

Sefton's Autumn Walking & Cycling Newsletter

Issue 53 / Oct - Dec 2019

ALL OUR
**Walks
& Rides**
ARE FREE

Group-led
walks and rides
to keep you
bright eyed and
bushy tailed.



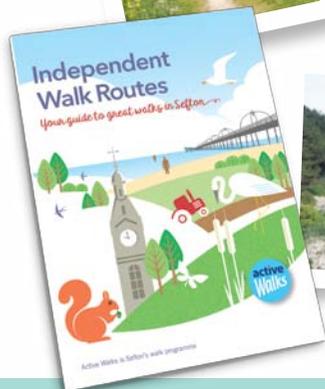
Independent Walk Routes

Your guide to great walks in Sefton

Sefton has some of the best walk experiences in the UK.

From scenic coastline to inland waterways, woodland nature trails to meandering country lanes, our independent walk routes are designed to suit all ages and abilities.

Pick up a walk route pack from your local library or Active Travel. All the walks are also available to download at www.activetravelsefton.co.uk



Walks in focus, why not try...

No booking required, just turn up on the day and get walking.



Sefton OPERA Health Walk



Friday mornings, weekly, 10.30am – 60 minutes

This is between a gentle to medium paced walk on a Friday morning that lasts approximately 60 minutes, with a variety of routes in Bootle, across Sefton and beyond. The group meet at Sefton OPERA's office on Stanley Road, Bootle. The office sits at the top of a church, when you arrive at the building, press the buzzer on the right and mention the walk and they will let you in, walk up the stairs and meet the group.

There are four walk leaders with this group Vikki from Sefton OPERA plus volunteer walk leaders Lynn, Olivia and Anne. They are always increasing the variety of routes they do and have a good balance of walks local and further afield. So if you are over 50, enjoy walking and want to increase your physical activity levels then join this group and 'keeeeeeeep' walking.

Meet at: St. Matthew's Church, 410 Stanley Rd, Bootle L20 5AE (*More info Page 16*)



Kings Gardens Health Walk

Saturday mornings, fortnightly, 10.30am – 40 minutes

There is a regular Saturday morning health walk in Southport, a short walk in and around Kings Gardens near the Promenade. The group meet at the carousel by Southport Pier every fortnight and walk for 40 minutes. This is a gentle walk and is ideal for gradually building up your fitness level. The walk is continuous with a couple of rest stops included along the route.

The walk leaders Anne and Steph alternate the lead with this walk and have been doing it a couple of years now, they have between 8–10 walkers join them except when the weather is crazy, wind and rain, then they usually get two people but the

walk goes ahead. A good way to start your weekend with a morning walk and then you can get on with the rest of the day, so put the dates in your diary. (*More info Page 17*)



Seaforth Health Walk

Wednesday mornings, weekly, 10.15am – 60 minutes

This walking group meet at Seaforth and Litherland Train Stn (on the platform) every Wednesday at 10.15am, the group then catch the next train and enjoy a 60 minute, medium paced walk at a different location each week. Cressington, along the bank of the River Mersey is a favourite, but other walks include Southport's Kings Gardens, Croxteth Park, Sefton Park and Ainsdale Board Walk.

The walk leader Lin has been leading walks on the programme since 2000, nearly 20 years, unbelievable. Lin would like to see new walkers join the group this Autumn. (*More info Page 10*)



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Introduction

It's Autumn 2019 already! This year has flown by and Christmas is not that far away now. Plans are being made but we must keep active and not let ourselves get distracted by the weather, the cold, the fallen leaves, shorter days, the party planning, the buying of presents and general shopping. We must keep on moving, participating in regular physical activity, and many will be doing that through walking and cycling, two great ways of keeping fit and healthy.

Adults should be aiming to achieve at least 150 minutes of moderate physical activity each week, something that makes us feel warmer, breathe a little faster and increases our pulse rate. Children should be keeping active at least 60 minutes every day. Keep moving each and every day, as much as you can, try not to sit for more than 1 hour, if you can, get up and walk around for a minute.



ALL OUR
Walks
ARE FREE

Walking Diary

Active Walks is Sefton's local health walk programme and offers a significant number of regular walking groups across Sefton. The walks continue throughout the year and are led by volunteers.

The walks range from 10 to 30 minutes up to 90 minutes for the Walking for Health walks and 90 to 150 minutes for walks beyond Walking for Health.

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: health walks with a twist.

Progressional walks: for people who have undertaken Walking for Health Grade 3 walks and are now looking to take their next steps.

Please note: Please attend a Grade 3 walk before joining a Progressional Walk.

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

Guide dogs are allowed on all health walks.



Grade 1
Short walk
10-30 mins



Wheelchair access



Grade 2
Medium walk
30-60 mins



Uneven ground



Grade 3
Longer walk
45-90 mins



Inclines



Special Interest walks



Refreshment opportunities



Rest opportunities



Car Parking available



Progression walks
90 mins and over



Maybe muddy underfoot

Maghull Health Walks

Walk leaders: Sheila, Chris, Sue and Veronica

Time: 10.00am

Place: Maghull Health Centre (outside building), L31 0DJ

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.



7th Oct: Frank Hornby

21st Oct: Hartley's

4th Nov: Sefton Meadows

18th Nov: Village Diner

2nd Dec: Coach and Horses

9th Dec: The Alt

(Christmas Lunch)

Christmas/New Year Break



Netherton Feelgood Factory Health Walks



Walk leader: Billy

Time: 10.00am

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

The Feelgood Factory walk is a medium walk of around 60 minutes. The walking routes vary each week taking in local parks and The Leeds Liverpool Canal.

All the walks start and finish at the Feelgood Factory.

7th Oct: 4 Bridges and 2 Parks

14th Oct: Edge Lane Farm

21st Oct: Copy Farm Park

28th Oct: Stand Park

4th Nov: The Barn Owl in Jubilee Woods

11th Nov: Rimrose Valley

18th Nov: Canal to Ormskirk Road

25th Nov: The Criddle Estate

2nd Dec: Litherland Park

9th Dec: Canal to Melling Road

Christmas/New Year Break



Crosby Health Walks

Walk leaders: Beryl and Sue

Time: 10.30am

Place: Crosby Library (foyer), Crosby Rd North, Crosby L22 0LQ (unless otherwise stated).

We meet on the second and fourth Monday of each month, except for Bank Holidays. We sometimes use public transport so walks marked with (†) require a travel pass or cash. We leave the Library promptly at 10.30am (unless otherwise stated) when transport is involved, or you can meet us at Waterloo Train Stn to catch the 10.40am train in either direction.

14th Oct: Marine Lake and Promenade

28th Oct: Brunswick to Pier Head †

11th Nov: Coastguard to Hightown †

25th Nov: Festival Gardens to Brunswick †

9th Dec: Hall Rd, Little Crosby to Nag's Head, Thornton †
(Lunch at the Nag's Head, optional)

Christmas/New Year Break



Ainsdale Health Walks

Walk leaders: Alasdair and Paul

Time: 11.00am

Place: MeCycle Café (next to Ainsdale Train Stn), PR8 3HH

The Ainsdale walk is a medium walk lasting for around 60 minutes, the group passes through the dunes so sensible footwear suitable for walking through dunes is advised. The group finishes with a chat and a coffee in the Mecycle Café afterwards.

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

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

Dec: 2nd | 9th

Christmas/New Year Break



Box Tree Health Walks

Walk leaders: Sally and Peggy
Time: 10.30am **NEW TIME**
Place: Box Tree Kitchen
 192 Cambridge Rd,
 S'port PR9 7LS
 (unless otherwise stated).

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

Oct: 8th | 22nd
Nov: 5th | 19th
Dec: 3rd
Christmas/New Year Break



Bootle Health Walks

Walk leaders: Anne, Delia, Helen, Sandra, Linda, Mary and Noreen
Time: Meeting times vary – see listings
Place: 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: Bootle walks are unsuitable for dogs.

- 1st Oct:** Halsall **NEW WALK**
Time/Place: 9.30am corner of Watts/Park Ln, Bootle or 10.00am front of Bootle New Strand Shopping Centre (300 bus stop)
- 8th Oct:** Ormskirk (Town Walk)
Time/Place: 9.30am corner of Watts/Park Ln, Bootle or 10.00am Orrell Park Train Stn (O'kirk platform)
- 15th Oct:** Little Crosby (Circular)
Time/Place: 9.30am corner of Watts/Park Ln, Bootle or 10.00am North Park bus stop
- 22nd Oct:** Blue Anchor **LATER TIME**
Time/Place: 10.00am corner of Watts/Park Ln, Bootle or 10.30am Netherton Feelgood Factory

- 29th Oct:** Albert Dock
Time/Place: 9.30am corner of Watts/Park Ln, Bootle or 10.30am Paradise St Bus Stn, L'pool
- 5th Nov:** Sefton Park
Time/Place: 9.30am corner of Watts/Park Ln, Bootle or 10.00am Bootle New Strand Train Stn (L'pool platform)
- 12th Nov:** Maghull Hare and Hounds
Time/Place: 9.30am corner of Watts/Park Ln, Bootle or 10.00am Orrell Park Train Stn (O'kirk platform)
- 19th Nov:** Dobbies
Time/Place: 9.30am corner of Watts/Park Ln, Bootle or 10.00am Bootle New Strand Train Stn (S'port platform)
- 26th Nov:** Liverpool Locks
Time/Place: 9.30am corner of Watts/Park Ln, Bootle or 10.15am Hugh Baird College
- 3rd Dec:** Christmas Lunch
See Walk Leaders for details
Christmas/New Year Break



Hesketh Park Health Walks

Walk leaders: Sally and Veronica
Time: 1.30pm
Place: 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: 1st | 15th | 29th
Nov: 12th | 26th
Dec: 10th
Christmas/New Year Break



Formby Pinewoods Health Walks

Walk leaders: Anne, Margaret and John
Time: 10.30am
Place: Pinewoods Pub (front) on 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: 1st | 8th | 15th
22nd | 29th
Nov: 5th | 12th
19th | 26th
Dec: 3rd | 10th
Christmas/New Year Break



Macmillan Health Walks



Walk leader: Dave, Glenda, Veronica, Lynda and Tom
Time/Place: 10.30am Macmillan Information & Support Centre, 20 Stanley St, S'port PR9 0BY
 A short walk around the gardens, pier and Marine Lake, returning to the centre for a cuppa and a chat.

Oct: 1st | 8th | 15th
22nd | 29th
Nov: 5th | 12th | 19th | 26th
Dec: 3rd | 10th
Christmas/New Year Break



Waterloo Health Walks



Walk leader: Chris
Time: 10.30am
Place: Inside Sefton Carers Centre, South Rd, Waterloo L22 5PE
 The Carers Centre walk is a medium walk, the walks will take around 60 minutes to complete at a relaxed pace, the group will visit various points of interest within Sefton and beyond.

1st Oct: Stanley Park
8th Oct: Meols to Moreton
15th Oct: Freshfield to Ainsdale
22nd Oct: New Brighton
29th Oct: Croxteth Hall
5th Nov: St Michaels to Pierhead
12th Nov: Southport
19th Nov: Waterloo to Hightown
26th Nov: Sefton Park
3rd Dec: Calderstones Park
10th Dec: Freshfield to Ainsdale
Christmas/New Year Break



Wednesday Social Walks

Walk leader: Mike

Time: 10.00am (unless otherwise stated).

Place: The Atkinson, Lord St, S'port PR8 1DB (unless otherwise stated).

The Southport walks are longer walks and visit a variety of locations across Merseyside and Lancashire.

2nd Oct: Southport Pier and Kings Gardens

9th Oct: Avenham Park

Meet: 10.00am, Lord St, outside Debenhams to catch 10.08am X2 bus to Penwortham Library

16th Oct: Marine Lake

23rd Oct: Halsall to Scarisbrick Marina
Meet: 10.00am, Eastbank St, outside Specsavers, to catch 10.13am 300 bus to Halsall

30th Oct: Birkdale via Eco Centre

6th Nov: Freshfield to Ainsdale

Meet: 10.00am at S'port Train Stn to catch 10.13am train to Freshfield

13th Nov: Churchtown via Hesketh Park

20th Nov: Otterspool Prom

Meet: 10.00am at S'port Train Stn to catch 10.13am train to Aigburth

27th Nov: Dobbies

4th Dec: Marine Lake

11th Dec: Botanical Gardens

Christmas/New Year Break



Want to become a **WALK LEADER?**
Go to p.32



Seaforth Health Walks

Walk leader: Lin

Time: 10.15am

Place: Seaforth & Litherland Train Stn (platform) or meet at the destination station after 10.15am.

NB: All walks are 2-3 miles long.



2nd Oct: Croxteth Park

9th Oct: **No walk today**

16th Oct: Ormskirk War Horse Route

23rd Oct: Ainsdale Board Walk

30th Oct: Garden Festival

6th Nov: Blundellsands

13th Nov: Cressington

20th Nov: Sefton Park

27th Nov: Southport Pier & Gardens

4th Dec: Crosby Marina

11th Dec: Christmas Lunch

Christmas/New Year Break



Litherland Sports Park Walking Club

Walk leaders: Ged, Joe, John, Mike and Sid

Time: 10.00am

Place: Seaforth & Litherland Train Stn (unless otherwise stated)

PLEASE BRING ALONG A PACKED LUNCH

NB: no dogs allowed on these walks

2nd Oct: West Kirby to Meols (6)

L'pool Central – Wirral line

9th Oct: Seaforth to Maghull

(Jubilee woods) (6.5)

Seaforth

16th Oct: Bidston Hill to Birkenhead Park (5.7)

L'pool Central – Wirral line

23rd Oct: Brunswick to Sefton Park (5.6)

Brunswick

30th Oct: Chester Walls via Roodee (5)

L'pool Central – Wirral line

6th Nov: Carr Mill Dam (5.3)

Lime St – Garswood

13th Nov: Ainsdale to Formby (7.8)

Ainsdale

20th Nov: Hooton – Badgers Rake (6)

L'pool Central – Wirral line

27th Nov: Cressington to Brunswick (6)

Cressington Park

4th Dec: Seaforth to Hightown (5.8)

Seaforth

11th Dec: Moreton to Woodside

(Ferry) (7)

L'pool Central – Wirral line

18th Dec: Sankey Valley Country Park (6)

Lime St – Earlestown

Christmas/New Year Break

(0) denotes approximate mileage of each walk



Sefton Trailblazers

Walk leaders: Gill and Margaret

Time: Meeting times vary – see listings

Place: Meeting points vary – see listings

There is a great choice of walks across Sefton from the beach and dunes and coastal paths, to the Leeds Liverpool Canal towpath, to country footpaths, lanes and other open areas. The Sefton Trailblazers Walking group explores all that is on offer using Merseyrail stations as start and finishing points. The walks are usually between 5–7 miles in length and last between 90 minutes to 2 ½ hours and are undertaken at a brisk pace.

NB: no dogs allowed on these walks

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

(*) denotes an opportunity at the end of the walk to stop at a pub or café for refreshments.

2nd Oct: Rimrose Valley & Parks*

Time/Place: 10.30am Waterloo Train Stn

9th Oct: Martin Mere & Canal

Time/Place: 10.40am Southport Train Stn to catch 10.51am train to Burscough Bridge Train Stn
(Refreshment stop at The Farm, Burscough)

16th Oct: Jubilee Trail*

Time/Place: 10.30am Birkdale Train Stn

23rd Oct: Leasowe Common to Red Rocks*

Time/Place: 10.45am Leasowe Train Stn finish at Hoylake Train Stn

30th Oct: Linear via Simonswood*

Time/Place: 10.40am Maghull North Train Stn finish at Maghull Train Stn

6th Nov: Sefton Park*

Time/Place: 10.35am St Michaels Train Stn

13th Nov: Little Crosby & Coastal Path*

Time/Place: 10.35am Hightown Train Stn

20th Nov: Canal & River Dee*

Time/Place: 10.55am at Bache Train Stn finish at Chester Train Stn

27th Nov: Lydiate*

Time/Place: 10.30am Town Green Train Stn

4th Dec: Cheshire Lines Path*

Time/Place: 10.30am at Ainsdale Train Stn finish at Freshfield Train Stn

11th Dec: Beach Walk*

Time/Place: 10.30am at Formby Train Stn

Christmas/New Year Break



May Logan Health Walks



Walk leaders: Debbie, Dot, Brenda, Cath, Sue and Lesley

Time: 10.00am

Place: All the walks start at May Logan Healthy Living Centre, L20 5DQ

The May Logan walk is a medium walk that 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.

Ainsdale Sands and Sea Health Walks

Walk leaders: Margaret and Pauline

Time: 10.30am

Place: MeCycle Café (next to Ainsdale Train Stn), PR8 3HH

The Ainsdale Sands walk is a medium walk lasting approximately 60–90 mins at a reasonable pace, 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.



Oct: 3rd | 17th | 31st

Nov: 14th | 28th

Dec: 12th

Christmas/New Year Break

Walking for Health in Hesketh Park

Walk leaders: Jen, Barbara, Vic, Sue and Lisa

Time: 1.30pm

Place: Hesketh Park Cafe, PR9 9NW

A medium walk of 45 minutes in Hesketh Park, 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: 3rd | 10th | 17th | 24th | 31st

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

Dec: 5th

Christmas/New Year Break



Formby Pool Health Walks

Walk leaders: Hilary and Sue

Time: 10.30am

Place: Formby Pool (main reception area), Elbow Ln, Formby L37 4AB

The Formby Pool walk is a longer walk at a quick pace and will take around 90–120 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.

3rd Oct: Freshfield Dune Heath

10th Oct: Devil's Hole

17th Oct: Nicotine Woods

24th Oct: Ravensmeols Hills

31st Oct: Golf Course Walk

7th Nov: Cabin Hill

14th Nov: Larkhill Woods

21st Nov: Newbys Woods

28th Nov: Fisherman's Path
(Meet 10.30 Freshfield Train Stn, end of large car park)

5th Dec: Mystery Walk finishing with Christmas meal at Wetherspoons

Christmas/New Year Break



Prambles – Southport

Prambles are an amble with your pram, free to join, friendly and active. The group walk for 60 minutes and sometimes stop off at a local café for a cuppa.

Walk leader: Steph

Time: 10.30am

Place: Linaker Family Wellbeing Centre, Linaker St, S'port PR8 5DB (entrance).

4th Jul: Kew Woods

11th Jul: Victoria Park



Oct: 3rd | 10th | 17th

24th | 31st

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

Dec: 5th | 12th Christmas Lunch
(Ocean Plaza)

Christmas/New Year Break



Autumn Torch Walks

These evening walks give you the opportunity to continue to walk in the evenings in October.

Join the walk at 6.00pm from different locations around Sefton for a 90 minute health walk.

Walk leaders: Steph and Hannah

Time: 6.00pm

Place: Start locations vary, see listings.

17th Oct: Formby Woods

Place: Freshfield Train Stn

31st Oct: Lifeboat Road Coastal Trail

Place: Formby Train Stn

14th Nov: Crosby Beach

Place: Hall Road Train Stn



Southport & Formby Macmillan Health Walks



Walk leaders: Glenda, Dave, Lynda, Tom, Joan and Steve

Time: 11.30am

Place: Start locations vary, see listings.

The Macmillan walks are medium walks but have a shorter option meaning walks can last for around 20 minutes instead of the medium walks of 40–45 minutes.

The walks take place on the first Friday of each month and are for anybody affected by cancer. The walks take place at various locations around Sefton and West Lancs.

4th Oct: Botanic Gardens

Place: Outside the café

1st Nov: Hillside

Place: Outside Hillside Stn

6th Dec: Hesketh Park

Place: Outside the café

Followed by drinks at the Imperial

Christmas/New Year Break



Dunes Health Walks

Walk leaders: Jean and Trefor

Time: 1.30pm

Place: Dunes Splash World, (outside the main entrance by the seating), S'port PR8 1RX

The Dunes walks are medium length walks at a good pace and the walks last approximately 75 minutes.

The group walk along the coast and enjoy eye-catching views of the Sefton coastline which include the sea wall path, Velvet Trail, Marine Lake, Jubilee Trail, Kings Gardens and Victoria Park.

Oct: 11th | 25th

Nov: 8th | 22nd

Dec: 6th

Christmas/New Year Break



Southport Central Health Walks

Walk leaders: Tony and Peggy

Time: 10.30am

Place: 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: 4th | 11th | 18th | 25th

Nov: 1st | 8th | 15th | 22nd | 29th

Dec: 6th

Christmas/New Year Break



Sefton OPERA Health Walks



Walk leaders: Vikki, Lynn and Olivia

Time: 10.30am

Place: St. Matthew's Church/Sefton Opera, 410 Stanley Rd, L20 5AE (Press buzzer, mention the walk, first floor.)

The Sefton Opera walks will last 45–60 minutes, the group visit local parks and greenspaces with time at the end for a cup of tea or coffee and a chat.

N.B. These walks are for anyone over the age of 50.

Oct: 4th | 11th | 18th | 25th

Nov: 1st | 8th | 15th | 22nd | 29th

Dec: 6th

Christmas/New Year Break



Kings Gardens Health Walks

Walk leader: Steph and Anne

Time: 10.30am

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

The Kings Gardens walk is a short walk at a medium pace and will take around 30–40 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: 12th | 26th

Nov: 9th | 23rd

Dec: 7th

Christmas/New Year Break

Sunday Health Walks

Walk leaders: Margaret, Brenda, Chris and Steph

Time: 2.00pm

The walks will continue to be fortnightly throughout the Autumn months. They last no longer than 90 mins and are a medium pace walk.



13th Oct: Woodland Loop
Place: Freshfield Train Stn

27th Oct: Crosby Promenade
Place: Blundellsands & Crosby Train Stn

10th Nov: Lydiate Trail
Place: Hall Lane, Lydiate

24th Nov: Waterloo Coast
Place: Waterloo Train Stn

8th Dec: Christmas Trail
Place: Ainsdale Train Stn

Christmas/New Year Break





Nordic Walks

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

If you have completed the Nordic Technique Training Course then get along to your nearest one, even if it has been a while since you did the training, you will get back into the swing of things.

Nordic Walking is a great exercise and when done correctly has many benefits. The poles improve posture, increase your walking speed and work the upper body.

Monday mornings

> MAGHULL:

weekly – 60 mins

Walk Leaders:

Margaret, Diane and Dave

Time/Place: 10.15am

at Meadows Leisure Centre, Hall Ln, Maghull L31 7BB

Last walk: 9th Dec

Monday afternoons

> FORMBY:

weekly – 90 mins

Walk leader: Angela

Support: Barbara

Time/Place: 1.00pm

at Formby Library Duke St, Formby L37 4AN

Last walk: 9th Dec

Monday evenings

> MAGHULL:

weekly – 90 mins

Walk leaders:

Ann, Brenda, Chris, Dave, John, Stuart and Sue

Time/Place: 6.30pm at Lydiate Village Hall, 288 Southport Road, Lydiate L31 4EQ

Last walk: 2nd Dec

> CROSBY:

weekly – 60 mins

Walk leaders:

Liz and Peter

Time/Place: 6.15pm at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX

Last walk: 28th Oct

Tuesday evenings

> FRESHFIELD:

weekly – 60 mins

Walk leader: Steph, Phil and Anne

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

Last walk: 3rd Dec

Wednesday mornings

> WATERLOO:

weekly – 60 mins

Walk leaders: Pat, Peter and Howard

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

Last walk: 11th Dec

LAST WEDNESDAY OF EACH MONTH

Waterloo Wednesday morning weekly walks are 90 mins and start at another time and location on these dates:

Oct: 30th

Nov: 27th

See walk info below.

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 leaders: Georgina, John and Steph

Time/Place: 2.00pm at Dunes Splash World, Esplanade PR8 1RX

Last walk: 11th Dec

Friday mornings

> CROSBY:

weekly – 60 mins

Walk leaders:

Joyce and Linda

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

Last walk: 12th Dec

Saturday mornings

> FORMBY:

fortnightly – 90 mins

Walk leader: Angela

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

5th Oct: Formby to Hightown via Coastal Path

LINEAR WALK

Don't Forget: Bring travel pass or money to return by train.

19th Oct: Alexandra Rd dune and beach walk

2nd Nov: Canal walk to Maghull.

LINEAR WALK

Meet at Crosby Baths 10.30am

Don't Forget: Bring travel pass or money to return by train.

16th Nov: Ravenmeols Hills

30th Nov: Winter Woodland walk

14th Dec: Christmas Beach Walk

> CROSBY:

fortnightly – 90 mins

Walk leaders:

Peter

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

Oct: 12th | 26th

Nov: 9th | 23rd – Hightown

LINEAR WALK

With an opportunity for a drink and food at the Hightown Pub. Walk or train back.

Don't Forget: Bring travel pass or money to return by train.

Dec: 7th – Formby

LONGER LINEAR WALK

Approx 2 hours

With an opportunity for a drink and food at the Railway Pub. Walk or train back.

Don't Forget: Bring travel pass or money to return by train.

> FRESHFIELD

fortnightly – 60 mins

Walk Leaders:

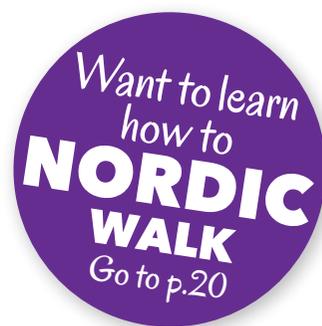
Phil and Regina

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

Oct: 12th | 26th

Nov: 9th | 23rd

Dec: 7th





Nordic Courses

We have had a few enquiries about Learn to Nordic courses recently, so our Nordic Walking UK Instructor has organised a course in November.

Learn to Nordic Course

4 hours in total – over two days

Saturday 16th AND Sunday 17th Nov

From 10.30am to 12.30pm

Dunes Splash World, Southport
(meet at reception)

Cost – £18 per person

Please contact Georgina Morton,
Nordic Walking UK Instructor on
01704 224526 or 07977 555946
to book a place on the course.

Places are limited, so book early.

Please note: Active Walks
will not be organising any more
courses until next year.



News...



Sefton's Nordic Walkers featured in LOVEmyBEACH film for Active Coast 2019.

Our Friday morning Nordic Walking group took part in some filming on Crosby Beach recently for Active Coast. Active Coast is a programme of activity across the whole of the North West coast, with the aim of getting people active and connecting with nature by making the most of our clean and safe beaches.

Thanks to Joyce, Linda and Angela for organising the group for filming.

Watch it here:
<https://youtu.be/rBnnzofLayA>

Active Walks and Active Cycling groups use the coast every week and there are some great organised routes for you to enjoy.

1 Week Step Challenge

How many steps have you done today?

In the UK the average amount of steps an adult takes per day is 3000, but we should be aiming for 10,000 every day!

So what can we do?

It's easier than you think, just keep walking and not sitting for too long. Increase your steps throughout the week.

Day 1: 2500 steps (1 mile)

Day 2: 3500 steps

Day 3: 4000 steps

Day 4: 5000 steps

Day 5: 6500 steps

Day 6: 8000 steps

Day 7: 10,000 steps

Autumn Breeze!

Autumn with it's warm, sunny days is a last hurrah before the colder weather arrives.

It's a season of change with leaves turning a reddish hue, cool temperatures in the morning and dew forming on the wheel rims! Before winter is upon us, there are still some good cycling days to be had.

During this time of the year, the days gradually get shorter approaching winter, so ensure your rides enable you to return home in daylight or have lights on your bike as darkness falls. As with the usual British weather, always have layers of clothing to add on or take off on your journey.

Also remember that the sun is low on the horizon and the glare means that you might not be able to look ahead or drivers may be dazzled by the light and not see you. Using tinted visors/sunglasses, lights and high visibility clothing may help drivers to see you better.

Ride boldly into the sunset!



Co-ordinator's Choice

In each newsletter Sefton's Active Walks Co-ordinator Stephanie Boote will share one of her favourite walks in Sefton. The first walk is in Formby, it's called the 'Lifeboat Road Trail' and it is 4 miles and 10,000 steps.

This is a walk I really enjoy no matter what the weather is like, it's not sheltered throughout but that doesn't matter as it is a great coastal walk. It does include uneven terrain and sand filled paths, you just have to work a little bit harder and that's a good thing in short bursts. If you take it at your own pace, you can do this route, but is not suitable for wheelchairs and mobility scooters.

The route takes me from Freshfield Train Stn via Lifeboat Rd and finishes at Formby Train Stn, with the choice of walking back to Freshfield Train Stn, only an extra 20 mins.

From Freshfield Train Stn (small car park side), cross the road and on to College Ave directly opposite, take first right on to College Path and at the corner use the footpath on the left.

The footpath will bring you out on to the corner of Firs Crescent/Firs Link, cross the road immediately and continue on to Firs Link.

As you continue along Firs Link you will see a footpath in front of you, between the houses on St. Peter's Ave. There are four more similar footpaths that continue to cut through the houses, use these paths, they follow each other until you arrive on Larkhill Ln.

On the corner of Larkhill Ln turn left, cross Dunes Drive but stay on Larkhill Ln, you will see a large field on the other side (right) of Larkhill Ln. Cross Larkhill Ln and walk on to the field, use the central path and head towards the trees, there is footpath (in the middle of the trees) that leads into the woods.

This path is narrow, with twists and turns through the woods (watch out for the tree roots), on your left you will see the asparagus field. When you get to the corner of the asparagus field you will notice quite a few tree roots spread across the ground, there is a short path on your right, take this path, then immediately turn left and follow the path that slowly rises up into the trees.

At the top of the path turn right so you reach the top of the hill where there is a bench. At the top of the hill look down towards the sand paths on the right (do not go in to the pinewoods). Walk down the widest sand path that gradually leads you right and this will bring you out in to a large open area, you should see the sand dunes in the distance. Walk towards the sand dunes



until you come across the main path, this is a wide, stone path, turn left on to the path and walk towards Lifeboat Rd car park.

Walk around the edge of Lifeboat Rd car park towards the main entrance, it is opposite to where you are now, far side. As you walk past the vehicle entrance on to Lifeboat Rd turn right immediately, the path is tarmac for a while and then sandy as it leads down to the beach, but, you are not going down to the beach. About 50 meters down the tarmac path is a footpath entrance on the left, into a small woods, use this path. You are not in the trees for long, maybe 30 seconds and then you start your walk through the dunes along sandy, grassy paths towards Liverpool. In the distance you should see the a large white building on the shore line on the right.

You are heading towards Albert Rd, the road that leads up to that large white building. Turn left on to Albert Rd, this is a wide, uneven road and follow as it bends left and then right and changes in to Alexandra Rd.

Turn left at the T-junction, this is a private road and there are vehicle passing points along it. When you reach the Lifeboat Rd junction, continue straight on to St. Lukes Church Rd and walk past St. Lukes Church on the left, the road takes you round to the right on to Kirklake Rd. Kirklake Rd leads you to Formby Train Stn where this walk finishes.

If you wish to walk back towards Freshfield Train Stn, you can do this along the road your started out on – College Ave. From Formby Train Stn, (S'port platform) make your way on to Ennerdale Rd using the footpath that leads away from the platform. Turn right on to Ennerdale Rd and then first right Grisedale Close which is a cul-de-sac. There is a footpath at the end of Grisedale Close which takes you through to College Ave. and you can walk the entire length and return to Freshfield Train Stn (20 minutes). Hope you have enjoyed the walk. In the next issue the walk will be in Lydiate.

10 Reasons to cycle

Thought you couldn't do it? Thought you wouldn't enjoy it?

Millions of people have overcome those initial fears and concerns and have caught the cycling bug again! Individuals, couples and families are benefiting from this simple, fun and low cost activity. Whether you are a daily rider, a shopper, a commuter, you do it for leisure and pleasure or you are the adventurous type... take to the saddle and ride!

1. Freedom

Cycling gives a sense of freedom that sitting in a car can never give. Descending a hill on a bike is exhilarating, something you never feel in a car. Cycling also gives greater freedom about where to go. Many towns are encouraging pedestrian only areas. With a bike you can go down narrow lanes, on canal paths and often cut corners that you cannot do in a car.

2. Quicker Travelling

In many congested towns, a bike can offer the quickest method of transport. For example, in London average speeds on roads amounts to a paltry 9 mph (this is actually lower than 100 years ago!) Even a moderately fit cyclist will have no trouble in beating cars, buses and the underground. Also with a bike, you don't have to spend time driving around looking for parking. You can park usually exactly where you want to end up.

3. Saves Money

A good bike costs £200; a reasonable car will cost £5,000. With oil prices rising through the roof, cycling can also save significantly on petrol costs. The majority of car journeys are for distances less than 5 miles. These distances are easily cyclable. These short journeys also have the relatively highest petrol costs because cars are most inefficient at low speeds. It is estimated that leaving the car in the garage for the average commuter could save an estimate £74.14 per week (source: Cycling Weekly June 19th)

4. Lose Weight

Cycling is a low impact aerobic exercise and is an excellent way of losing weight. Cycling can also be combined with shopping and commuting therefore, enabling very busy people to find time for exercise. It is also a lot cheaper than gaining membership to the gym. With obesity becoming an endemic problem in western society, cycling can play a key role in helping to keep the population in shape.



5. Health Benefits

Cycling is good for the heart and can help reduce incidence of heart disease, one of the biggest killers amongst developed countries. Sedentary lifestyles also contribute to other 'silent killers' such as diabetes and high blood pressure.

6. Relieve Stress

If you work in an office or have a stressful job, exercise such as cycling can be a powerful way to help reduce stress and take your mind off many problems. Exercise releases chemicals such as serotonin. Serotonin is known to promote a feeling of well being. But, also vigorous exercise is an effective way to take your mind off trifling problems. Often coming back from a bike ride, you can see problems in a new perspective.

7. It's Egalitarian

Everyone cycles, it is the great social leveller. Rich or poor, Oxford don or little kid, everyone can enjoy cycling.

8. Reduce Global Warming

Cycling creates no pollution or Carbon dioxide emission. It provides a powerful way to help make a meaningful contribution to reducing pollution and preventing future global warming.

9. Less Accidents

Unlike Cars, bikes are not lethal machines. In the UK, over 3,000 people a year die on the roads due to car accidents. An accident involving bikes may cause injury, but, very rarely will a bike be the cause of a fatal accident. If more people cycled it would definitely help reduce the death rate on our roads.

10. It's Fun

The bike has repeatedly been voted the most popular invention of the past 200 years. Cycling is simply great fun.



Cycling Diary

Into the Autumn we go, but remember to keep those wheels turning.

Along with our group-led rides, we have lots of off-road routes available throughout Sefton to enjoy at your leisure.

Whether it's along the Cheshire Lines between Ainsdale and Maghull or the Leeds and Liverpool Canal through Netherton to Litherland and into Rimrose Valley. These routes are perfect this time of year to see the changes in the season.

Take a look at the 'Sefton Circular' – a 24 mile cycle route across Sefton's, countryside and coast.

You can pick up a copy of the leaflet along with all our other cycle routes at the Eco Centre, Southport, or download it from the Active Travel Sefton website <http://activetravelsefton.co.uk/downloadssection/>



Southport Hesketh Centre

Recharge and refresh your mind and body with a gentle social cycle ride with the Hesketh Centre Mental Health and Wellbeing Team.

The rides are open to anyone, they are cycled at a very easy pace and we never leave anyone behind. It's a great way to get some gentle exercise and de-stress at the same time.

The rides cover a variety of routes around the Southport area and include a café stop to refuel.

Rides take place every Wednesday and the group meet at:

> **10.30am**
Hesketh Centre
on the corner of Albert Rd/
Park Rd West, S'port

For more information, contact:
Tony, the group leader
Tel: **01704 383110**



Macmillan Rides

Specifically for people affected by cancer, these rides provide a great tonic to help raise both physical and mental wellbeing.

The rides are short and ridden at a very steady pace, lasting approximately 1 hour and staying within Southport, taking in routes such as Kings Gardens and Marine Lake, Victoria Park and the Coastal Path.

Some bikes and helmets are available for use if required.

Rides take place every Monday and the group meet at
Dunes Splash World
Esplanade, S'port PR8 1RX

NEW
> **10.15am**
Indoor Spin Bike Session
> **11.00am**
Cycle Ride

DO BOTH OR EITHER ONE

For more information, email:
Dave, the group leader
sfccg.macmillancic@nhs.net



Tour de Friends

As our name suggests we place as much emphasis on the social side as on cycling. Our rides are a perfect way to get back on a bike after time off from cycling. We offer the opportunity to make new friends and the chance to increase your cycling, whilst riding along with a great bunch of people.

The rides which are led by trained bike leaders normally last for 2 1/2 hours and are ridden at a leisurely pace. No one is left behind and the routes are all planned to avoid busy roads or built up areas as much as is possible and concentrate on the variety of routes Sefton has to offer.

After the ride it's all back to Waterloo Community Centre with the option of staying for lunch at the Community Kitchen, which gives a further chance to chat and socialise over a fabulous well deserved meal.

No bike? No problem! We have a limited number of bikes and helmets available.

So why not come and join us. We look forward to meeting you.

Thursday Sessions –
10.00am–12.00pm

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

For more information about the rides, sessions or bike and helmet availability, contact: Bill Cowley
Email: billcowley@blueyonder.co.uk
Tel: **07948 013618**



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

This is a great group to join if you're looking to make the step up from your 12 mile ride to the next level. Racking up a distance of about 20 miles ridden at a gentle steady pace, you'll be amazed how easy but rewarding it can be to increase your mileage. The ride always incorporates a lunch stop around half way, so there's a chance to refuel before returning to Southport for about 2.00pm. 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: 3rd | 17th

Nov: 7th | 21st

Dec: 5th

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



Tyred Rides

Tyred Rides is now a Community Interest Company, they operate Monday to Thursday on Morningson Road, Southport.

- *Repairing and servicing bikes*
- *Selling good quality bikes at very reasonable prices to the local community*

Tyred Rides are also part of Alchemy Youth programme, working with young people to service and repair bikes. They provide them with the skills and training to increase their knowledge in a hands on fashion.

These sessions are every Wednesday evening 5.00pm–7.00pm for young people aged 11–19.

So if you've got an interest in riding bikes, how they work and how to fix them then Tyred Rides is perfect for you. All tools, parts, bikes and expertise is provided, they have a workshop and keen knowledgeable and friendly staff ready to pass on their skills to get you involved.

Once the bikes are fixed they are ready for sale, recycling at its very best, turning once loved bikes back into the community at very affordable prices. So if you're looking for a new bike to ride to work or nip to the shops on, or your child has outgrown their current bike, head down and grab a fully serviced bike at knock down prices. The Alchemy Youth Club is on at the same time and at the same venue, so if you have a friend who isn't interested in bikes, there'll be plenty for them to get involved in too.

For more information, please call **Paul** on **01704 380047**.

Or go along any **Wednesday, 5.00pm–7.00pm, Alchemy Hall** (rear of the Parenting 2000, Morningson Rd, Southport PR9 OTS).



Tyred Rides



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. These rides also encompass either a café stop midway or a chance to grab a brew, a slice of cake or a sandwich at the end. They are open to all, even if you don't own a bike, cycles and helmets are available to use and can be fitted to suit the rider.

Tuesdays:

Intermediate Riders

> **Litherland Sports Park**

Boundary Lane, Litherland L21 7LA

10.00am – approx 12.00pm

Fridays:

Intermediate Riders

> **MeCycle Café**

59 Station Rd, Ainsdale PR8 3HH

10.00am – approx 12.30pm

Bikes and helmets are available for loan – **advanced booking required.**

For Litherland

Tel: **0151 934 4259**

Email: cycling@sefton.gov.uk

For Mecycle

Tel: **01704 579353**

Email: emailus@mecycle.co.uk



Winter Newsletter out Dec 2019

For great walks and rides throughout Sefton and beyond, pick up Sefton's Walking and Cycling Newsletter from your GP surgery, Library, Leisure Centre and other community venues, alternatively download a copy at activetravelsefton.co.uk



Volunteer Health Walk Leaders needed!



Active Walks – Sefton's local Health Walk Programme is looking for volunteers to lead and support existing walking groups in Southport and Maghull.

If you enjoy walking and talking then this might interest, your role would be to lead groups of people in and around Sefton on routes that you have planned and reced. The walks run throughout the year with a short break at Christmas and New Year, the main aim is provide short, regular health walks so the communities of Sefton can keep active and build up their physical activity levels.

The training is a one day course, provided by the National Programme, Walking for Health.

The walks that need walk leaders carry the round, yellow 'Want to become a Walk Leader?' stamp throughout the newsletter.

Contact Stephanie Boote, Active Walks Co-ordinator on 0151 934 2824 to discuss further.

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.

For Walking enquiries:

stephanie.boote@sefton.gov.uk
0151 934 2824

Further information is available at:

activetravelsefton.co.uk

Email: activetravel@sefton.gov.uk

[@SeftonTravel](https://twitter.com/SeftonTravel)

visitseftonandwestlancs.co.uk



active travel