

**CONGLETON & DISTRICT U3A WALKING GROUPS**  
**PROPOSED MORECAMBE BAY WALK**  
**Wednesday 4<sup>th</sup> August 2010**



Do you wish to join the U3A Walking Groups on a walk across Morecambe Bay with an experienced guide?

The guide is Alan Sledmore who is registered with Lancaster & Morecambe council – details can be found on their website [www.citycoastcountryside.co.uk](http://www.citycoastcountryside.co.uk). We have chosen Alan because he does mid-week walks for our size of party. The Queen's guide, Cedric Robinson, only does walks at weekends for 200 - 500 people.

The walk is the traditional crossing route from Hest Bank to Kent's Bank which is about 9 miles and crosses the channels of the Rivers Keer and Kent. The Kent (near the end of the walk) can be knee deep. Near both shores there is about 100m of mud to cross, but I have been told that otherwise the sand is quite firm and Alan described this as easy walking (except for the channels and the mud). The walk takes about 3½ hours and is escorted by tractor or quadbikes in case anyone gets into difficulties (these can be used to cross the river channels if required). Trainers & shorts are recommended rather than boots etc. He told me he has been leading these walks for about 20 years. We intend to book coaches to drop us at the start & pick us up at the end. The total cost, including the guide's fee, the cost of coaches & tips will be between £14 and £22 depending on how full the coaches are.

Members of U3A that are experienced walkers & fit enough for this walk, including those that are not in U3A walking groups, are invited to join us.

Please contact Len Taylor for details and application forms (01260 270683).