

Essential Visit Information – Public Low Tide Walk

What to wear

You don't need any special clothes for visiting. Layers of warm clothes that you don't mind getting dirty are best. You are unlikely to get wet but bring spare clothes if you are concerned. **Please note that we do not have changing facilities at the centre, if you need to change you can use our bathrooms.**

We provide

- **Waders** from UK size 2 to size 13. If your feet are smaller bring extra socks to boost them up to size.
- **Waterproof jackets** to protect your clothes
- **Wading stick** essential for safe walking in the Creek

Colder weather:

- ☺ **Do** wear layers of warm clothes
- ☺ **Do** bring gloves and wear a hat
- ☺ **Do** bring additional thick socks to keep your feet warm
- ☺ **Do** wear a warm coat, we also have waterproof coats to cover your warm coat if needed
- ☹ **Do not** wear coats that are long (below knee), as they will dangle in the water
- ☹ **Do not** wear skirts, as they are difficult to wear with waders

Hotter weather:

- ☺ **Do** bring a long sleeved top, there is a constant breeze down the Creek that can be cooling on hot days
- ☺ **Do** bring socks to wear inside the waders
- ☺ **Do** wear sunscreen lotion
- ☺ **Do** wear a hat with a brim
- ☺ **Do** bring a refillable bottle of water
- ☹ **Do not** wear skirts, as they are difficult to wear with waders

Valuables: The building will be locked during the Low Tide Walk so please leave any bags in the Centre. Please ask if there is anything you wish to be locked in the office. Try not to carry anything in your hands. You'll need to hold a walking stick to help maintain balance. If you do take valuable items into the Creek you do so at your own risk.

Travel: We advise that you walk or travel by public transport where possible and that you check your route prior to your visit. There is no parking available on site.

Terms and Conditions: A refund will be offered for cancellations two weeks prior to the walk.

Photography: You are welcome to take pictures for personal use. By coming on the walk you agree to respect the privacy of others and if you are asked not to photograph, you stop. You also agree not to include any children in your images without the express permission of the adult responsible for their care. Photography for commercial use permission must be requested from info@creeksidecentre.org.uk at least 2 weeks in advance of the walk.

Video or filming: For video or filming on the low tide walk, permission is required in advance. A permission form can be requested from info@creeksidecentre.org.uk prior to the day.

Photography for Creekside Education Trust (CET) use: The guide or CET staff may take pictures during the walk, which will include participants. Photos will be for non-commercial use by the charity to promote our work and reporting. By booking this walk participants give permission to CET for this. If you wish to withhold photograph consent, please confirm this on booking and speak to the guide before the walk.

We hope you have an enjoyable visit to Creekside Discovery Centre.