



Arnside to Grange Bay Walk

Guided by Kings Guide Michael Wilson

- All walkers must be physically fit to walk the bay
- Dogs are welcome however if your dog runs off the walk will NOT stop and you must continue with the walk
- We don't have a age limit on the walk however please be mindful if small children are being carried in carriers make sure your well equipped for all weather the bay is a vast open space and the weather can be somewhat different out there. If your child is walking please keep them with you at all times , tractors are not to be used for fun, they are there for emergency's only
- Footwear or bags must not be put on the tractors at any time
- We can only walk as fast as the slowest walker

	A	B	C
1	BAY WALK DATES 2025		
2			
3	APRIL		
4			
5	Saturday 19th April	9.10am	
6	Sunday 20th April	10:00 AM	
7			
8			
9	MAY		
10			
11	Saturday 3rd May	9.30am	
12	Sunday 4th May	10.30am	
13			
14	Sunday 18th May	9:00 AM	
15			
16	Saturday 24th May	3.15pm	
17	Sunday 25th May	4:00 PM	
18			
19			
20	JUNE		
21			
22	Saturday 7th June	3.20pm	
23	Sunday 8th June	4.10pm	
24			
25	Saturday 21st June	1.30pm	
26	Sunday 22nd June	2.45pm	
27			
28			
29	JULY		
30			
31	Sunday 6th July	2.30pm	
32			
33	Saturday 19th July	12 midday	
34	Sunday 20th July	1:00 PM	
35			
36			
37	AUGUST		
38			
39	Saturday 2nd August	11.15am	
40	Sunday 3rd August	12.20 midday	
41			
42	Saturday 16th August	10.30am	
43	Sunday 17th August	11.30am	
44			
45	Saturday 30th August	9.40am	
46	Sunday 31st August	10.20am	
47			

Bay Walk times & Dates

We advise to be in Arnside a good hour before your start time to allow yourself plenty of time.

Getting to ARNSIDE

- Walkers can park at Arnside or Grange
- Allow plenty of time to get to your walk
- Please be considerate when parking your car do not block any businesses or driveways
- Arnside to 1 stop from Grange however do not leave it to the closest train to your walk as you are likely to not get on we have 500 walkers on each walk so yes that is 500 people wanting to get to Arnside
- Upon your arrival to Arnside 30 minutes before your walk is due to start kindly find Jo to register your arrival or if you booked via a charity simply register your arrival with them
- Jo will be at the top of the slipway opposite the Albion pub
- All walkers on the day must be accounted for



Places to eat & drink in Arnside

- Support local businesses
- Only use their toilet if you're a paying customer
- There are public toilets on the right hand side as you arrive into the village, these are by contactless payment, you must NOT hold the door open for others all users must pay as there is CCTV and we have had a meeting with the parish council about this
- We want to keep everyone happy!

Sandpipers
Cafe

JJ Crossfields

Ye Olde
Fighting Cocks

The Old
Bakehouse

The Albion

Arnside Fish &
Chips



Michaels' Safety Briefing

All walkers must attend the safety briefing. If you do not attend or are late you will NOT be allowed to join the walk. This is for your own safety.

Our Tractor Team



Troughty

Frank

Dilly



Jamie

Barry

Wayne

Our team are all Volunteers



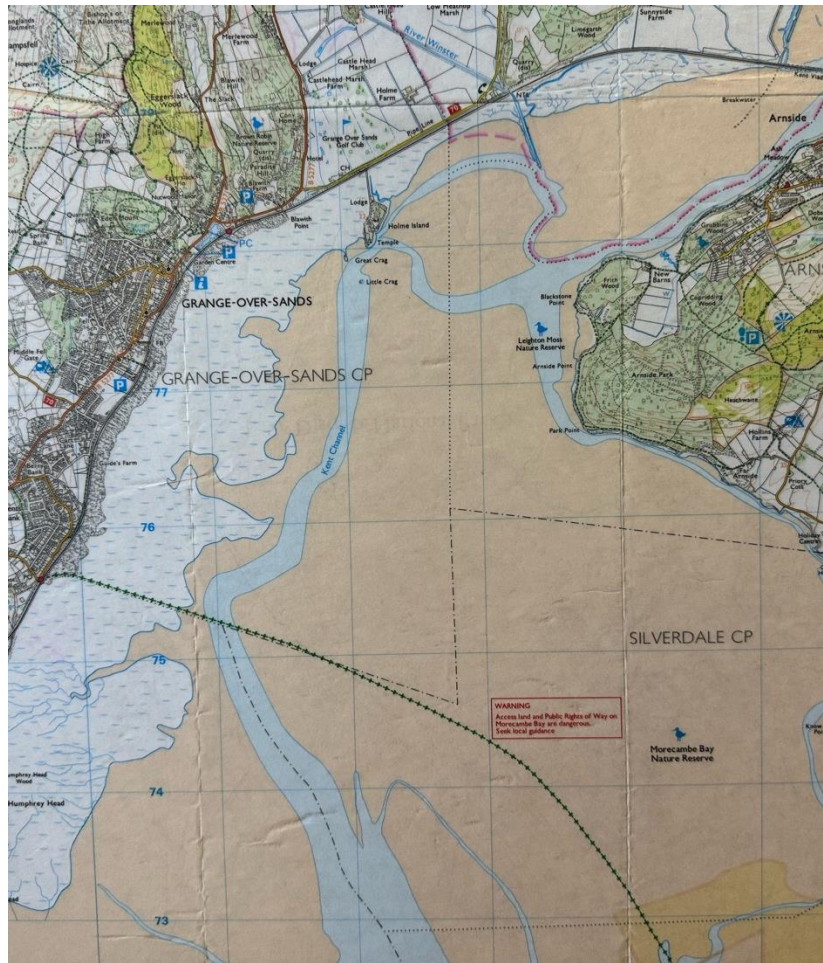
Our team give up their own time to help us do the walks



Without them our walks could not go ahead



So please be polite at all times we will not tolerate any bad language or abuse off anyone



The Crossing

*Yes you will get wet!
Normally just above
your knees.*



*So come prepared we
advise being barefoot
in the River*

*The most historic
crossing in history*

Did you know that Morecambe Bay is a public highway?



It is known as Monks road , before Henry VIII appointed the first guide in 1548 t he monks from Cartmel Priory who where known as Carters - The Pathfinders would assist in finding the safety passage to cross walkers, horses, carriages. Michael is the 26th Guide and is only one of two Guides to be Queens & Kings Guide!

The walk

Arnside

- Once we leave Arnside we head out along the headland please be careful walking as it can at times be slippery wear appropriate footwear
- Once on the sand when we meet the tractors this is where you can remove shoes to walk in barefoot

Grange

- Once we cross the River we will stop for a lunch break for around 15 minutes
- You must take all your rubbish home with you , no dog poop bags or rubbish is to be put on the tractors
- You must not walk ahead of the Guide at any time this is for your own safety
- Even if your train is coming..... You must stay behind the Guide at all times
- Leave only footprints on the sand nothing else.....

Useful items to bring

- Hat
- Sun cream
- Plasters / Vaseline
- Water
- Snack / Sandwich
- Camera
- Change of clothes
- Comfortable footwear
- Towel
- Medication if taken
- Sunglasses
- Water for your dog
- Dog poop bags



Enjoy your
walk !

Don't forget to tag us in your
posts

@guideoversands

#baywalk #michaelwilson

#guideoversands