

About your Scarborough walk

Saturday 22 / Sunday 23 July
2017



As Britain's first seaside resort, the North Yorkshire town of Scarborough is the natural choice for the launch of Seaside Walk Week 2017 on Saturday 22nd July and Sunday 23rd July.

Starting at West Pier, the walk will follow along the South Bay towards the rock pools at the end of South Sands beach, where walkers will have the opportunity to try rock pooling and fossil hunting. Get ready to discover dinosaur footprints under the watchful guidance of local experts from Hidden Horizons. Don't forget to bring wellies or old shoes!

Our friends from Hidden Horizons will lead the walk and share fascinating facts about the local history, geology and wildlife.

There will be the opportunity to purchase refreshments from Scarborough Spa where participants will receive a 10% discount by showing their Family Holiday Association sticker.

The walk will finish back at West Pier where the Scarborough Seafest celebrations will be in full swing. Expect live cookery demonstrations from celebrated Yorkshire chefs, street theatre acts, helicopter displays, food, music and more. Once you have immersed yourself in all things Seafest, you can head over to Scarborough SEA LIFE Sanctuary where you will have exclusive out of hours access (5-6pm).

Start point: West Pier, Sandside, South Bay, Scarborough, YO11 1PE (meet at the blue police box opposite the Golden Grid restaurant)

Start time: Arrive at 9.30am for a 10:00am start

Approx finish time: 18:00

Approx timings: 2 hours (walk and rock pooling) & 5-6pm out of hours access to SEALIFE sanctuary

The walk will be at a gentle pace with plenty of opportunities to take in the beautiful seashore and local surroundings. It is perfect for walkers of all ages and abilities, please wear sensible footwear, wellies or old shoes for rock pooling as the rocks are sharp and slippery.

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Safety on Guided Walks

Walking is statistically a very safe activity. Nevertheless the safety and enjoyment of our guests is very important to us and we would ask you to take a few minutes to read through the advice below.

What to Wear

Footwear – ensure you wear footwear appropriate to the terrain. We recommend you bring wellies or old shoes for the rock pooling as the rocks can be sharp and slippery. Footwear with a good grip (such as a Vibram sole) plays an important role in preventing accidents. Walking boots also provide the best ankle support. Trainers with a good grip or approach shoes may be adequate but are likely to offer less ankle support.

Comfortable outdoor clothing – make sure you wear clothing that is appropriate to the weather on the day. The general advice is that several thinner layers are better than one thick layer, as they make it easier to regulate your temperature. We don't recommend denim jeans as they can become cold and uncomfortable if they get wet.

What to Bring

We recommend that you carry the following with you in a small rucksack:

- Waterproof jacket and waterproof over trousers – as well as protecting you from the rain these will also reduce the cooling effect from the wind
- A spare pullover or fleece
- A water bottle
- Sun hat, sunglasses, sun protection cream

Optional extras:

- Insect repellent
- Camera
- Personal first aid kit
- Mobile phone

On the Walk

- We try to create a relaxed atmosphere on all our walks, but please listen to any safety instructions
- Please keep the other members of the group in view, especially if the weather or visibility is poor
- Please take particular care when descending – statistically this is when most trips and falls occur

Children

We welcome unaccompanied children aged 16 and above on our walks on the basis that they can take full responsibility for themselves

Children under 16 must be accompanied by an adult

