

Sefton's Walking and Cycling Booklet

Issue 77 / October - December 2026

Autumn Edition

Great walks and rides
throughout Sefton
(and beyond) ready
for the picking!

ALL OUR
**Walks
& Rides**
ARE FREE



active travel



Sefton Council 

Contents

Walking

Walking Diary and Icon Key 3

Monday Pages 4 to 5

- Crosby Wellbeing Walks
- Maghull Health Walks
- Netherton Feelgood Factory Health Walks

Tuesday Pages 6 to 9

- Bootle Wellbeing Walks
- Brunswick Wellbeing Walks
- Churchtown Wellbeing Walks
- Formby Pinewoods Wellbeing Walks
- Macmillan Wellbeing Walks
- Rimrose Valley Wellbeing Walks
- Waterloo Wellbeing Walks

Wednesday Pages 10 to 12

- Atkinson Wellbeing Walks
- Seaforth Wellbeing Walks
- Sefton Trails Wellbeing Walks
- ***LONGER WALKS*** Litherland Sports Park Walking Club

Thursday Pages 13 to 15

- Ainsdale Sands and Sea Wellbeing Walks
- Formby Wellbeing Walks
- Hesketh Park Wellbeing Walks
- May Logan 'Walk and Talk' Wellbeing Walks
- ***NEW FOR AUTUMN*** One Big Torch Walk

Friday Pages 15 to 18

- Dunes Weekly Wellbeing Walks
- Emily's Wellbeing Walks
- Further Afield Friday Wellbeing Walks
- Southport Coastal Wellbeing Walks
- Sefton OPERA Wellbeing Walks (Age 50+)

Saturday Page 18

- Kings Gardens Wellbeing Walks

Sunday Page 19

- Blundellsands Wellbeing Walks
- Sunday Sefton Wellbeing Walk

Nordic Walks Pages 20 to 21

— ***ONE OFF WALK* on a Thursday** 5

A November Autumnal Amble

Independent Walk Route Pages 22 to 23

Hall Road to Hightown Coastal Trail

Wheelchair-friendly route



Cycling

McCycle Pedal Power	24
Dover Cycling Fellowship (DCF)	24
Litherland Sports Park, Wheels for All	25
The Chain Gang, Rides for the over 50's	25
Tour de Friends	26
Ainsdale Cyclones	26

Introduction

Welcome to Sefton's Autumn Walking and Cycling booklet.

Autumn brings with it crisp air, golden woodland canopies and lovely misty mornings. As days shorten Autumn also treats us to stunning, golden sunsets along our glorious coastline. Sefton offers a huge choice of free, guided walks and cycle rides to make the most of the coast and countryside either in the morning or afternoon to suit everyone. You can simply put on your walking shoes or get on your bike and turn up at one of our walks or bike rides. Our experienced walk and bike leaders will have planned the route thoroughly so you can make the most of being outdoors this Autumn and enjoy the unique beauty of the season.



ALL OUR
Walks
ARE FREE

Walking Diary

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.

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

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



Rest
Opportunities



Refreshment
Stops



Accessible via
Public Transport



Parking
Available

Crosby Wellbeing Walks

Walk leader: Margaret

Time: 10.30am

Frequency: Fortnightly

Duration: 60–75 minutes

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

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

October: 12th | 26th

November: 9th | 23rd

December: 7th | 21st

First walk of 2027 is 4th January



Maghull Wellbeing Walks

Walk leaders: Sheila, Chris, Sue and Veronica

Time: 10.00am

Frequency: 1st and 3rd Monday

Duration: 90 minutes (approx)

Meet: Maghull Health Centre L31 0DJ (outside the rear of the centre).

NB: no dogs allowed on these walks

The walks are based around rural areas of Maghull, Sefton and Lydiat so suitable clothing and footwear will be required. The group use local cafes to have a tea/coffee stop and a chat.

5th October: Mocha

19th October: Bootle Arms

2nd November: Nourish

16th November: Sefton Meadows

7th December: Scotch Piper

21st December: Hartleys

First walk of 2027 is 4th January



Netherton Feelgood Factory Wellbeing Walks



October: 5th | 12th | 19th | 26th

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

December: 7th | 14th

Walk leader: Tony

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

Duration: 60–90 minutes

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



ONE OFF WALK A November Autumnal Amble – Freshfield to Ainsdale, Thursday 19th November

Walk leader: Helen | **Time:** 10.30am to 12.30pm

Duration: 2 hours | **Distance:** 4 miles

Start: Freshfield train station (at the shelter on Liverpool bound platform)

Finish: Ainsdale train station

This is a 4 mile walk that will take us along Fisherman's Path to make our way through the woods and all the way to Ainsdale train station. It will include woodland and sandy paths. We will enjoy the colours of Autumn and a crisp, refreshing walk finishing at Ainsdale train station where walkers can enjoy refreshments at the end of the walk.



Bootle Wellbeing Walks

Walk leaders: Delia, Helen, Sandra, Linda, Mary and Noreen

Time: See listings

Frequency: Weekly

Duration: 60 minutes

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

6th October: Birkenhead Park

Alternative

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Liverpool platform)

13th October: Wavertree Park

Time/Place: 9.30 corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle bus station 60 bus stop

20th October: Port Sunlight

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Liverpool platform)

27th October: Southport

Time/Place: 9.30 corner of Watts Lane/Park Lane, Bootle **OR** 10.00 at Bootle New Strand train station (Southport platform)

3rd November: West Kirby

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Liverpool platform)

10th November: Walton Hall Park

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle bus station 60/81A bus stop

17th November: Chester

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Liverpool platform)

24th November: Allerton Manor

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Liverpool platform)

1st December: *Christmas Lunch*



Brunswick Wellbeing Walks

In partnership with Veterans in Sefton

Walk leaders: Ian and Matt

Time: 11.00am | **Frequency:** Weekly

Duration: 45–60 minutes

Meet: Brunswick Youth and Community Centre, 104 Marsh Lane, Bootle L20 4JQ

We meet at the centre every week and enjoy a variety of local walking routes, including the Leeds and Liverpool Canal, Mellanear Park, and North Park.

Once a month, we also venture a little further afield with walks around West Kirby, Thurstaston and Royden Park, Heswall, and the Marine Lake Loop.

All walks are taken at a gentle, steady pace, and we return to the centre for refreshments.

October: 6th | 13th | 20th | 27th

November: 3rd | 10th | 17th | 24th

December: 1st | 8th



Churchtown Wellbeing Walks

Walk leader: Sally

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

Duration: 30 minutes

Meet: Bold Arms car park on Cambridge Road by the outdoor pub benches.

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

October: 6th | 13th | 20th | 27th

November: 3rd | 10th | 17th | 24th

December: 1st | 8th | 15th

First walk of 2027 is 5th January



Formby Pinewoods Wellbeing Walks

Walk leaders: John, Terry and Steve

Time: 10.30am

Frequency: Weekly

Duration: 60–75 minutes

Meet: At front of Pinewoods Pub, Wicks Green (off Harington Road), 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.



October: 6th | 13th | 20th | 27th

November: 3rd | 10th | 17th | 24th

December: 1st | 8th

First walk of 2027 is 5th January



Macmillan Wellbeing Walks

WE ARE
MACMILLAN
CANCER SUPPORT

Walk leaders: Lynda, Tom, Terry, Carol and Moira

Time: 10.30am

Frequency: Weekly

Duration: 60 minutes

Meet: outside The Atkinson, Lord Street, Southport, PR8 1DB
A 60 minute circular walk around Kings Gardens, sea front and Marine Lake.

October: 6th | 13th | 20th | 27th

November: 3rd | 10th | 17th | 24th

December: 1st | 8th | 15th

First walk of 2027 is 12th January



Rimrose Valley Wellbeing Walks

Walk leader: Helen

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

Duration: 60 minutes

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 and Waterloo that will include routes around Rimrose Valley, Potter's Barn and Crosby Coastal Park.

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.

October: 6th *NO WALK* | 13th | 20th | 27th

November: 3rd | 10th | 17th | 24th

December: 1st | 8th

First walk of 2027 is 12th January



Waterloo Wellbeing Walks

Walk leaders: Chris and Mike

Time: 10.30am (*) unless otherwise stated

Frequency: Weekly

Meet: Waterloo train station (platform)

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.



6th October: Freshfield to Ainsdale

13th October: Cressington

20th October: Bootle Strand to Pier Head

27th October: Birkenhead Park

3rd November: Port Sunlight

10th November: Sefton Park

17th November: Meols to Moreton

24th November: New Brighton
10.20am – earlier start

1st December: St Michael's to Pier Head

8th December: West Kirby

15th December: Southport



Atkinson Wellbeing Walks

Walk leader: Helen

Time: 10.30am

Frequency: Weekly

Duration: 60 minutes

Meet: The Atkinson, Lord Street, Southport 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.



October: 7th *NO WALK* | 14th | 21st | 28th

November: 4th | 11th | 18th | 25th

December: 2nd | 9th

First walk of 2027 is 13th January



Seaforth Wellbeing Walks

Walk leader: Lin (07711 163243)

Time: 10.15am

Frequency: Weekly

Duration: 60 minutes

Meet: Seaforth and Litherland train station (platform)

All walks are 2–3 miles long.

We walk at a gentle pace and enjoy a 60-minute amble in different areas of Sefton and Liverpool.

NB: no dogs allowed on these walks

7th October: Port Sunlight
14th October: Southport
21st October: West Kirby
28th October: Crosby Marina

4th November: *NO WALK*
11th November: Garden Festival
18th November: New Brighton
25th November: Sefton Park

2nd December: Botanic Gardens
9th December: Crosby Marina
16th December: *Christmas Lunch*

First Walk of 2027 is 13th January: Southport



Sefton Trails Wellbeing Walks

Walk leader: Tony

Time: 10.30am

Frequency: Fortnightly

Duration: 90 minutes

Meet: Various meeting points

On this walk you will encounter different routes across Sefton. The walks are at a moderate pace.

New to the walk? Please arrive 10 minutes 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

♫ **MUSIC WALKS** ♫ – after the walk the group head to Christ Church on Lord Street for a free music concert

14th October: ♫ **MUSIC WALK** ♫
Hillside to Southport
Meet: Hillside train station

28th October: **Seaforth to Liverpool**

Meet: Seaforth train station, by main entrance

11th November: **Southport Meander**

Meet: Southport train station, by ticket barriers

25th November: **Hall Road to Waterloo**

Meet: Hall Road train station, Liverpool platform

9th December: ♫ **MUSIC WALK** ♫
Hillside to Southport via Dobbies
Meet: Hillside train station



LONGER WALKS

Litherland Sports Park Walking Club

Walk leaders: Joe (07930 667 874), Tony (07548 799036), Isobel (07722 376 505), Cathy (07986 736 114) Chris (07524 29404), Andrew (07957 295035) and Colin (07515 818068)
Time: 9.55am | **Frequency:** Weekly
Meet: All walks start at Seaforth and Litherland train station

PLEASE BRING A PACKED LUNCH ALONG

NB: no dogs allowed on these walks

7th October: Badger's Rake

Length: 7 miles

Journey to: Liverpool Central train station, then Wirral Line, take train to Hooton

14th October: Rainford/Upholland

Length: 7.5 miles

Journey to: Sandhills train station – Kirby Line, take train to Rainford (Headbolt Lane)

21st October: Ness Point

Length: 7.5 miles

Journey to: Liverpool Central train station, walk to Sir Thomas Street bus station, take bus to Ness

28th October: Ainsdale/Freshfield

Length: 7 miles

Journey to: Ainsdale train station

4th November: Broadgreen/Loop Line

Length: 7 miles

Journey to: Liverpool Central train station, over to Liverpool Lime Street train station, take train to Broadgreen

11th November: Lathom Hall/War Horse

Length: 7.5 miles

Journey to: Sandhills train station – Ormskirk Line, take train to Ormskirk

18th November: Chester/Bache

Length: 8.5 miles

Journey to: Liverpool Central train station, then Wirral Line, take train to Chester

25th November: *LINEAR WALK*

Hall Road/Maghull

Length: 8 miles

Journey to: Walk from Hall Road train station to Maghull train station, take train back to Hall Road train station

2nd December: New Brighton/Hoylake

Length: 7.5 miles

Journey to: Liverpool Central train station, then Wirral Line, take train to New Brighton

9th December: Cressington/Brunswick

Length: 6 miles

Journey to: Liverpool Central train station, then Northern Line, take train to Cressington train station

16th December: *LINEAR WALK*

Liverpool/Waterloo

Length: 8 miles

Journey to: Liverpool Central train station walk to Waterloo ***Christmas Hat Walk*** (Christmas hats optional)

First walk of 2027 is 6th January:

Seacombe/Leasowe

Journey to: Liverpool Central train station, walk to Pier Head, take ferry from Liverpool to Seacombe



Ainsdale Sands and Sea Wellbeing Walks

Walk leaders: Margaret and Pauline

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

Duration: 60–90 minutes

Meet: MeCycle Café (next to Ainsdale train station), PR8 3HH
 Ainsdale Sands and 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.

October: 8th | 22nd

November: 5th | 19th

December: 3rd

First walk of 2027 is 7th January



Formby Wellbeing Walks

Walk leaders: Sue and Tony

(07752 927092)

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

Duration: 90 minutes

Meet: Formby train station (in large car park entrance area) L37 2JF

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

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, woodland paths and on uneven ground.

October: 1st | 8th | 15th | 22nd | **29th***

November: 5th | 12th | 19th | **26th***

December: 3rd | 10th

First walk of 2027 is 7th January



Hesketh Park Wellbeing Walks

Walk leader: Steph

Time: 1.30pm

Frequency: Weekly

Duration: 45 minutes

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.



October 1st | 8th | 15th | 22nd | 29th

November: 5th | 12th | 19th | 26th

December: 3rd | 10th



May Logan 'Walk and Talk' Wellbeing Walks



Walk leaders: Debbie, Louise, Brenda, Sue and Lesley

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

Duration: 60 minutes

Meet: Walks start at May Logan Centre reception.

***Walks marked 'Crosby Marina' start at Waterloo train station.**

All walks start at 10.00am till approximately 12.00pm.

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.

1st October: Crosby Marina*

8th October: Hatton Hill

15th October: Derby Park

22nd October: Little Merton Hike

29th October: Three Park Loop

5th November: Hatton Hill

12th November: Derby Park

19th November: Little Merton Hike

26th November: Three Park Loop

3rd December: Hatton Hill

10th December: Derby Park

17th December: Crosby Marina*



NEW FOR AUTUMN

One Big Torch Walk

Walk leader: Steph

Date: 26th November

Time: 6.00pm

Duration: 90 minutes

Meet: Freshfield train station, on the Liverpool bound platform at the shelter.

This is a circular walk through the woods between Freshfield and Ainsdale. We will walk on the wider woodland paths.

Please bring a torch with you.

The walk will finish at Freshfield train station.



Dunes Weekly Wellbeing Walks

Walk leader: Steph

Time: 1.30pm

Frequency: Fortnightly

Duration: 75 minutes

Meet: Dunes Splash World, (outside the main entrance by the seating), Southport 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.

October: 9th | 23rd

November: 6th | 20th

December: 4th



Emily's Wellbeing Walks

Walk leader: Steph

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

Duration: 30 minutes

Meet: Emily's Sandwich Bar, 22 Old Park Lane, PR9 7BG (Corner of Old Park Lane/Chester Road)

This circular walk includes routes around Salisbury Park, historic Churchtown and Devonshire Park playing field. The group sets the pace of the walk.

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

November: 6th | 13th | 20th | 27th

December: 4th | 11th

First walk of 2027 is 15th January



Further Afield Friday Wellbeing Walks

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

Time: 1.00pm (*) unless otherwise stated

Frequency: Monthly

Duration: 90 minutes

Meet: Various meeting points

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.

Please call Southport Macmillan Centre on 01704 533 024 for all enquiries or further information.

30th October: Mere Sands Wood Walk

Meet: In Mere Sands Wood car park at 1.00pm

27th November: Burscough Canal

Meet: Tesco car park, near Burscough train station

18th December: Hesketh Park Walk with *Christmas Lunch*

to follow at The Mount Pleasant Pub, Manchester Road, Southport, PR9 9BD

Time: *12.00pm – earlier start*

Meet: Hesketh Park, Albert Road entrance

NOTE: If you would like to join us you need to book direct with the Centre (see contact information in left hand column).



Sefton OPERA Wellbeing Walks (Age 50+)



Walk leaders: Vikki, Lynn, Peter and Patrick

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

Duration: 30–90 minutes

Meet: St. Matthew's Church/Sefton Opera, 410 Stanley Road, 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.

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.

PLEASE NOTE: We advise members to call 0151 330 0479 or 07452 867 648 to confirm the walk is still on as walks may be changed last minute due to adverse weather or conditions.

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

2nd October: Fisherman's Walk, following Fisherman's Walk Trail

Meet: Freshfield train station

9th October: Tesco to Cookson

Meet: Tesco Bridge (Litherland swing bridge), walking along canal to Cookson's Bridge on to James Horrigan Café

16th October: *Charity Walk group event* to book your place, please call the office on 07452 867 648.

23rd October: New Brighton

Meet: Liverpool Central train station, then Wirral Line to New Brighton

30th October: Crosby Marina and Gardens

Meet: Marine Café, walking around the lake and gardens on to Waterloo Community Centre for lunch (**Note:** you may need to book they now charge)

6th November: Otterspool Prom

Meet: St Michael's train station (Liverpool train to Sandhills train station, Hunts Cross train to St. Michaels train station)

13th November: Hall Road to Marina

Meet: Hall Road Train Station (Southport train to Hall Road train station)

20th November: Sefton Park

Meet: St Michael's train station (Liverpool train to Sandhills train station, Hunts Cross Train to St. Michaels train station)

27th November: Rimrose Valley

Meet: Tesco Bridge (Litherland swing bridge), walking from Tesco through Rimrose to South Road Café

4th December: Aigburth to

St Michael's with *Christmas Lunch* to follow at The Britannia Inn, Riverside Drive, Otterspool, L3 4AZ
Meet: Aigburth train station



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.

December: 4th | 11th



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 promenade and seafront.

December: 5th



This walk enjoys routes along the coast, so much on offer, the beach, the promenade, Marine Lake, and a choice of local parks.

Lunch ❄️



The Sefton Sunday Wellbeing Walks take place every week 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.

Meet: Formby train station





Nordic Walking

To join our Nordic Walking groups you must complete a 4 hour training course with Nordic Walking UK and you will learn the correct technique of Nordic Walking.

We will run a 'Learn to Nordic' course in October so please contact **Active Walks** on 0151 934 2824 or email walking@sefton.gov.uk to find out more and book a place on the course.

Monday mornings

> MAGHULL:

Walk Leaders: Margaret and Dave
Time: 10.00am | **Frequency:** weekly
Duration: 60 minutes
Place: Meadows Leisure Centre, Hall Lane, Maghull L31 7BB

Monday afternoons

> FORMBY:

Walk Leader: Peter
Time: 1.00pm | **Frequency:** weekly
Duration: 90 minutes
Place: Formby Library, 15 Duke Street, Formby L37 4AN
Last walk of 2026 is 14th December

Tuesday mornings

> LYDIATE:

Walk leaders: Brenda (M: 07900 525222) John, Ann and Dave
Time: 10.40am | **Frequency:** weekly
Duration: 90 minutes
Place: Lydiat Parish Hall, 288 Southport Road, Lydiat L31 4EQ
PLEASE NOTE: If new to walk contact walk leader to check meeting time.

Tuesday evenings

> FORMBY:

Walk leader: Steph
Time: 6.00pm | **Frequency:** weekly
Duration: 60 minutes
Place: Freshfield Pub car park, Massam's Lane, Formby L37 7BD

Wednesday mornings

> WATERLOO:

Walk leaders: Peter, Pat, Tony, Howard and Karl
Time: 10.30am | **Frequency:** weekly
Duration: 60 minutes
Place: Crosby Lakeside Adventure Centre, Cambridge Road, Waterloo L22 1RR (waterside car park)
Last walk of 2026 is 9th December

LAST WEDNESDAY OF EACH MONTH

PLEASE NOTE: On the last Wednesday of each month, our Wednesday morning walks are longer, start at an earlier time and different location, **see below for details.**
Time: 10.00am
Frequency: last Wednesday of each month (* unless otherwise stated)
Duration: 90 minutes
Place: Waterloo Community Centre, 26 Great Georges Road, Waterloo L22 1RD (we leave promptly at 10.00am)
Route: The walk takes in Rimrose Valley, along the canal.

28th October

25th November

***No longer walk at the end of December**

Mixed ability walkers will be catered for.

Wednesday afternoons

> SOUTHPORT:

Walk leaders: Steph and Georgina
Time: 1.30pm | **Frequency:** weekly
Duration: 60 minutes
Place: Dunes Splash World, Esplanade PR8 1RX



Friday mornings

> CROSBY:

Walk leaders: Linda and Joyce
Time: 10.30am | **Frequency:** weekly
Duration: 60 minutes
Place: Crosby Leisure Centre, Mariners Road, Crosby L23 6SX

Saturday mornings

> CROSBY:

Walk leader: Peter
Time: 10.30am | **Frequency:** fortnightly
Duration: 90 minutes
Place: Crosby Leisure Centre, Mariners Road, Crosby L23 6SX
October: 10th | 24th*
November: 7th | 21st
December: 5th
Last walk of 2026 is 5th December

***24th October: Walk to Hightown – will maybe stop for refreshments at Crosby Coffee in Hightown. Train or walk back. Travel pass or train fare needed.**

Saturday mornings

> FORMBY:

Walk leaders: Peter and Karl
Time: 10.30am | **Frequency:** fortnightly
Duration: 90 minutes
Place: Formby Library, 15 Duke Street, Formby L37 4AN
October: 3rd | 17th | 31st
November: 14th* | 28th
December: 12th
Last walk of 2026 is 12th December

***14th November: Walk to Hightown – will maybe stop for refreshments at Crosby Coffee in Hightown. Train or walk back. Travel pass or train fare needed.**

Independent Walk Routes

Your guide to great walks in Sefton

Hall Road to Hightown Coastal Trail

Wheelchair-friendly route



Distance: 2.6 miles

Use map on right hand side for reference.

This is a linear route (it starts and finishes at different locations) and can be done in either direction, the route information below starts in Hall Road, Crosby and ends in Hightown. Enjoy the glorious views along the Sefton coast as you make your way towards Hightown along part of the Sefton Coastal Path.

- › Start from Hall Road train station and make your way to the sea front.
- › When you reach the sea front car park, turn right to make your way to the Sefton Coastal Path that will lead you to Hightown.
- › Follow the path with the sea on your left side, be aware of cyclists using the dual-use path. You will pass the old water pumping station on your right.
- › On your left as you are nearing Hightown you can sometimes see the River Alt flowing out to sea.
- › The path will bend round to the right at the 'Pebble', a stone creation, designed by pupil's at a local school
- › Keep on the main path as it winds round to the left towards the houses at Hightown.
- › Go through the gate and the remainder of the route will be along the pavement. Use the pavement on the right of Blundell Road
- › You will arrive at Hightown train station, on your right.



Route Information



This walk starts and finishes at different locations



Cycling Diary

ALL OUR
Rides
ARE FREE

TUESDAY

MeCycle Pedal Power (formerly 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.

Every Tuesday –
Intermediate Riders

> **MeCycle Café and Bike Workshop**
59 Station Road, Ainsdale PR8 3HH
10.30am – 1.00pm

Every Friday –
Intermediate Riders

> **MeCycle Café and Bike Workshop**
59 Station Road, Ainsdale PR8 3HH
10.30am – 1.00pm

FRIDAY

TUESDAY

Dover Cycling Fellowship (DCF)

This fellowship meets every Tuesday at Lydiat 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 – Lydiat:
11.00am – 1.00pm
(Formal meeting 12.30pm – 1.00pm)

> **Lydiat Parish Hall**
288 Southport Road,
Lydiat L31 4EQ

Every Tuesday – Southport:
10.00am – 3.00pm

> **Dunes Splash World**
Esplanade, Southport 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
We are open 12pm to 4pm

PLEASE NOTE:

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

HOW TO BOOK:

Group Bookings can be made by calling or emailing John Lloyd
M: 07842015037
E: john.lloyd@wheelsforall.org.uk

Been on
one of
our Walks
or Rides?



WEDNESDAY

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.

For more information contact:
Judy Alderson on 01704 553739
or Kay Sutton on 07840 724451

Thursday Sessions –
From 10.00am

> **Dunes Splash World**
Esplanade, Southport PR8 1RX

October: 1st | 15th

November: 5th | 19th

December: 3rd | 17th

THURSDAY

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.

PLEASE NOTE: We offer rides on Tuesday, Thursday and Saturday with different groups and destinations.

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

So why not get in touch, we look forward to meeting you. For all ride information contact Bill Cowley direct on:

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

Ainsdale Cyclones

Ainsdale Cyclones is an all-inclusive Cycling group. We cycle at a leisurely pace covering between 15 and 25 miles with a different ride every week along the Sefton Coast and Lancashire countryside. With a monthly Merseyside meander visiting places like the parks of Sefton. Most rides incorporate a light refreshment stop and end at MeCycle with a cuppa.

Riders are informed of ride plans by the Wednesday prior to the ride on Friday, via our group WhatsApp chat.

Every Friday –

> **MeCycle Café and Bike Workshop**
59 Station Road, Ainsdale PR8 3HH
Leaving promptly at **10.15am**.
Rides are between 2 and 3 hours.

For more info contact: Joanne
(07710 942707)



Do you feel unsteady on your feet?

**Would you like to feel more confident walking?
Do you want to improve your strength and balance?**

Active Ageing offers a **FREE 12 week group strength and balance course in the community** for those aged 60 and over.

You will receive:

- A warm and friendly welcome
- An assessment at week 1 and week 12
- Your own individual exercise plan to do at home
- Social gathering after the class with tea and coffee
- Educational talks (dependent on organisations availability)
- Ongoing advice and support

**FREE
12 WEEK
COURSE**

For referral on to the programme please contact your GP or Health Professional.
For more information please contact the Active Ageing team on **0151 934 2352**



activelifestyles



@LifestyleSefton



active.lifestyles@sefton.gov.uk

Winter Booklet out December 2026

For great walks and rides throughout Sefton and beyond, pick up Sefton's Walking and Cycling Booklet 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



**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: walking@sefton.gov.uk



Call: 0151 934 2824

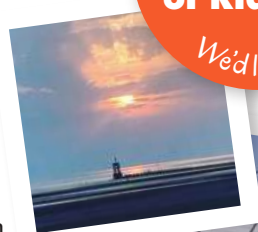
We look forward to hearing from you

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 booklet has been developed by Sefton Council. The booklet details the different activities organised and promoted by the Walking and 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.

For Walking enquiries:

walking@sefton.gov.uk

0151 934 2824



@SeftonTravel



@activewalkssefton



#activewalkssefton

www.sefton.gov.uk



active travel