

Sefton's Autumn Walking & Cycling Newsletter

Issue 65 / Oct - Dec 2023

ALL OUR
**Walks
& Rides**
ARE FREE

We're
Celebrating
20
years
of Wellbeing Walks in Sefton

Great walks and rides
throughout Autumn!



active travel



Sefton Council 



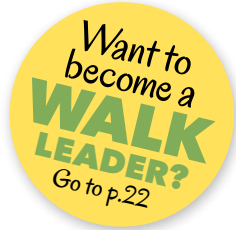
We're Celebrating 20 years of Wellbeing Walks in Sefton

A big thank you to everyone who joined us at the beginning of September for the 20 years of Wellbeing Walks in Sefton 'Celebration Walk' along the coastline at Crosby.

What fantastic weather we had for our two mile walk along the seafront, some of the walkers that attended had been walking with the groups for 20 years. A few of our fabulous volunteer walk leaders attended and were put to work of course, looking after the group along the route and handing out refreshments at the end. It was extremely warm as we made our way towards Crosby Leisure Centre (where we launched the Wellbeing Walks Programme 20 years ago), the start of the September heatwave. We could see Crosby Leisure Centre, about 300 meters away as we turned back and walked along the sea wall, all the time the tide was coming in and as we finished the sea was lapping at the sea wall. Great walk, great company, see you soon on another walk.

Welcome to the 65th issue of Sefton's Walking and Cycling Newsletter with many organised walks to choose from, there are walking groups to suit everyone and cycle rides to join and explore Sefton and beyond. Sefton's Wellbeing Walks will be 20 years old on Monday 30th October, so join us for a birthday walk in Netherton at 10am from Netherton Feelgood Factory. We will be walking to Jubilee Woods and taking in some refreshments at Sefton Meadows Garden Centre, a great way to start the week. It is important that we keep our bodies moving and walking is a great way to look after our health and wellbeing.

So get moving this Autumn, grab your comfortable walking shoes or hop on your bike and get out there. We should be keeping active every day, and walking and cycling is a great way to do that.



Active Walks Sefton, your local Ramblers Wellbeing Walks programme offers a great number of regular walks across the borough. The walks continue throughout the year and are led by volunteers.

The walks range from short walks of 30 minutes up to 90 minutes or longer walks from 90 minutes to 150 minutes.

Walking is the perfect exercise as it places little stress upon bones and joints but uses over 200 muscles within the body and can help develop and maintain fitness.

Just turn up to join our walks but please arrive 15 minutes early for your first walk as you will need to fill in a Registration Form.

To assist you the walks are graded:

Grade 1: suitable for people who have not walked much before.

Grade 2: suitable for people who are looking to increase their activity levels.

Grade 3: for people looking for more challenging walks.

Special Interest walks: wellbeing walks with a twist.

Progressional walks: for people who have undertaken wellbeing walks and are now looking to take their next steps.

Please note: Progressional Walks are: brisk pace, varied terrain, can include stiles/steps/gradients and uneven surfaces.

Guide dogs are allowed on all wellbeing walks.



Maghull Wellbeing Walks

Walk leaders: Sheila, Chris, Sue and Veronica

Time: 10.00am

Frequency: 1st and 3rd Monday

Meet: Maghull Health Centre L31 ODJ (outside the rear of the centre).

NB: no dogs allowed on these walks

The Maghull walks will take around 90 minutes to complete.

The walks are based around the rural areas of Maghull/Sefton and Lydiate so suitable clothing and footwear will be required.

The group use local cafes to have a tea/coffee stop and a chat.

2nd Oct: Lunt Meadows (no coffee shop stop)

16th Oct: Bernie's

6th Nov: Scotch Piper (via Cheshire Lines)

20th Nov: Sefton Meadows

4th Dec: Hartley's

11th Dec: Christmas Meal TBA

18th Dec: Scotch Piper (Jackson's Bridge)



Crosby Wellbeing Walks

Walk leaders: Beryl

Time: 10.30am (unless otherwise stated)

Frequency: 2nd and 4th Monday

Meet: Crosby Library by Hillsborough Memorial, Crosby Rd North, Crosby L22 0LQ (unless otherwise stated).

We meet the 2nd and 4th Monday of each month, except for Bank Holidays. We leave the library promptly at 10.30am when transport is involved, or you can meet us at Waterloo train stn to catch the 10.40am train in either direction if the walk that day is somewhere along the Southport/Hunts Cross line.

All the walks require a travel pass or fare.

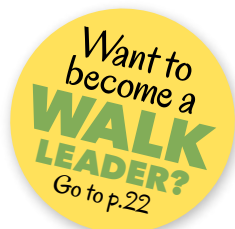
9th Oct: New Brighton via ferry ***MEET at 10.00am***

23rd Oct: Hall Rd to Waterloo

13th Nov: Sefton Park

27th Nov: Brunswick to Pier Head

11th Dec: Hall Rd to Nags Head (Lunch optional)



NEW WALK

Ainsdale Wellbeing Walks

Walk leader: Donna

Time: 10.30am | **Frequency:** Fortnightly

Duration: 45-60 mins

Meet: Ainsdale Medical Centre, 66 Station Road, Ainsdale PR8 3HW

This walk is circular and will include local routes around Ainsdale Village. The group sets the pace, ideal for increasing your activity levels.

Oct: 2nd | 23rd

Nov: 6th | 20th

Dec: 4th



Netherton Feelgood Factory Wellbeing Walks



Oct: 2nd | 9th | 16th | 23rd | 30th

Nov: 6th | 13th | 20th | 27th

Dec: 4th | 11th

Walk leader: Steph and Helen

Time: 10.00am | **Frequency:** Weekly

Meet: Feelgood Factory, Glovers Lane, Netherton L30 5QW

This is a medium walk of around 60-90 minutes and takes place every week. The walking routes vary each week taking in local parks and The Leeds Liverpool Canal. All our walks start and finish at same location.



Churchtown Wellbeing Walks

Oct: 3rd | 10th | 17th | 24th | 31st

Nov: 7th | 14th | 21st | 28th

Dec: 5th | 12th

Walk leader: Sally

Time: 10.30am | **Frequency:** Weekly

Meet: Corner of Sunny Road, outside Arthur's of Churchtown

A short walk of 30 minutes, at a gentle pace around Churchtown, including Botanic Gardens and the community gardens.



Formby Pinewoods Wellbeing Walks

Walk leaders: John, Anne and Terry
Time: 10.30am | **Frequency:** Weekly
Meet: At front of Pinewoods Pub, Wicks Green (off Harington Rd), L37 1PR
 The Pinewoods Walk is a medium walk that will take around 75 minutes to complete at a steady pace. All the walks use the pinewoods and coastal footpaths, there will be sandy paths and gentle inclines throughout the route.

Oct: 3rd | 10th | 17th | 24th | 31st
Nov: 7th | 14th | 21st | 28th
Dec: 5th | 12th



Waterloo Wellbeing Walks

Walk leaders: Chris and Mike
Time: 10.30am | **Frequency:** Weekly
Meet: Outside Sefton Carers Centre, South Rd, Waterloo L22 5PE
 Waterloo walks are medium walks, taking around 60 minutes to complete at a relaxed pace. The group visit various points of interest in Sefton and beyond.

3rd Oct: Cressington
10th Oct: Croxteth Hall
17th Oct: Princess Park and Sefton Park
24th Oct: Meols to Moreton
31st Oct: Port Sunlight
7th Nov: Speke Hall
14th Nov: Freshfield to Ainsdale
21st Nov: Aldi to Sefton Meadows
28th Nov: Stanley Park
5th Dec: New Brighton
12th Dec: New Brighton
19th Dec: Southport



Bootle Wellbeing Walks

Walk leaders: Anne, Delia, Helen, Sandra, Linda, Mary and Noreen
Time: See listings | **Frequency:** Weekly
Meet: Meeting points vary – see listings
 The Bootle walks are a medium walk and the group will cover distances of between 2–4 miles each week depending on location and enjoy a variety of routes across Sefton and beyond.

Don't forget travel fare or pass!
NB: no dogs allowed on these walks

3rd Oct: West Kirby
Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle New Strand train stn, Liverpool platform
10th Oct: Hesketh Park, Southport
Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand train stn, Southport platform
17th Oct: Parkgate
Time/Place: 9.30am Park/Watts Ln or 10.15am Sir Thomas St, Liverpool
24th Oct: Brunswick to Britannia Inn
Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle New Strand train stn, Liverpool platform
31st Oct: Town Green to Ormskirk
Time/Place: 9.30am Park/Watts Ln or 10.00am Orrell Park train stn, Ormskirk platform
7th Nov: Croxteth Park
Time/Place: 9.30am Park/Watts Ln or 10.00am 61 bus stop, top of Moss Ln, Bootle
14th Nov: Jubilee Trail
Time/Place: 9.30am St Robert Bellarmine's car park or 10.00am Swan Centre, Linacre Rd

21st Nov: Dobbies
Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand train stn, Southport platform
28th Nov: Liverpool Locks
Time/Place: 9.30am Park/Watts Ln or 10.15am Hugh Baird College, Bootle
5th Dec: *Walkers Christmas Lunch*
 See walk leaders for details

Bus timetables subject to change



Rimrose Valley Wellbeing Walks

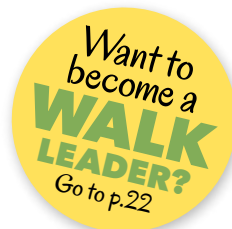
Walk leader: Helen
Time: 10.30am | **Frequency:** Weekly
Meet: South Sefton Adult Education Centre, 53 Cambridge Road, Seaforth L21 1EZ (Outside main entrance just inside gates)

This walk is ideal for anyone wanting to increase their activity levels. These are short, circular walks of about 30 mins at a gentle pace in Seaforth that will include routes around Rimrose Valley and Potter's Barn.

All the walks will start and finish

at South Sefton Adult Education Centre with the opportunity to have a tea/coffee and a chat at the Centre's café at the end of the walk. All are welcome.

Oct: 3rd | 10th | 17th | 24th | 31st
Nov: 7th | 14th | 21st | 28th
Dec: 5th | 12th



Macmillan Wellbeing Walks



Walk leader: Lynda, Tom, Terry, Carol, Moira and Dave
Time: 10.30am | **Frequency:** Weekly
Meet: outside The Atkinson, Lord St, S'port, PR8 1DB

A short circular walk around Kings Gardens, the pier, sea front and Marine Lake.

Oct: 3rd | 10th | 17th | 24th | 31st
Nov: 7th | 14th | 21st | 28th
Dec: 5th | 12th



Hesketh Park Wellbeing Walks

Walk leaders: Cath
Time: 1.30pm | **Frequency:** Fortnightly
Meet: Hesketh Park (corner of Albert Rd/ Park Rd entrance), PR9 9LN

The Hesketh Park walk is a short walk of 45 minutes, gentle pace, taking in views of the lake, wildlife and gardens.

Oct: 3rd | 17th | 31st
Nov: 14th | 28th
Dec: 12th



Roaming round rural Rimrose

by Jim Finn

A picture of perfected beauty
 Breathtaking and vividly stark
 A gem in the crown of its landscape
 Lo! Rimrose Valley Country Park

Criss crossed with tree lined pathways
 'Neath canopies of green
 It's unspoilt, pleasant setting
 Would rival any scene

It's coves, it's glades, it's woodlands
 Enshrouded by leafy displays
 Protected by nature's own gauntlets
 With sentries of tall, sturdy trees

While robins are happily singing
 Unto their heart's merry delight
 Dark magpies are constantly swooping
 'Gainst skies that are blue and so bright

The carpets of colourful flowers
 That glow in the sun's golden ray
 Are home to weasels and rabbits,
 With squirrels, they come out to play

The families of mothers and ducklings
 That swim on the calm waterway
 Embraced by meandering ripples
 Opposing the sway of the grey

A gift from the hands of sweet Nature
 Who kindly has left her mark
 To walk it's a pleasure to treasure
 Lo! Rimrose Valley Country Park



Meet Jim Finn

Jim is the writer of the poem and he says that he was inspired to compose the poem based on his experience of regularly joining the Rimrose Valley Wellbeing Walks every Tuesday morning.

The Rimrose Valley Wellbeing Walks began 12 months ago in October and will be celebrating their 1st birthday this Autumn.

The walks are ideal for anyone wanting to increase their activity levels. They are short, circular walks of around 30-45 minutes at a gentle pace that explore the lovely, nearby Rimrose Valley Country Park. Jim has come along to the walks from the very first one and is still a Tuesday morning regular.

Jim says, "I have enjoyed so many benefits to my health and wellbeing from joining these walks. I enjoy being at one with nature, enjoying the lovely views but I also enjoy the good company. The Tuesday walks have become an established part of my weekly routine"

For more information about these walks, see page opposite.

Seaforth Wellbeing Walks

Walk leader: Lin
Time: 10.15am | **Frequency:** Weekly
Meet: Seaforth & Litherland train stn (platform)

All walks are 2–3 miles long.

This is a gentle paced walk and enjoys a 60 minute walk in different areas of Sefton.

NB: no dogs allowed on these walks



- 4th Oct: Birkenhead Park
- 11th Oct: Ainsdale Boardwalk
- 18th Oct: Port Sunlight
- 25th Oct: Southport Botanic Gardens
- 1st Nov: Southport Marine Lake
- 8th Nov: Crosby Marina
- 15th Nov: Sefton Park
- 22nd Nov: Garden Festival
- 29th Nov: New Brighton
- 6th Dec: Ainsdale Boardwalk
- 13th Dec: Formby Squirrel Reserve



Atkinson Wellbeing Walks

Walk leader: Helen
Time: 10.30am
Frequency: Weekly
Meet: The Atkinson, Lord St, S'port PR8 1DB (unless otherwise stated).

This is a 60 minute circular walk in central Southport, enjoying the pier, Kings Gardens, the sea front, Marine Lake, Victoria Park and Hesketh Park.



- Oct: 4th | 11th | 18th | 25th
- Nov: 1st | 8th | 15th | 22nd | 29th
- Dec: 6th | 13th



Formby Wellbeing Walks

Walk leader: Sue and Tony (07752 927092)
Time: 10.30am | **Frequency:** Weekly
Duration: 90–120 mins
Meet: Formby train stn (in large car park entrance area) L37 2JF (unless otherwise stated).

***Last Thursday of each month we meet at Freshfield train stn**

This is a longer walk at a quick pace and will take around 90 minutes to complete. There are routes to suit everybody and include Cabin Hill Nature Reserve, National Trust Nature Reserve and Natural England Nature Reserve. **Please wear footwear suitable for walking through dunes, along woodland paths and on uneven ground.**

- Oct: 5th | 12th | 19th | 26th*
- Nov: 2nd | 9th | 16th | 23rd | 30th*
- Dec: 7th | 14th



Walking for Health in Hesketh Park Wellbeing Walks

Walk leaders: Tom, Jackie, June and Glenda
Time: 1.30pm | **Frequency:** Weekly
Duration: 45 mins
Meet: Hesketh Park Cafe (in the park), PR9 9NW

This walk is ideal for anyone wanting to increase their activity levels. The walk provides the perfect opportunity to chat to others whilst keeping active.

- Oct: 5th | 12th | 19th | 26th
- Nov: 2nd | 9th | 16th | 23rd | 30th
- Dec: 7th | 14th



Ainsdale Sands & Sea Wellbeing Walks

Walk leaders: Margaret and Pauline
Time: 10.30am | **Frequency:** Fortnightly
Duration: 60–90 mins
Meet: MeCycle Café (next to Ainsdale train stn), PR8 3HH

The Ainsdale Sands & Sea Wellbeing Walks are medium walks of around 60–90 minutes and take place fortnightly. Some of the walks will include small hills in the sand dunes. These walks offer extensive views of the sea and Sefton coastline and finish with a chat and a coffee in MeCycle Cafe. If you wish to join the group, please wear sensible waterproof footwear suitable for wet, boggy paths.



NEW WALKERS PLEASE ARRIVE 10 MINUTES EARLY TO COMPLETE A REGISTRATION FORM

Oct: 5th | 19th
Nov: 2nd | 16th | 30th
Dec: 14th



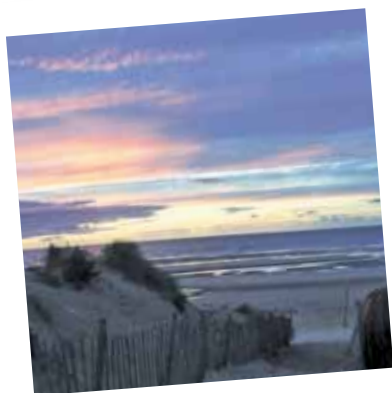
Torch Walks

Walk leaders: Steph
Time: 6.00pm
Duration: 60–90 mins
Meet: Locations vary, see listings.

Torch Walks are back for the Autumn. There are 3 walks to join in different areas of Sefton. There is always a walk along the Crosby seafront involved, we've had warm weather, hailstorms, gale force winds, crashing waves, we've seen it all and we enjoy it.

Remember: to bring a torch with you.

19th Oct: Formby Pinewoods
Meet: Freshfield Train Stn
2nd Nov: Crosby Prom
Meet: Hall Road Train Stn
16th Nov: Ainsdale Trail
Meet: Ainsdale Train Stn



May Logan 'Walk & Talk' Wellbeing Walks



Walk leaders: Debbie, Louise, Brenda, Sue and Lesley
Time: 10.00am | **Frequency:** Weekly
Duration: 60 mins
Meet: All the walks start at May Logan Healthy Living Centre, L20 5DQ (unless otherwise stated*).

The May Logan walk will take around 60 minutes to complete at a gentle pace. The walking group enjoys short walks in and around the Bootle and Litherland area, taking in routes along the canal and local parks.

5th Oct: Derby Park
12th Oct: Three park loop
19th Oct: Hatton Hill
26th Oct: Crosby Marina*
Meet: Waterloo Train Stn
2nd Nov: Derby Park
9th Nov: Little Merton Hike
16th Nov: Hatton Hill
23rd Nov: Three Park Loop
30th Nov: Derby Park
7th Dec: Little Merton Hike
14th Dec: Crosby Marina



Southport Central Wellbeing Walks

Walk leaders: Annette
Time: 10.30am | **Frequency:** Weekly
Duration: 30–45 mins
Meet: Dunes Splash World (reception area), S'port PR8 1RX
 The Southport Central walks are gentle paced walks of around 30–45 minutes, taking in routes such as Victoria Park, Jubilee Nature Trail and Marine Lake.

Oct: 6th | 13th | 20th | 27th
Nov: 10th | 17th | 24th
Dec: 1st | 8th



Want to become a **WALK LEADER?**
 Go to p.22

Emily's Wellbeing Walks

Walk leader: Steph
Time: 10.30am ***NEW TIME***
Frequency: Weekly
Duration: 30 mins
Meet: Outside SPAR shop on the roundabout High Park Place/Moss Lane, PR9 7QP

The walk is circular, and routes include Salisbury Park, historic Churchtown and Devonshire Park playing field. The group sets the pace, ideal for increasing your activity levels.

Oct: 6th | 13th | 20th | 27th
Nov: 10th | 17th | 24th
Dec: 1st | 8th



Sefton OPERA Wellbeing Walks (Age 50+)

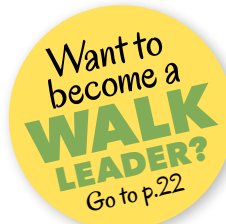


Walk leaders: Vikki, Lynn and Olivia
Time: 10.30am | **Frequency:** Weekly
Duration: 30–90 mins
***Booking Essential*, call: 07452 867648**
Meet: St. Matthew's Church/Sefton Opera, 410 Stanley Rd, L20 5AE (Press buzzer, mention walk, 1st floor.)

For more details on these wellbeing walks please contact Sefton Opera on 0151 330 0479.

The Sefton Opera walks will last 30–90 minutes, the group visit local parks and green spaces with time at the end for a cup of tea or coffee and a chat.

6th Oct: Tesco to Cookson
Meet: Tesco Bridge
13th Oct: Fisherman's Walk
Meet: Freshfield Train Station
20th Oct: Hesketh Park, Southport
Meet: Southport Train Stn (9.47am train, Bootle New Strand)
27th Oct: Pantry Walk
Meet: Sefton OPERA, St. Matthew's Church
3rd Nov: Marina & Gardens
Meet: Marine Café
10th Nov: Hall Road to Marina
Meet: Hall Road Train Station
17th Nov: Thornton Walk
Meet: Aldi, Virgins Lane, Thornton
24th Nov: Coffee House Bridge
Meet: Sefton OPERA, St. Matthews Church
1st Dec: Rimrose Valley
Meet: Tesco Bridge, Litherland
8th Dec: Christmas Walk
Meet: Tesco Bridge, Litherland



Dunes Weekly Wellbeing Walks

Walk leaders: Jean
Time: 1.30pm | **Frequency:** Weekly
Duration: 75 mins
Meet: Dunes Splash World, (outside the main entrance by the seating), S'port PR8 1RX
 The Dunes Weekly Walks are approximately 75 minutes long and at a good pace. The group walk along the coast and enjoy views of the Sefton coastline, which include the sea wall path, Velvet Trail, Marine Lake, Jubilee Trail, Kings Gardens and Victoria Park.

Oct: 6th | 13th | 20th | 27th
Nov: 10th | 17th | 24th
Dec: 1st | 8th



Compassion Act Wellbeing Walks

Walk leaders: Alison, Caroline, Jess, Ellie, Richard and Mike
Time: 10.30am | **Frequency:** Fortnightly
Duration: 60–90 mins
Meet: Compassion Act Community Hub, 17a Cambridge Arcade, Southport PR8 1EN
 This is a 60–90 minute circular walk around the centre of Southport, including Lord Street, Marine Lake, the sea front, Kings Gardens, Victoria Park and Hesketh Park.

Oct: 13th | 27th
Nov: 10th | 24th



Feet First Friday Wellbeing Walks

Macmillan Walk leaders: Moira, Terry, Carol and Dave

Time: 1.00pm | **Frequency:** Monthly

Duration: 90 mins

Meet: Various meeting points (see individual listings for details)

This walking group is for people affected by cancer, their families and friends.

The walks will start in different locations each month. The walks are between 1 to 4 miles long although there is always a shorter route option on the day to suit all abilities and preferences

PLUS we always stop for a cuppa after our walks.

27th Oct: Churchtown and Botanic Gardens

Meet: Botanic Gardens main entrance (Bankfield Ln)

17th Nov: Tarleton Village and River Douglas Walk

Meet: Tarleton Library (No. 2 bus on Lord Street, bus stops close to Tarleton Library)

15th Dec: Hesketh Park Two Loops

Meet: Hesketh Park entrance (corner Park Road/Albert Road)

Christmas Lunch after walk.

Christmas Lunch Info: For those wishing to have Christmas Lunch, please contact the Macmillan Centre on 01704 533024 as they require two weeks' notice for numbers.



Kings Gardens Wellbeing Walks

Walk leaders: Anne and Steph

Time: 10.30am | **Frequency:** Fortnightly

Duration: 45 mins

Meet: Carousel/beginning of Pier, S'port PR8 1QX

The Kings Gardens walk is a short walk at a medium pace and will take around 45 minutes to complete.

This walk is ideal for anybody who would like to build up their physical activity levels gradually. A gentle pace with the flexibility to increase if needed, the walk route stays within Kings Gardens for the main part and sometimes includes the pier and sea wall.

Oct: 14th | 28th

Nov: 11th | 25th

Dec: 9th



Sunday Sefton Wellbeing Walks

Walk leader: Steph, Helen, Tony and Hannah

Time: 2.00pm | **Frequency:** Fortnightly

Duration: 90 mins

Meet: Meeting points vary – see listings
The Sefton Sunday Wellbeing Walks take place every fortnight in different areas of Sefton.

These 90 minute walks take in our wonderful coastline and our beautiful countryside, from trekking through the sand dunes near Cabin Hill Nature Reserve in Formby to winding along the Leeds and Liverpool canal towpath in Lydiate, there are so many different routes to enjoy.

1st Oct: Fisherman's Path and Pinewoods

Meet: Freshfield Train Stn

15th Oct Seaforth Trail

Meet: Seaforth & Litherland Train Stn

29th Oct: Ainsdale Coast

Meet: Ainsdale Train Stn

12th Nov: Crosby Coastal Park

Meet: Waterloo Train Stn

26th Nov: Formby Beach

Meet: Formby Train Stn

10th Dec: Crosby Prom

Meet: Hall Road Train Stn



Living Well Sefton is a FREE service open to all residents of Sefton or those registered with a Sefton GP.

They can help you with a range of issues that may be affecting your health.

Help with:

- debt and benefits
- improving your wellbeing
- exercising more
- cooking and eating better
- Coping better and enjoying life more

Call **0300 323 0181** or complete an online form at livingwellsefton.org.uk and they will call you back.

The Weigh Forward course is designed to reduce the confusion surrounding weight loss and fast track you to the results you really want.



It offers you:

- Individual and realistic approaches on how to lose weight with confidence
- Reduce the confusion and stress about weight loss
- Practical ways to apply weight loss tips to your everyday life
- Support every step of the way

FREE weight management programme **Call:** 0151 934 2352

Email: active.lifestyles@sefton.gov.uk | **Website:** activelifestyles-sefton.co.uk/weigh-forward

Sefton Trailblazers

Walk leaders: Gill and Margaret

Time: 10.30am (unless otherwise stated)

Frequency: Wednesdays/Weekly

Duration: 90–150 mins

Meet: Start/finish at Merseyrail stations

These walks are classed as 'Progressional' for walkers who prefer a brisker pace over a distance of 5 to 7 miles.

Please wear suitable footwear for all types of terrain.

NB: no dogs allowed on these walks

Walks in **BLACK** start/finish at the same train station, walks in **GREEN** start/finish at a different station.

4th Oct: 'Malcolms View'

Meet: Freshfield

11th Oct: Dibbinsdale Nature Reserve

Meet: 10.15am, Liverpool Central » Wirral Line » Port Sunlight, finish at Bromborough

18th Oct: Beach Walk

Meet: Formby

25th Oct: Gaw Hill

Meet: 10.40am, Ormskirk

1st Nov: Sefton Coastal Path

Meet: Hillside, finish at Ainsdale

8th Nov: Canal walk

Meet: 10.15 Liverpool Central »

Wirral Line » Bache

15th Nov: Aughton

Meet: Town Green

22nd Nov: Woolton Woods

Meet: Hunts Cross

29th Nov: Melling

Meet: Maghull

6th Dec: Ince Blundell

Meet: Hightown, finish at Hall Rd

13th Dec: Marine Lake

Meet: Waterloo



Litherland Sports Park Walking Club

Walk leaders: Joe (07930 667 874),

Tony (07548 799036) and Ged

Time: 9.45am

Frequency: Wednesdays/Weekly

Meet: Entrance to S'forth & L'land train stn (unless otherwise/platform stated)

Isobel (07722 376 505)

PLEASE BRING A PACKED LUNCH ALONG

NB: no dogs allowed on these walks

(0) denotes approximate mileage of each walk

4th Oct: Ainsdale Nature Reserve

Guided Tour

Train to: Ainsdale

11th Oct: Cressington to Liverpool (6.5)

Train to: Cressington

18th Oct: Aintree Loop (7.5)

Train to: Sandhills » Aintree

25th Oct: St Helens to The Dream (6)

Train to: Liverpool Central »

Lime St » St Helens

1st Nov: Aughton to Haskayne (6.5)

Train to: Sandhills » Aughton, return by 300 bus

8th Nov: Port Sunlight to Rock Ferry (6)

Train to: Liverpool Central » Port Sunlight

15th Nov: Southport to Kew Woods (6)

Train to: Southport

22nd Nov: Leasowe to Seacombe (6)

Train to: Liverpool Central » Leasowe

29th Nov: Ainsdale to Freshfield (7.5)

Train to: Ainsdale

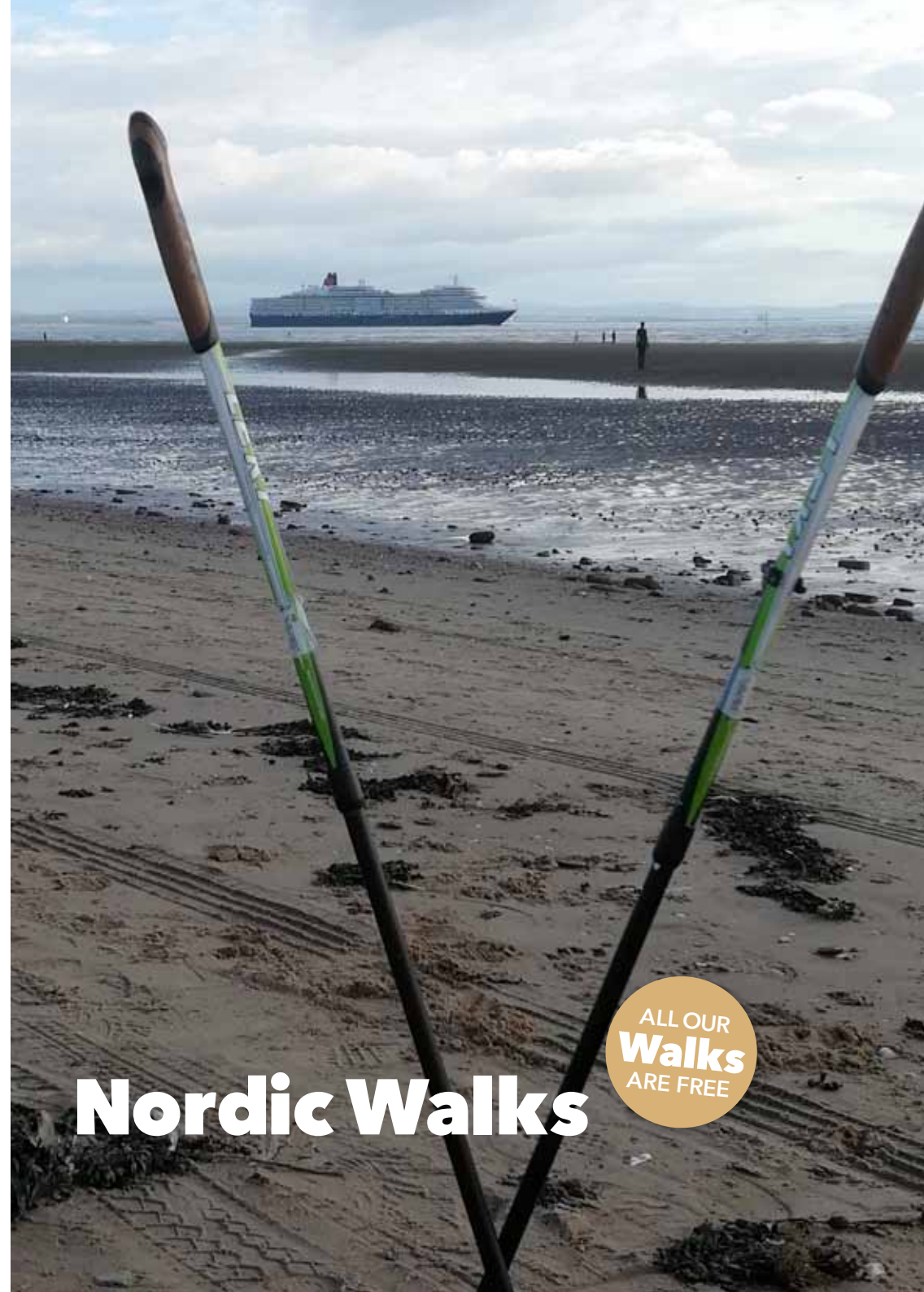
6th Dec: Carmill Dam (5.5)

Train to: Lime St » Garswood

13th Dec: Canal walk, Litherland to Liverpool (6)

20th Dec: Ellesmere Port to Bache (6.5)

Train to: Liverpool Central » Chester



Nordic Walks

ALL OUR
Walks
ARE FREE

Enjoy the great choice of Nordic Walking groups available every week throughout the year.

Enjoy the great choice of Nordic Walking groups available every week throughout the year. Nordic walking is a great way to lose weight and stay healthy, as it strengthens your upper body and reduces stress on your joints. Anyone wishing to join a Nordic Walking Group must first take part in a technique training session. These run in various locations throughout the year and are delivered by qualified instructors. To find out when and where the next training sessions are going to be held email: walking@sefton.gov.uk or check the @activewalkssefton Facebook page for updates.



Monday mornings

> MAGHULL:

weekly – 60 mins

Walk Leaders: Margaret and Dave

Time/Place: 10.00am at Meadows Leisure Centre, Hall Ln, Maghull L31 7BB

> FRESHFIELD:

weekly – 60 mins

Walk leader: Regina

Time/Place: 10.30am at Freshfield Pub car park, Massam's Lane, Formby L37 7BD

Monday afternoons

> FORMBY:

Back in 2024

Monday evenings

> CROSBY:

Back in 2024

Tuesday mornings

> LYDIATE:

weekly – 90 mins

Walk leader: Brenda M: 07900 525222

John, Ann and Dave
Time/Place: 10.40am at Lydiate Parish Hall, 288 Southport Rd, Lydiate L31 4EQ

PLEASE NOTE: If new to walk contact walk leader to check meeting time.

Tuesday evenings

> FRESHFIELD:

weekly – 60 mins

Walk leader: Steph

Time/Place: 6.00pm at Freshfield Pub car park, Massam's Lane, Formby L37 7BD

Wednesday mornings

> WATERLOO:

weekly – 60 mins

Walk leaders: Peter, Karl, Pat, Tony and Howard

Time/Place: 10.30am at Crosby Lakeside Adventure Centre Cambridge Rd, Waterloo L22 1RR (waterside car park)

PLEASE NOTE:

On 25th October and 29th November our Wednesday morning walks are longer and start at an earlier time and different location. See 'LAST WEDNESDAY OF EACH MONTH' details below.

LAST WEDNESDAY OF EACH MONTH

Wednesday morning Waterloo walks are 90 mins in Rimrose Valley along the canal on these dates:

Oct: 25th

Nov: 29th

Dec: *No Longer Walk*

Time/Place: 10.00am prompt at Waterloo Community Centre, 26 Great Georges Rd, Waterloo L22 1RD

Mixed ability walkers will be catered for.

Wednesday afternoons

> SOUTHPORT:

weekly – 60 mins

Walk leader: Steph and Georgina

Time/Place: 1.30pm at Dunes Splash World, Esplanade PR8 1RX

Friday mornings

> CROSBY:

weekly – 60 mins

Walk leader: Linda

Time/Place: 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX

Saturday mornings

> CROSBY:

Back in 2024

> FORMBY:

Back in 2024

> FRESHFIELD:

weekly – 90 mins

Walk leader: Regina

Time/Place: 10.30am at Freshfield Pub car park, Massam's Lane, Formby L37 7BD

PLEASE NOTE: Freshfield Pub is a 5 minute walk from Freshfield train stn.

Oct: 7th | 14th | 21st | 28th

Nov: 4th | 11th | 18th | 25th

Dec: 2nd | 9th



Volunteer Walk Leaders needed to takeover established Wellbeing Walks



If you enjoy walking and talking then becoming a volunteer walk leader with Active Walks Sefton might be for you. We are looking for new walk leaders to take on some of our regular wellbeing walking groups. Do you have a friend that might be interested in joining you on this adventure, you can attend the training together and then step in to leading. The wellbeing walks are part of the National programme, Ramblers Wellbeing Walks and have been running for many years and we rely on volunteers to plan, organise and lead regular walks. The walks are free for people to join, and the aim is creating easy, friendly walks that can assist with health and wellbeing. Walking is the perfect exercise, its low impact, and you can adjust the pace to suit the group.

Hesketh Park Wellbeing Walks, Southport

The Hesketh Park Wellbeing walks started not long after we launched the programme in 2003, so it is one of our longest running walks on the programme. We are looking for a new volunteer leader to take on this walk on a Tuesday afternoon, 1.30pm, every 2 weeks. The wellbeing walk is 45 minutes and stays within Hesketh Park, although the route can divert out of the park for a short while if needed. The walk needs a refresh so a new walk leader can take it forward in to the New Year.

Crosby Wellbeing Walk, Crosby

The Crosby Wellbeing Walk is twice a month on a Monday morning from Crosby Library. The walks would be around the area of Waterloo and Crosby, 60-minute circular routes, finishing back at the library. We are looking for two walk leaders for this group.

Atkinson Wellbeing Walk, Southport

The Atkinson Wellbeing Walk is every Wednesday morning at 10.30am, a 60-minute circular walk from the Atkinson on Lord Street. We are looking for two walk leaders for this group.

Netherton Wellbeing Walk, Netherton

The Netherton Wellbeing Walk is every Monday morning at 10.00am, a 60–90 minute walk, local routes from Netherton Feelgood Factory. The group enjoy walking across to Jubilee Woods and sometimes will stop for refreshments at Sefton Meadows Garden Centre. There is also the canal walks and Rimrose Valley to explore. We are looking for two walk leaders for this group.

How about starting a new weekly Wellbeing Walk in Litherland, from Litherland Town Hall Health Centre?

We would like to start a new, short walk (30 mins – 45 mins) from the Town Hall in Litherland, using Hatton Hill Park, the Leeds and Liverpool Canal and Rimrose Valley. We would like it to be weekly, maybe a Wednesday or Thursday morning. We are looking for two walk leaders to start this new walk in the New Year.

Training

You will receive free walk leader training with Ramblers Wellbeing Walks, this will involve an online course you can complete before attending a 3-hour session with the trainer at a local venue. When you have completed the course, you will be a qualified Ramblers Wellbeing Walks Leader and lead walks with Active Walks Sefton, the local programme.



ALL OUR
Rides
ARE FREE

Cycling Diary

Photo of our Chain Gang cyclists, see page 26

Southport Cycling Club

Southport cycling club was formed in 1932 and has a long history of promoting cycling within the Sefton area.

As well as regular group rides the club also organises road races, time trials and closed circuit events for youth riders.

The club has several different group rides per week geared to a riders ability and experience. Each ride will invariably include a café stop for rest and recuperation.

The club is unique in having its own custom built club room sited on Victoria Park with members meeting there on a Monday evening.

For further details see the club's website or contact the secretary on 01772 683704.



Sefton and West Lancashire Leisure Cycle Routes

A huge choice of independent cycle routes in Sefton and Lancashire are available to try, grab one from the Eco Centre (Park and Ride) in Southport or download from the Active Travel website or request a copy to be sent to you by email activetravel@sefton.gov.uk

With such a variety there will be a route for you to enjoy, why not try the Sefton Circular, 24 miles, covering a large part of Sefton from Waterloo to Ainsdale, out towards Maghull and back to Waterloo via Netherton and Litherland. This route is mostly off road,

circular and should take you about 4 hours at a leisurely pace. Why not check out the Mallard Route, 9.5 miles it starts from the Eco Centre, and goes along the sea front on to Churchtown and Botanic Gardens, past Hesketh Park, through Southport town centre and back to the Eco Centre. There are also some great routes in Lancashire, the Moorhen Route, Burscough is a 5 mile circular or the Lapwing Route, again starting from Burscough and out towards Martin Mere, 9.5 miles. Some great routes to cycle and enjoy.

Pedal Away

All our led rides within our Community Cycle Clubs programme are ridden at a leisurely pace and offer the rider the chance to chat with like-minded people, not realising the miles are ticking by.



Utilising the plethora of cycle paths within Sefton and visiting the many picturesque places within the borough you'll be surprised how far and wide your bike can take you.

Tuesdays:

Intermediate Riders

> **MeCycle Café**
59 Station Rd, Ainsdale PR8 3HH
10.15am – approx 12.30pm

Fridays:

Intermediate Riders

> **MeCycle Café**
59 Station Rd, Ainsdale PR8 3HH
10.30am – approx 12.30pm

Dover Cycling Fellowship (DCF)

Interested in cycling?

This fellowship meets every Tuesday at Lydiate Parish Hall where cyclists from all over the North West get together for a chat and an informal meeting.

There is also an organised cycle ride to the DCF, every Tuesday leaving Dunes Splash World in Southport (see information on right for details).

Every Tuesday – Lydiate:

11.00am – 1.00pm
(Formal meeting 12.30pm – 1.00pm)

> **Lydiate Parish Hall**
288 Southport Rd, Lydiate L31 4EQ

Every Tuesday – Southport:

10.00am – 3.00pm
> **Dunes Splash World**
Esplanade, S'port PR8 1RX



Litherland Sports Park Wheels for All

Wheels for All is the largest programme of inclusive cycling in the UK, providing cycling opportunities for all ages, needs and abilities. We have an extensive range of adapted cycles for participants to use, including hand cycles, trikes, recumbents and wheelchair transporters.

Litherland Sports Park is a brilliant location for inclusive cycling, with an enclosed, safe, 1.5km cycle track suitable for participants of all needs and abilities.

Every Wednesday –

- > **Litherland Sports Park**
Boundary Lane, Litherland L21 7LA
Public: 12.00pm – 5.00pm

PLEASE NOTE:

- Individuals 'first session' is always free
- Standard price is £5 per session

HOW TO BOOK:

Group Bookings can be made by emailing either:
liverpool@wheelsforall.org.uk
or seantierney@wheelsforall.org.uk.
You can also call Sean Tierney on 07736 974 537.



'The Chain Gang' Rides for the over 50's

We cover distances of between 25–30 miles on each ride. The group cycle at a gentle pace and you will see how easy and rewarding it can be to increase your mileage. We incorporate a lunch stop around half way before returning to Southport for about 3.00pm.

With a wealth of ride leaders and experienced cyclists in the group any new participants will be in good hands, assisting with route direction and any mechanical issues that may arise.

Don't worry about expensive cycling kit, come along in appropriate, comfortable clothing and a serviceable bike and you'll be pleasantly surprised what you can achieve.

On 1st & 3rd Thursday each month throughout the year.

- > **Dunes Splash World**
Esplanade, S'port PR8 1RX
at **10.00am**

Oct: 5th | 19th

Nov: 2nd | 16th

Dec: 7th

For more information contact:
Age Concern Liverpool and Sefton
on **01704 542993**

Tour de Friends

As our name suggests we place as much emphasis on the social side of meeting up as the cycling. We are a community based cycling group and offer you the opportunity to make new friends, and a chance to increase your cycling.

We operate in small groups, which are based on a range of abilities and compatibility. Each group is led by a trained bike leader, who offer weekly or twice weekly rides.

We have a limited number of bikes and helmets available to loan.

So why not get in touch, we look forward to meeting you.

Thursday Sessions –
10.00am – 12.00pm

- > **Waterloo Community Centre**
Old School Buildings,
Great Georges Rd,
Waterloo L22 1RD

To find out more please contact Bill Cowley.

Email: billcowley@blueyonder.co.uk
Tel: **07948 013618**

Join our Facebook group –
Tour de Friends (AKA Bike Gone Daze)
Tour de Friends is a Waterloo Community Association project



Winter Newsletter out Dec 2023

For great walks and rides throughout Sefton and beyond, pick up Sefton's Walking and Cycling Newsletter from libraries, leisure centres and other community venues. They are also available in cafés throughout Sefton. You can download a copy at activetravelsefton.co.uk too.




**Been on
one of
our Walks
or Rides?**


We'd love to hear from you!

Tell us about your walking and cycling experiences

We would love to hear about your experiences, if you have enjoyed a group led walk, ride or followed one or more of our walking or cycling routes please give us your feedback.

 **post a photo and comment using #ActiveTravelSefton**

 **on Instagram, Facebook or Twitter**

 **Email:** activetravel@sefton.gov.uk

Call: 0151 934 2824

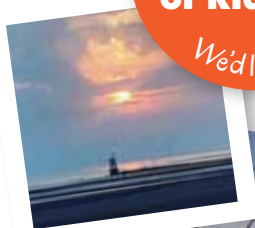
We look forward to hearing from you

Picture credits:

busy_mrsb, via Instagram: Crosby beach.

Annette Dutton, via Facebook: Friday Southport Central Walks – group led walk.

Jane Hart, via Instagram: Ince Woods Wander – Independent Walk Routes.



This newsletter has been developed by Sefton Council. The newsletter details the different activities organised and promoted by the Walking & Cycling Team throughout the Autumn, including how to get involved.

For general enquiries call –
Sefton Plus on 0345 1400845

Calls cost 2p per minute plus your telephone company's access charge.



active travel

For Walking enquiries:

walking@sefton.gov.uk


0151 934 2824


Further information is available at:

activetravelsefton.co.uk

Email: activetravel@sefton.gov.uk

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 #activewalkssefton

visitseftonandwestlancs.co.uk