

Sefton's Summer Walking & Cycling Newsletter

Issue 68 / Jul - Sep 2024

ALL OUR
**Walks
& Rides**
ARE FREE

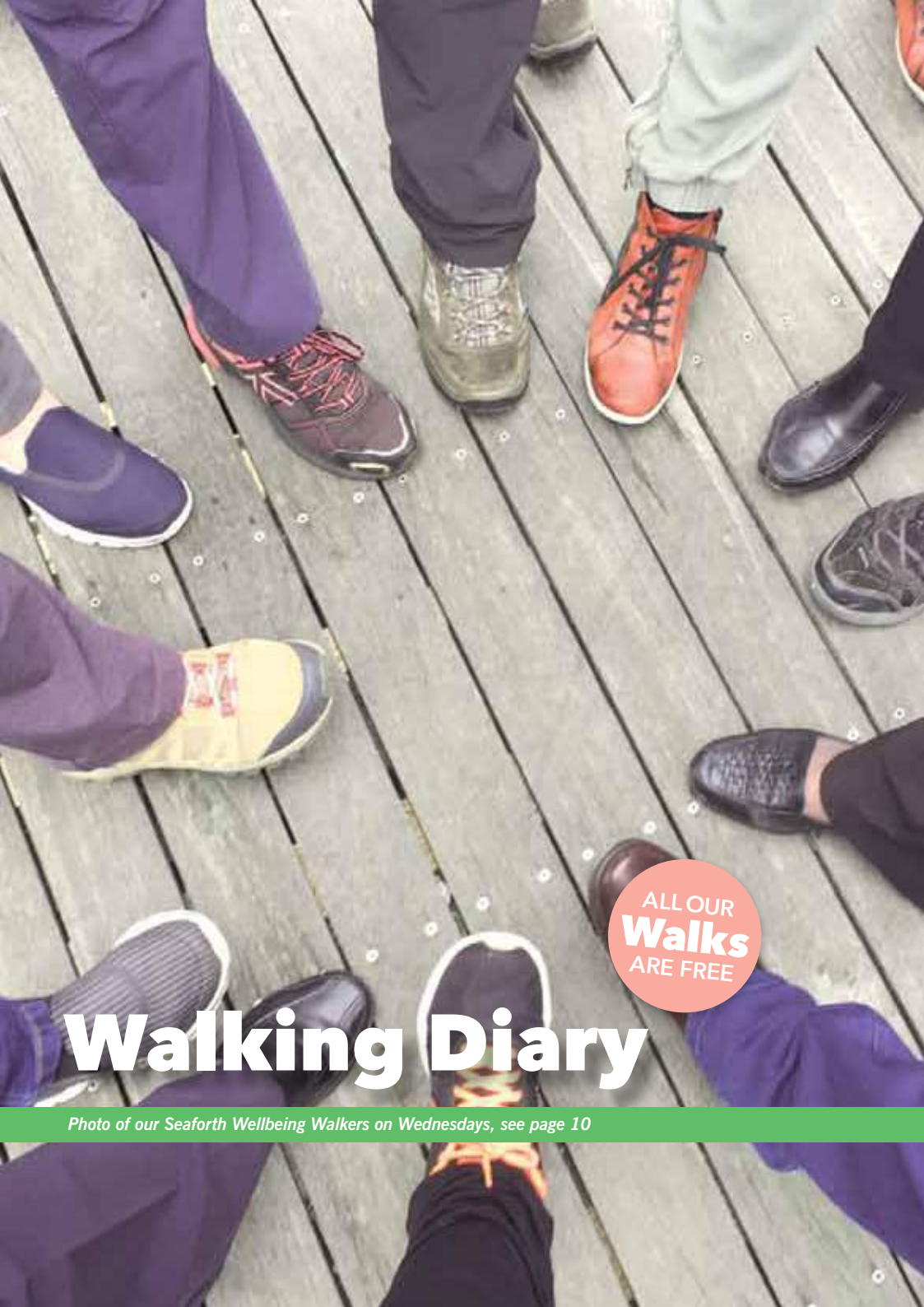
Great walks and rides
all Summer long!



active travel



Sefton Council 

























Walking Diary

Photo of our Seaforth Wellbeing Walkers on Wednesdays, see page 10

ALL OUR
Walks
ARE FREE

Active Walks Key

Walking Grades  Grade 1 Short 10–30 mins  Grade 2 Medium 30–60 mins  Grade 3 Longer 60–90 mins  Progressional 90 mins and over				Frequency and length of walks     Weekly, Fortnightly, Monthly Walks 30/45/60/75/90/120 Minute Walks			
Terrain and accessibility to all  Maybe Muddy  Inclines & Declines  Uneven Ground  Tree Roots  Sandy Paths  Wheelchair Accessible  Family Friendly							
Other types of walks  Special Interest  Baby & Pram Walks  Toilets Available			Facilities  Rest Opportunities  Refreshment Stops  Accessible via Public Transport  Parking Available				

Welcome to Sefton's Summer Walking & Cycling Newsletter. In it you'll find all our regular organised walks and cycle rides on offer during July, August and September. There's no booking required, no cost to participate, just turn up and join in. The Wellbeing Walks and cycle rides run weekly or fortnightly across Sefton and beyond and are designed to keep you moving and active. Choose from gentle 30 minute walks if you are just starting out, 60 minute walks to build up your level of fitness or 90 minute walks for the more experienced walker to cover greater distances and mix of terrain.

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 wellbeing walks range from short walks of 30 minutes up to 90 minutes. There are also progression walks, they are longer, 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.

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.

1st Jul: Lunt Meadows*
*No refreshments or toilet available at Lunt

15th Jul: Hartley's

5th Aug: Bernie's or Maghull Station cafe

19th Aug: Scotch Piper

2nd Sep: Nourish

16th Sep: Village Diner



Netherton Feelgood Factory Wellbeing Walks

Walk leader: Tony

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

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

The group take between 60–90 minutes on their walk every week, they set the pace and enjoy walking together. The walking routes vary each week taking in local parks and The Leeds Liverpool Canal. All our walks start and finish at same location.

***No walks on Bank Holiday**



Jul: 1st | 8th | 15th | 22nd | 29th
Aug: 5th | 12th | 19th | 26th **NOWALK**
Sept: 2nd | 9th | 16th | 23rd | 30th



Crosby Wellbeing Walks

Walk leaders: Margaret

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

Meet: Crosby Library Crosby Rd North, Crosby L22 0LQ (in the foyer).

Join us for a 60 minute circular walk, where we enjoy routes in Rimrose Valley Country Park or along the Crosby Coast, including the Seafront Gardens and Marine Lake.

***No walks on Bank Holiday**

Jul: 1st | 15th | 29th

Aug: 12th | 26th **NOWALK**

Sep: 9th | 23rd



Churchtown Wellbeing Walks

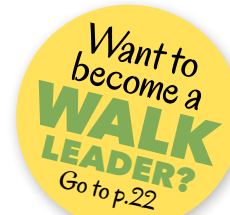
Walk leader: Sally

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.

Jul: 2nd | 9th | 16th | 23rd | 30th
Aug: 6th | 13th | 20th | 27th
Sep: 3rd | 10th | 17th | 24th



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, the group will take between 60–75 minutes on this walk, keeping at a steady pace.

All the walks use the pinewoods and coastal footpaths, there will be sandy paths and gentle inclines throughout the route.

Jul: 2nd | 9th | 16th | 23rd | 30th
Aug: 6th | 13th | 20th | 27th
Sep: 3rd | 10th | 17th | 24th



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.

2nd Jul: St Michaels to Pierhead
9th Jul: Cressington
16th Jul: Birkenhead Park
23rd Jul: Thornton to Sefton Meadows
6th Aug: Croxteth Hall
13th Jul: New Brighton
20th Jul: Meols to Moreton
27th Jul: Freshfield to Ainsdale
3rd Sep: Southport
10th Sep: St Michaels to Pierhead
17th Sep: Cressington
24th Sep: Freshfield to Ainsdale



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

2nd Jul: West Kirby
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Bootle New Strand train stn, Liverpool platform
9th Jul: Hesketh Park
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Bootle New Strand train stn, Southport platform
16th Jul: Southern Grasslands
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Bootle New Strand train stn, Liverpool platform
23rd Jul: Heather Trail
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Bootle New Strand train stn, Southport platform
30th Jul: Birkenhead Park
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Bootle New Strand train stn, Liverpool platform
6th Aug: Dobbies
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Bootle New Strand train stn, Southport platform
13th Aug: Ormskirk Town
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Orrell Park train stn, Ormskirk platform

20 Aug: Croxteth Park
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at 61 bus stop, Moss Lane
27 Aug: Brunswick
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Bootle New Strand train stn, Liverpool platform
3rd Sep: Rotten Row
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Bootle New Strand train stn, Southport platform
10th Sep: New Brighton
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Bootle New Strand train stn, Liverpool platform
17th Sep: Hoylake
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.15am at Sir Thomas Street, Liverpool
24th Sep: Stanley Park
Time/Place: 9.30am corner of Watts/Park Lane, Bootle or 10.00am at Bootle New Strand 68 bus stop



Rimrose Valley Wellbeing Walks

Walk leader: Steph and 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 circular walks of about 60 minutes 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.

Jul: 2nd **NOWALK** | 9th | 16th | 23rd | 30th
Aug: 6th | 13th | 20th | 27th
Sep: 3rd | 10th | 17th | 24th



Macmillan Wellbeing Walks



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

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

Jul: 2nd | 9th | 16th | 23rd | 30th
Aug: 6th | 13th | 20th | 27th
Sep: 3rd | 10th | 17th | 24th



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 45 minutes, gentle pace, taking in views of the lake, gardens, and wildlife within the park.

Jul: 9th | 23rd
Aug: 6th | 20th
Sep: 3rd | 17th



Sefton Trails Wellbeing Walks

Walk leaders: Tony
Time: 10.30am | **Frequency:** Fortnightly
Duration: 90 mins
Meet: Various meeting points

On this new walk you will encounter different routes across Sefton. The walks are at a moderate pace. Please arrive 10 mins early to complete registration.

Discover parts of Sefton you may not have been to before, whilst getting in your dose of physical activity for the day.

NB: no dogs allowed on these walks

3rd Jul: Coastal Wander
Start: Hillside Train Station
Finish: Southport train stn

17th Jul: Southport Trail
Start: Southport train stn
Finish: Churchtown

31st Jul: Malcolm's View Walk
Start: Freshfield train stn
Finish: Freshfield train stn

14th Aug: Heading East Walk
Start: Seaforth train stn
Finish: Maghull train stn

28th Aug: Hightown to Formby Trail
Start: Hightown train stn
Finish: Formby train stn

11th Sep: Over the Boarder Walk
Start: Lydiate, corner of Hall Road/Southport Road
Finish: Ormskirk

25th Sep: Formby Circular
Start: Formby train stn
Finish: Formby train stn



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



3rd Jul: Formby Squirrel Reserve
10th Jul: Chester
17th Jul: Garden Festival
24th Jul: Crosby Marina
31st Jul: Blundellsands
7th Aug: Sefton Park
14th Aug: New Brighton
21st Aug: Botanic Gardens
28th Aug: Southport
4th Sep: Birkenhead Park
11th Sep: Crosby to Hightown
18th Sep: Waterloo 3 Parks
25th Sep: Crosby Marina



Atkinson Wellbeing Walks

Walk leader: Mike and 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.



Jul: 3rd | 10th | 17th | 24th | 31st
Aug: 7th | 14th | 21st | 28th
Sep: 4th | 11th | 18th | 25th



Formby Wellbeing Walks

Walk leader: Sue and Tony (07752 927092)
Time: 10.30am | **Frequency:** Weekly
Duration: 90
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.



Jul: 4th | 11th | 18th | 25th
Aug: 1st | 8th | 15th | 22nd | 29th
Sep: 5th | 12th | 19th | 26th
Please wear footwear suitable for walking through dunes, woodland paths and on uneven ground.



Walking for Health in Hesketh Park Wellbeing Walks

Walk leaders: Tom, Jackie and June
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.

Jul: 4th | 11th | 18th | 25th
Aug: 1st | 8th | 15th | 22nd | 29th
Sep: 5th | 12th | 19th | 26th



NEW Community Wellbeing Walks

Walk leader: Alasdair
Time: 10.30am | **Frequency:** Weekly
Duration: 60 mins
Meet: At the Community Hub centre based in Cambridge Arcade, near Southport Town Hall, 17A Cambridge Arcade PR8 1EN

New walk in Southport Town Centre. The walk will enjoy the wonderful gardens close by, Marine Lake and the seafront on this 60-minute circular walk.
Jul: 11th | 18th | 25th
Aug: 1st | 8th | 15th | 22nd | 29th
Sep: 5th | 12th | 19th | 26th



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 set a steady pace, walking between 60–90 minutes and take place fortnightly. Some of the walks will include small hills in the sand dunes. These walks offer a variety of routes along the coast, through pinewoods, sand dunes and along the beach.

If you wish to join the group, please wear sensible footwear for coastal trails and paths.



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

Jul: 4th | 18th
Aug: 1st | 15th | 29th
Sep: 12th | 26th



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 except Crosby Marina walks when we meet at Waterloo train station

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.

4th Jul: Derby Park
11th Jul: Hatton Hill
18th Jul: 3 park loop
25th Jul: Crosby Marina
1st Aug: Derby Park
8th Aug: Hatton Hill
15th Aug: 3 Park Loop
22nd Aug: Crosby Marina
29th Aug: Derby Park
5th Sep: Hatton Hill
12th Sep: 3 Park Loop
19th Sep: Crosby Marina
26th Sep: Derby Park

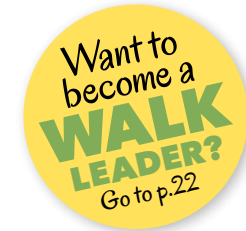


Southport Central Wellbeing Walks

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.

Jul: 5th | 12th | 19th | 26th
Aug: 2nd | 9th | 16th | 23rd | 30th
Sep: 6th | 13th | 20th | 27th



Emily's Wellbeing Walks

Walk leader: Steph
Time: 10.30am | **Frequency:** Weekly
Duration: 30 mins
Meet: Emily's Sandwich Bar, 22 Old Park Ln, PR9 7BG (Corner of Old Park Ln/Chester Rd)

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.

Jul: 5th *NO WALK* | 12th | 19th | 26th
Aug: 2nd | 9th | 16th | 23rd | 30th
Sep: 6th | 13th | 20th | 27th



Walking regularly? Walk the length and breadth of Sefton with your wellbeing walks.

South to North, West to East.

Every time you complete
a wellbeing walk record the
date and name of the
walk in each box.

There are 1 mile increments.
If you complete a 3 mile walk,
for example fill in 3 boxes.

Ask your walk leader for the
distance of the wellbeing walk.

Bootle to Crossens – 24 miles

Crosby to Waddicar – 8.5 miles

Much of the mapped-out routes are off road,
using the Sefton Coastal Path,
shared use paths, footpaths and towpaths.



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Sefton OPERA Wellbeing Walks (Age 50+)



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

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

The group meet at various locations to enjoy walks in different areas of Sefton, most of the walks are in South Sefton. **Please contact the walk leader in bad weather, as there maybe changes to the walk route, 07452 867 648.**

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.

****MUSEUM WALKS WILL BE ADDED IN BAD WEATHER****

5th Jul: Birkenhead Park

Meet: Liverpool Central (catch 9.59am train at Bootle New Strand train stn to Liverpool Central, change to Wirral Line)

12th Jul: *Mini Bus Trip*

19th Jul: Sefton Park

Meet: St Michaels train stn (catch 9.59am train at Bootle New Strand train stn)

26th Jul: New Brighton

Meet: Liverpool Central (catch 9.59am train at Bootle New Strand train stn to Liverpool Central, change to Wirral Line)

2nd Aug: Southport Marina
Meet: Southport train stn (catch the 9.47am train at Bootle New Strand train stn)

9th Aug: Chester Wall & River Walk

Meet: Moorfields (catch 9.59am train at Bootle New Strand train stn to Moorfields, change to Wirral Line)

16th Aug: West Kirby

Meet: Liverpool Central (catch 9.59am train at Bootle New Strand train stn to Liverpool Central, change to Wirral Line)

23th Aug: *Mini Bus Trip*

30th Aug: Pantry Walk

Meet: Walking along canal to Tesco's Bridge

6th Sep: Otterspool Prom

Meet: Aigburth train stn at 10.30am and walk to Britannia Inn

13th Sep: Office Walk

Meet: Tesco Bridge, walking back to office for coffee

20th Sep: Rimrose Valley

Meet: Tesco Bridge, walking through Rimrose Valley to South Road Café

27th Sep: Hesketh Park

Meet: Southport train stn (catch the 9.47am train at Bootle New Strand train stn)



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.

Jul: 5th | 12th | 19th | 26th

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

Sep: 6th | 13th | 20th | 27th



Feet First Friday Wellbeing Walks

Macmillan Walk leaders: Moira, Terry, Carol, Joan and Steve

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.

26th Jul: Ince Blundell Wander

Meet: 1pm, outside Ince Blundell Village Hall

30th Aug: Freshfield

Meet: 1pm, outside Freshfield train stn

20th Sep: Tarleton & the River Douglas **earlier date than usual due to World's Biggest Coffee Morning**

Meet: 1pm, outside Tarleton Library



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 route stays within Kings Gardens for the main part and sometimes includes the promenade and seafront.

Jul: 13th | 27th
Aug: 10th | 24th
Sep: 7th | 21st



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.

14th Jul: Freshfield Woodland Paths

Meet: Freshfield train stn

28th Jul: Ainsdale Trail

Meet: Ainsdale train stn

11th Aug: Hightown Coast

Meet: Hightown train stn

25th Aug: Maghull Meander

Meet: Maghull train stn

8th Sep: Canal and Rimrose Valley

Meet: Freshfield train stn

22nd Sep: Formby Trail

Meet: Formby train stn



Litherland Sports Park Walking Club

Walk leaders: Joe (07930 667 874), Tony (07548 799036), Isobel (07722 376 505) and Cathy (07986 736 114)
Time: 9.45am | **Frequency:** Weekly
Meet: Entrance to S'forth & L'land train stn (unless otherwise/platform stated)

PLEASE BRING A PACKED LUNCH ALONG

NB: no dogs allowed on these walks

3rd Jul: Southport – Ainsdale, Velvet Trail
Train to: Southport (6.5)

10th Jul: Hillside – Ainsdale, Andrew's garden

Train to: Hillside walk to Ainsdale with a preview of Andrew's garden (6.5)

17th Jul: Scarisbrick – Halsall, Scarecrow Trail

Meet: Front of The Strand, 10.10am – 300 bus to Scarisbrick walk to Hallsall, 300 bus return (7)

24th Jul: Crosby Circular

Direct from Seaforth via Rimrose Valley, Little Crosby, Hall Rd back to South Rd (7.5)

31st Jul: Coach Trip, Leek (8)

7th Aug: Leasowe – West Kirby, Red Rocks

Train to: Wirral Line » Leasowe (7.5)

14th Aug: Liverpool Two Parks & Granby Four Streets

Train to: St Michaels (8)

21st Aug: *Charity Walk* Ainsdale – Waterloo, South Rd

Train to: Ainsdale

The walk route will keep as near as possible to train stations so walkers can leave the walk for the train stations between Ainsdale and Waterloo if needed. (10)

28th Aug: The Dream

Train to: Central, walk to Lime St » St Helens Junction (7.5)

4th Sep: Port Sunlight & Birkenhead Priory visit
Train to: Liverpool Central Wirral Line » Port Sunlight (7)

11th Sep: Hale Village
Train to: Hunts Cross (7)

18th Sep: Lydiate – Hayloft
Meet: Front of The Strand, 10.10am – 300 bus to Lydiate (7.5)

25th Sep: Bidston Hill

Train to: Central Wirral Line » Birkenhead North (7)

(0) denotes approximate mileage of each walk



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. There are two Nordic Taster sessions available and two training sessions, see below. No need to book for the taster sessions. Please book your place on the Learn to Nordic Course, as places are limited to 12 on each course. To get in contact with the team, email walking@sefton.gov.uk or 0151 935 2824.



FREE 30 minute taster sessions:

Try Nordic Walking first, see if it's for you! Nordic Walking poles are provided for you to use during the session. Just turn up and try it.

Tue 9th Jul:

Crosby Leisure Centre (swimming baths)
12.00pm–12.30pm

Wed 10th Jul:

Dunes Splash World, Southport
10.30am–11.00am

'Learn to Nordic' training courses:

Crosby, 2 Day Course:

Fri 12th & Sat 13th Jul
10.00am–12.00pm,
meet at Crosby Leisure Centre

How to book:

To book a place, visit our delivery partner's website: <https://nordicwalking.co.uk/find-walks/>

On the homepage, follow these instructions:

- > In box under **Where**, enter **Crosby**, then from drop down menu select '**Crosby, Sefton District, Merseyside**'.
- > In box under **Distance** set to '**5 miles**'.

- > In box next to **Activity Type** select '**Learn to Nordic Walk**' from drop down menu.
- > Set the date range for Crosby 12/05/2024.
- > Then click on **Find Walks**.

See details of course below on page. Click '**book now**' and follow the instructions. **N.B.** To book you will need to register/log in.

NO NORDIC WALKS ON BANK HOLIDAYS

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 – 90 mins
Walk leader: Regina
Time/Place: 10.30am at Freshfield Pub car park, Massam's Lane, Formby L37 7BD

Monday afternoons

- > **FORMBY:**
weekly – 90 mins
Walk Leaders: Peter
Time/Place: 1.00pm at 17D Duke St, Formby L37 4AN

Monday evenings

- > **CROSBY:**
weekly – 60 mins
Walk leader: Karl
Time/Place: 6.00pm at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX

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
***NO WALK* on 2nd July**
Jul: 9th | 16th | 23rd | 30th
Aug: 6th | 13th | 20th | 27th
Sep: 3rd | 10th | 17th | 24th

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 31st Jul, the 28th Aug and 25th Sep our Wednesday morning walks are longer and start at an earlier time and different location. See '**LAST WEDNESDAY OF EACH MONTH**' details top right for details.

LAST WEDNESDAY OF EACH MONTH

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

Jul: 31st
Aug: 28th
Sep: 25th
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
***NO WALK* on 3rd July**

Friday mornings

- > **CROSBY:**
weekly – 60 mins
Walk leader: Linda and Joyce
Time/Place: 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX

Walk information continued on page 22.



Saturday mornings

> CROSBY:

fortnightly – 90 mins

Walk leaders: Peter and Karl

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

Jul: 13th | 27th

Aug: 10th | 24th

Sep: 7th | 21st

> FORMBY:

fortnightly – 90 mins

Walk leaders: Peter and Karl

Time/Place: 10.30am
at 17D Duke St, Formby
L37 4AN

Jul: 6th | 20th

Aug: 3rd | 17th | 31st

Sep: 14th | 28th

> 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.

Jul: 6th | 13th | 20th |
27th

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

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

Interested in becoming a volunteer walk leader?

More volunteer walk leaders needed to support our existing walking groups.

We are looking for new walk leaders to get involved with leading and assisting on our regular wellbeing walking groups and our Nordic Walking groups.

The wellbeing walks are part of the National programme, Ramblers Wellbeing Walks and have been running for many years, short, easy walks across Sefton. Walk Leader Training is provided from Ramblers Wellbeing Walks, approx. 6 hours, 3 hours online and 3 hours 'face-to-face' training at a venue in Sefton. Nordic Walking UK provide the Walk Leader Training online for the Nordic Walks on our walk programme.

There are several walks in different areas of Sefton that need support with some of the walks only having one leader.

**Contact the Active Sefton
Walks Co-ordinator for
more information and to
discuss the walks on
0151 934 2824 or email**

Want to
become a
**WALK
LEADER?**



ALL OUR
Rides
ARE FREE

Cycling Diary

Photo of Dover Fellowship riders on Tuesdays, see page 25

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 Netherpton 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
10.30am – approx 12.30pm

Fridays:
Intermediate Riders

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

Dover Cycling Fellowship (DCF)

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.

Been on one of our Walks or Rides?

We'd love to hear from you! Go to the back cover for more info.



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

The Chain Gang Rides for the over 50's

We ride on 1st and 3rd Thursday each month throughout the year and cover distances between 20 to 30 miles on each ride.

The group cycle at a steady pace and you will see how easy and rewarding it can be to increase your mileage. We incorporate a lunch stop around halfway before returning to Southport by 3pm.

With a wealth of ride leaders and experienced cyclists in the group, any new participants will be in good hands.

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

**Thursday Sessions –
From 10.00am**

> **Dunes Splash World**
Esplanade, S'port PR8 1RX

**Jul: 4th | 18th
Aug: 1st | 15th
Sep: 5th | 19th**

For more information contact:
Judy Alderson on 01704 553739
or Kay Sutton on 07840724451

Autumn Newsletter out August 2024



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 find all the walking and cycling information on the Sefton Council website, www.sefton.gov.uk

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.

Been on one of our Walks or Rides?

We'd love to hear from you!



This newsletter has been developed by Sefton Council. The newsletter details the different activities organised and promoted by the Walking & Cycling Team throughout the Summer, 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.

For Walking enquiries:

walking@sefton.gov.uk

0151 934 2824

Email: activetravel@sefton.gov.uk

 **@SeftonTravel**

 **@activewalkssefton**

 **#activewalkssefton**

visitseftonandwestlancs.co.uk



active travel