

Programme Sat 8th July 2023

Beach Mindfulness Walks 10.30am, 11.30am,
1.30pm, 3pm

Mindful Photography 11am, 12.30pm,
3pm

Tikes Hikes toddler walk 10am, 2pm

Book your free place at the welcome tent!

Drop in Activities

Strandline Searches – Any time 10am – 12 noon

Beach Games – 10am onwards

Coastal Bird Spotting – 10am onwards

Roman Camp – 10am onwards

Storytelling – 10am onwards

Plus craft activities, shoreline beasts, games and lots of information about how to explore and enjoy the coast at our event stands at Blue Dial

There will be short gaps in activities at various points, when leaders are taking a break, if this is the case, drop in a bit later to join in the fun!



PRINCIPAL SPONSORS



Solway Coast
Area of Outstanding
Natural Beauty





Free shuttle bus Stop, Twentymans car park

Beach Games

Beach mindfulness

Coastal Bird Spotting

Strandline Search

Mindful Photography

First Aid point

Storytelling

Toilets

Stalls and event base

Roman camp

Toilets

Legend:

- B road
- Minor road
- Public footpath
- King Charles III England Coast Path
- Nature reserve
- Building
- Car park
- Access point

Scale: 0 250 500 750 1000 Metres

Compass Rose: N, S, E, W