

## Cross Bay Walk 2<sup>nd</sup> August 2025

On 2nd August LMC joined the Kings Guide on the historic bay walk from Arnside to Grange. Fourteen of us, plus two dogs, met in Arnside for breakfast at Sandpipers cafe, which we ate in glorious sunshine and scenery on the pier.

Walkers across the Bay were John C, Helen B, Dean C, Justine, Ian P, Dave S, Julie S, Graham, Mark B, Janette, B, Lucy, Roger C, Phil C and Annette (me).

Immediately after the briefing, which stressed not to stop for anyone stuck in the mud, we set off with nearly 500 others and many dogs. The original historic route from Hest Bank to Kents Bank is no longer used due to the quicksand.



The route was checked out by the King's Guide, and team, the day before and the safest route, to ensure a shallowish crossing of the River Kent and avoidance of the worst sinky sand, was marked by the traditional laurel branches (brobs).



We walked south initially and then headed on to the sand before crossing. Many of us chose to walk in bare feet - Morecambe Bay mud between the toes - a wonderful spa treatment! We had to wade not one but three flowing rivers; small dogs were carried and we all rolled up our shorts legs! Was then a quick walk to Grange to the finish.





We survived – but Graham's shoes didn't!



Apres walk refreshments were along the prom in The Commodore Pub. Some of us returned to Arnside by the train (6 minutes and £2.15) and others headed up the hill to High Fell Gate Campsite. Thankyou John and Mark for coordinating a BBQ.

On Sunday we had breakfast (or lunch) at Holker Hall and a few of us visited the rock sculpture (the pile of Burlington Slate is quite impressive!) in the deer park and then continued with a walk along the coast and then up to How Barrow - we had a 360' panorama from this 170m fell. A WW will be in this area soon!

Thank you for joining us on The Sands and supporting local charities.  
Annette