must listen carefully before the walk starts out as Cedric Robinson will give a briefing to all walkers. Please ensure you stay with the rest of the walkers and follow the instructions of Cedric Robinson and his team at all times.

**In the Event of an Incident:**

* If you are involved in, witness or come across an incident requiring immediate medical attention, firstly phone 999 and then phone the emergency contact number below.
* Emergency Contact Number - Injury/Withdrawing from Event **07591 947489**.
* We strongly recommend that you add this number to your mobile phone and keep them with you at all times during the event. Please do not use this number inappropriately.

**FINAL CHECK LIST - DON'T FORGET!**

* Your event rider number, collected at registration.
* Your high visibility tape on your upper right arm.
* A full change of warm dry clothing.
* Money for tea/coffee/food/kit/taxi (should you withdraw from the event).
* To eat a healthy carbohydrate meal and to try and avoid alcohol the night before the event.
* Eat something light and carbohydrate rich and stay well hydrated prior to the event.
* During the event drink plenty of fluids and eat small amounts of food regularly to keep your energy levels topped up.

**Final Important Information:**

We anticipate the walk will go ahead in wet weather but it is entirely at the discretion of Cedric Robinson to cancel the walk should conditions prevail which make the walk unsafe. In adverse weather conditions it is your responsibility to visit [www.cumbriafoundation.org](http://www.cumbriafoundation.org) for confirmation of the event taking place.