

Sefton's Winter Walking & Cycling Newsletter

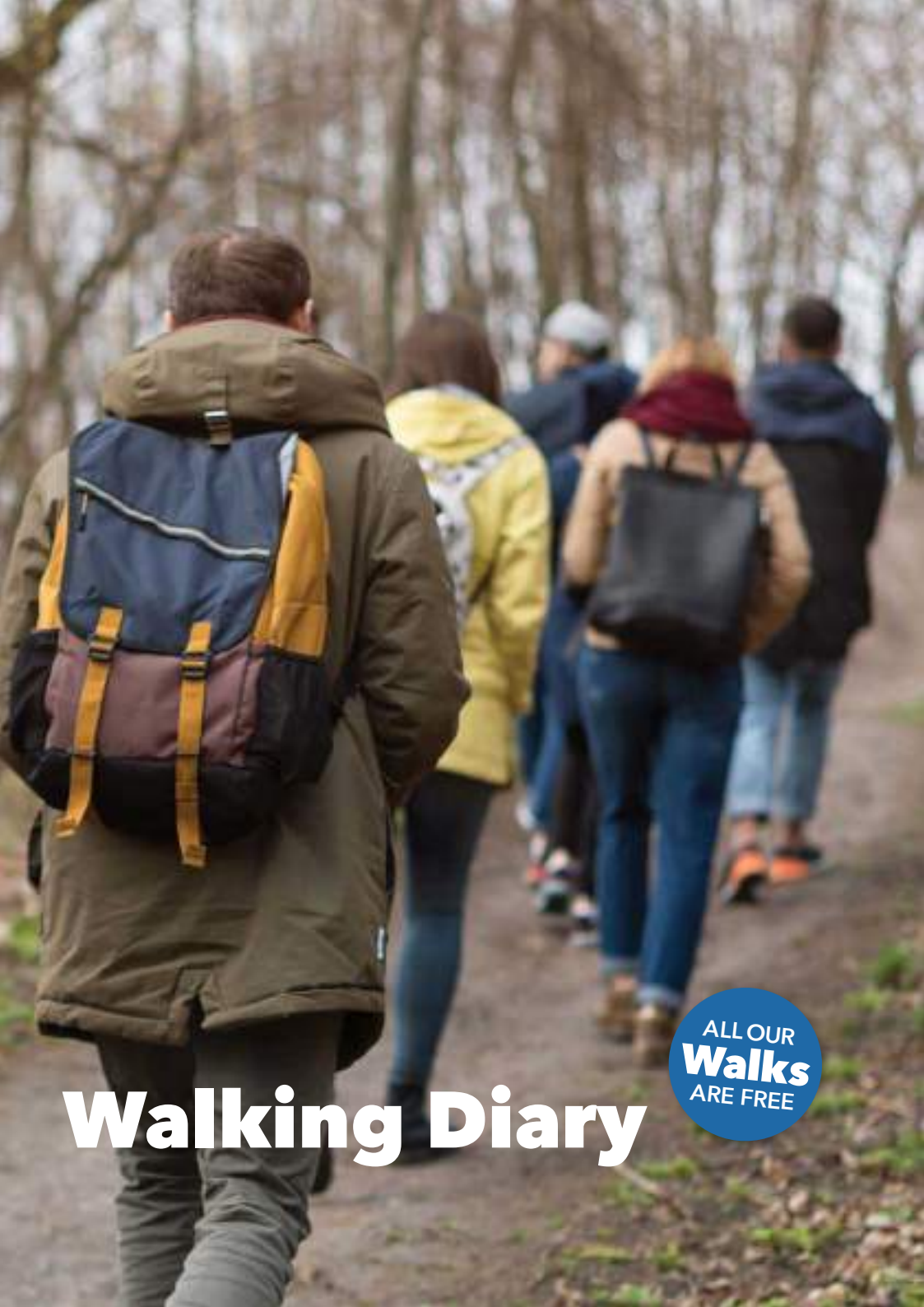
Issue 58 / Jan Mar 2022



ALL OUR
**Walks
& Rides**
ARE FREE

Group led walks and rides
that keep you sharp
all Winter long.





Walking Diary

ALL OUR
Walks
ARE FREE

As we step into Winter hopefully it will be a mild one and over the next few months we can keep active outdoors – with a chance to enjoy a local walk or maybe even venture further afield.

From Monday to Sunday there's a group led walk to suit everyone. They are free to join and you don't need to book beforehand just turn up at the meeting point, at the right time and get walking.

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

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

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

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

To assist you the walks are graded:

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

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

Grade 3: for people looking for more challenging walks.

Special Interest walks: 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	Grade 2 Medium walk 30-60 mins	Grade 3 Longer walk 45-90 mins	Special Interest walks	Progression walks 90 mins and over				
Wheelchair access	Uneven ground	Toilets available	Inclines	Accessible via Public Transport	Refreshment	Rest opportunities	Car Parking available	Maybe muddy underfoot



Family Friendly Walks

We've introduced a new icon to the Newsletter. Our shorter walks of around 30 to 45 minutes are family friendly and great for children aged 8+. Kings Gardens Walks are perfect as they take place on a Saturday but you can also take advantage of walks through the week during the school holidays.

Maghull Walks

Walk leaders: Sheila, Chris, Sue

Time: 10.00am

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

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.



3rd Jan: Village Diner (road route)

17th Jan: Sefton Meadows

7th Feb: Hartley's

21st Feb: Frank Hornby

7th Mar: Mocha

21st Mar: Village Diner (via Cheshire Lines)



Crosby Walks

Walk leaders: Beryl and Sue

Time: 10.30am

Place: Crosby Library outside by Hillsborough Memorial, 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 if the walk that day is somewhere along the Southport/Hunts Cross line.

10th Jan: Festival Gardens to Aigburth †

24th Jan: Three Crosby Parks

14th Feb: Round the Wall/ Little Crosby †

28th Feb: Coastguard to Hightown †

14th Mar: Sefton Park †

28th Mar: Rimrose Valley



Churchtown Walks

Walk leader: Peggy

Time: 10.30am

Place: Corner Sunny Road, Peaky Blinders (unless otherwise stated).

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



Jan: 18th

Feb: 1st | 15th

Mar: 1st | 15th | 29th



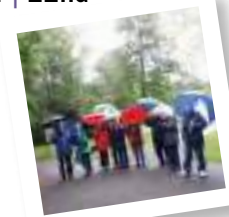
Hesketh Park Walks

Walk leaders: Tom and Steph

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.



Jan: 25th

Feb: 8th | 22nd

Mar: 8th | 22nd



Formby Pinewoods Walks

Walk leaders: John, Anne, Margaret and Terry

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.

Jan: 18th | 25th

Feb: 1st | 8th | 15th | 22nd

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



Waterloo Walks

Walk leader: Chris

Time: 10.30am

Place: 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.

4th Jan: Freshfield to Ainsdale

11th Jan: New Brighton

18th Jan: Port Sunlight

25th Jan: Croxteth Hall

1st Feb: Southport

8th Feb: Meols to Moreton

15th Feb: Stanley Park

22nd Feb: Cressington

1st Mar: Sefton Park

8th Mar: Ainsdale to Freshfield

15th Mar: Brunswick to Pierhead

22nd Mar: New Brighton

29th Mar: Calderstones Park



Bootle Walks

Walk leaders: Anne, Delia, 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.

11th Jan: Birkdale Ramble

Time/Place: 9.30am corner of Watts/ Park Ln or 10.00am Bootle New Strand Train Stn (S'port platform)

18th Jan: Ormskirk Town

Time/Place: 9.30am Park/Watts Ln or 10.00am Orrell Park Train Stn

25th Jan: Hall Road to Hightown

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand Train Stn, (S'port platform)

1st Feb: Liverpool Locks

Time/Place: 9.30am Park/Watts Ln or 10.15am Hugh Baird College, Stanley Rd

8th Feb: Croxteth Park

Time/Place: 9.30am Park/Watts Ln or 10.00am Moss Ln, 61 bus stop

15th Feb: New Brighton Vale Park

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand Train Stn, (L'pool platform)

22nd Feb: West Kirkby (Woods)

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand Train Stn, (L'pool platform)

1st Mar: Bache

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand Train Stn, (L'pool platform)

8th Mar: Parkgate

Time/Place: 9.30am Park/Watts Ln or 10.15am at Sir Thomas St, Liverpool

15th Mar: Everton Brow

Time/Place: 9.30am Park/Watts Lane or 10.15am at Great Homer St bus stop (Roscommon St)

22nd Mar: Virgins Lane

Time/Place: 9.30am Park/Watts Ln or 10.00am North Park bus stop for X2/47

29th Mar: Bidston Hill

Time/Place: 9.30am Park/Watts Ln or 10.15am at Sir Thomas St, Liverpool

Bus timetables subject to change



Prambles – Formby

Walk leader: Karen

Time: Every Tuesday – 1.30pm–2.30pm

Place: Formby Library, 17D Duke St, Formby L37 4AN (Outside main entrance).

Prambles are an amble with your pram, free to join, friendly and active.



The walks take place every Tuesday and are 60 mins long.

To book a place email:

Formby.FWC@sefton.gov.uk

Jan: 18th | 25th

Feb: 1st | 8th | 15th | 22nd

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



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.

12th Jan: Birkdale via Eco Centre

19th Jan: Hesketh Park

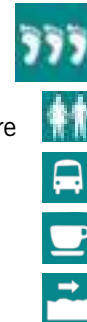
26th Jan: Churchtown via Hesketh Park

2nd Feb: Dobbies

9th Feb: Sefton Park

Time/Place: 10.00am, S'port Stn to catch 10.07am train

16th Feb: Marine Lake



Sefton Trailblazers

Walk leaders: Gill and Margaret

Time: 10.30am (unless otherwise stated)

Place: Start/finish at Merseyrail stations

The Sefton Trailblazer walks are classed as 'Progressional' walks for walkers who prefer a brisk pace (3+ miles per hour) over a distance of 5 to 7 miles and within 1.5 to 2.5 hours. Please wear suitable footwear for all types of terrain.

For further detail on Progressional Walks please refer to the 'Walking Diary' page 3.

NB: no dogs allowed on these walks

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

12th Jan: Botanic Gardens, Churchtown

Time/Place: 10.00am, S'port Stn

19th Jan: Ince Blundell

Place: Hightown Stn

26th Jan: Waddicar

Time/Place: 9.47am, Maghull Stn

23rd Feb: Port Sunlight

Time/Place: 10.00am, S'port Stn to catch 10.07am train

2nd Mar: Birkdale via Eco Centre

9th Mar: Freshfield to Ainsdale

Time/Place: S'port Stn to catch 10.07am train

16th Mar: Churchtown via Hesketh Park

23rd Mar: Otterspool Prom

Time/Place: S'port Stn to catch 10.07am train

30th Mar: Dobbies

2nd Feb: Devil's Hole

Place: Formby Stn

9th Feb: Marine Lake, Southport

Time/Place: 10.00am, Birkdale Stn

16th Feb: Cornerstones

Place: Freshfield Stn

23rd Feb: Crosby Waterfront

Place: Blundellsands & Crosby Stn

2nd Mar: Linear walk, Ormskirk to Aughton Park Stn via Scarth Hill

Time/Place: 9.47am, Ormskirk Stn

9th Mar: Linear walk via Bidston Hill and Oxton to Birkenhead Park Stn

Time/Place: 9.47am, L'pool Central Stn (Wirral Line)

16th Mar: Jubilee Woods & Sefton Meadows

Time/Place: 9.47am, Maghull Stn

23rd Mar: Ainsdale Nature Reserve

Place: Ainsdale Stn

30th Mar: Linear coastal walk New Brighton to Meols Stn

Time/Place: 9.47am, L'pool Central Stn (Wirral Line)



Litherland Sports Park Walking Club

Walk leaders:

Ged (07596 496 061)

Joe (07930 667 874)

John (07754 017 539)

Time: NEW TIME 9.45am

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

PLEASE BRING ALONG A PACKED LUNCH

NB: no dogs allowed on these walks

(0) denotes approximate mileage of each walk

5th Jan: The Dream, St Helens (5.75)

L'pool Central/Lime St

12th Jan: Maghull to Melling (5)

Sandhills/Maghull

19th Jan: Port Sunlight to Rock Ferry (6)

L'pool Central/Port Sunlight

26th Jan: Hightown to Freshfield (5.5)

Hightown

2nd Feb: Lydiate to Haylofts (5.5)

Meet: 10.25, Bootle Strand

9th Feb: Chester River Dee walk (6.5)

L'pool Central/Chester

16th Feb: Woolton to

Calderstones (6)

South Parkway

23rd Feb: Ormskirk Circular (Lathom) (6)

Sandhills/Ormskirk

2nd Mar: Leasowe to West Kirby (6.5)

L'pool Central/Leasowe

9th Mar: Southport to Hillside (6)

Southport

16th Mar: Neston and Little Ness (4.5)

L'pool Central/Sir Thomas St

23rd Mar: Ainsdale to Formby (6)

Ainsdale

30th Mar: Eastham Country Park (5)

L'pool Central/Allport Rd



Seaforth 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.



12th Jan: Crosby Marina

19th Jan: Formby Squirrel Res.

26th Jan: Garden Festival Britannic

2nd Feb: Otterspool, Cressington

9th Feb: Ainsdale Coastal Trail

16th Feb: Southport Lake

23rd Feb: New Brighton

2nd Mar: Port Sunlight

9th Mar: Blundell Sands

16th Mar: Canal Walk Bootle Strand

23rd Mar: Hall Road, Hightown

30th Mar: Sefton Park



Hesketh Park Walks

Walk leaders: Sue, Tom and Steph

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.



Want to become a **WALK LEADER?**
Go to p.18

Jan: 20th | 27th

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

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



Formby Walks

Walk leader: Sue

Time: 10.30am

Place: Formby Train Stn (in the large car park entrance area) L37 2JF

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.



Jan: 20th | 27th

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

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



Evening Torch Walks

Walk leader: Steph

Time: 6.00pm

Place: Meeting points vary – see listings
The 90 minute evening walks are in different areas of Sefton and the routes include woodland paths, sand dunes, sandy paths and also some inclines.

20th Jan

Meet: Ainsdale Stn

3rd Feb

Meet: Hightown Stn

17th Feb

Meet: Freshfield Stn

3rd Mar

Meet: Hillside Stn

17th Mar

Meet: Blundellsands & Crosby Stn



May Logan 'Walk & Talk' 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 (unless otherwise stated).

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.



- 13th Jan:** Little Merton Hike
- 20th Jan:** Derby Park
- 27th Jan:** Three Park Loop
- 3rd Feb:** Hatton Hill
- 10th Feb:** Little Merton Hike
- 17th Feb:** Derby Park
- 24th Feb:** Three Park Loop
- 3rd Mar:** Hatton Hill
- 10th Mar:** Crosby Marina (meet at Waterloo Train Stn)
- 17th Mar:** Derby Park
- 24th Mar:** Three Park Loop
- 31st Mar:** Little Merton Hike

Ainsdale Sands and Sea 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.

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



- Jan: 27th**
- Feb: 10th | 24th**
- Mar: 10th | 24th**



Southport Central 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.



- Jan: 14th | 21st | 28th**
- Feb: 4th | 11th | 18th | 25th**
- Mar: 4th | 11th | 18th | 25th**



High Park Walks

Walk leader: Steph
Time: 10.45am ***NEW TIME***
Place: Devonshire Road Playing Fields (at the small car park), Devonshire Rd, S'port PR9 7BZ
 This is a 30 minute walk, around the High Park and Churchtown area. 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.



- Jan: 14th | 21st | 28th**
- Feb: 4th | 11th | 18th | 25th**
- Mar: 4th | 11th | 18th | 25th**



Dunes Weekly 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.



- Jan: 14th | 21st | 28th**
- Feb: 4th | 11th | 18th | 25th**
- Mar: 4th | 11th | 18th | 25th**



Kings Gardens Walks

Walk leaders: 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.

Jan: 22nd

Feb: 5th | 19th

Mar: 5th | 19th



Sunday Walks

Walk leader: Steph

Time: 2.00pm

Place: Meeting points vary – see listings

The walks will continue to be fortnightly throughout the Winter months.

They last approximately 90 minutes and are a medium pace walk and between 4 and 4.5 miles long.

23rd Jan

Meet: Formby Stn

6th Feb

Meet: Ainsdale Stn

20th Feb

Meet: Ince Blundell – Lady Green Garden Centre (near car park entrance)

6th Mar

Meet: Seaforth & Litherland Stn

20th Mar

Meet: Hall Lane, Lydiate (corner of Hall Ln/Southport Rd)



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.

The pack contains 24 walks for you to enjoy around Sefton. Each walk has a written description of the route, photographs and illustrated map.

You can pick the packs up from libraries, leisure centres, other community venues and cafés throughout Sefton or by emailing – activetravel@sefton.gov.uk. The walks are available to download at activetravelsefton.co.uk.



Challenge Walks 22

Active Walks 'Challenge Walks' are back!



We are so pleased to tell you that we have started to plan our 'Challenge Walks' for 2022. The first of which takes place on the 24th March – 8 miles through the pinewoods, starting and finishing at Freshfield Train Station.

The pinewoods between Freshfield and Ainsdale is where most of the walk will take place and the challenge is to not to walk on the same path twice. The only time we are on the same path is from the station to Fisherman's Path.

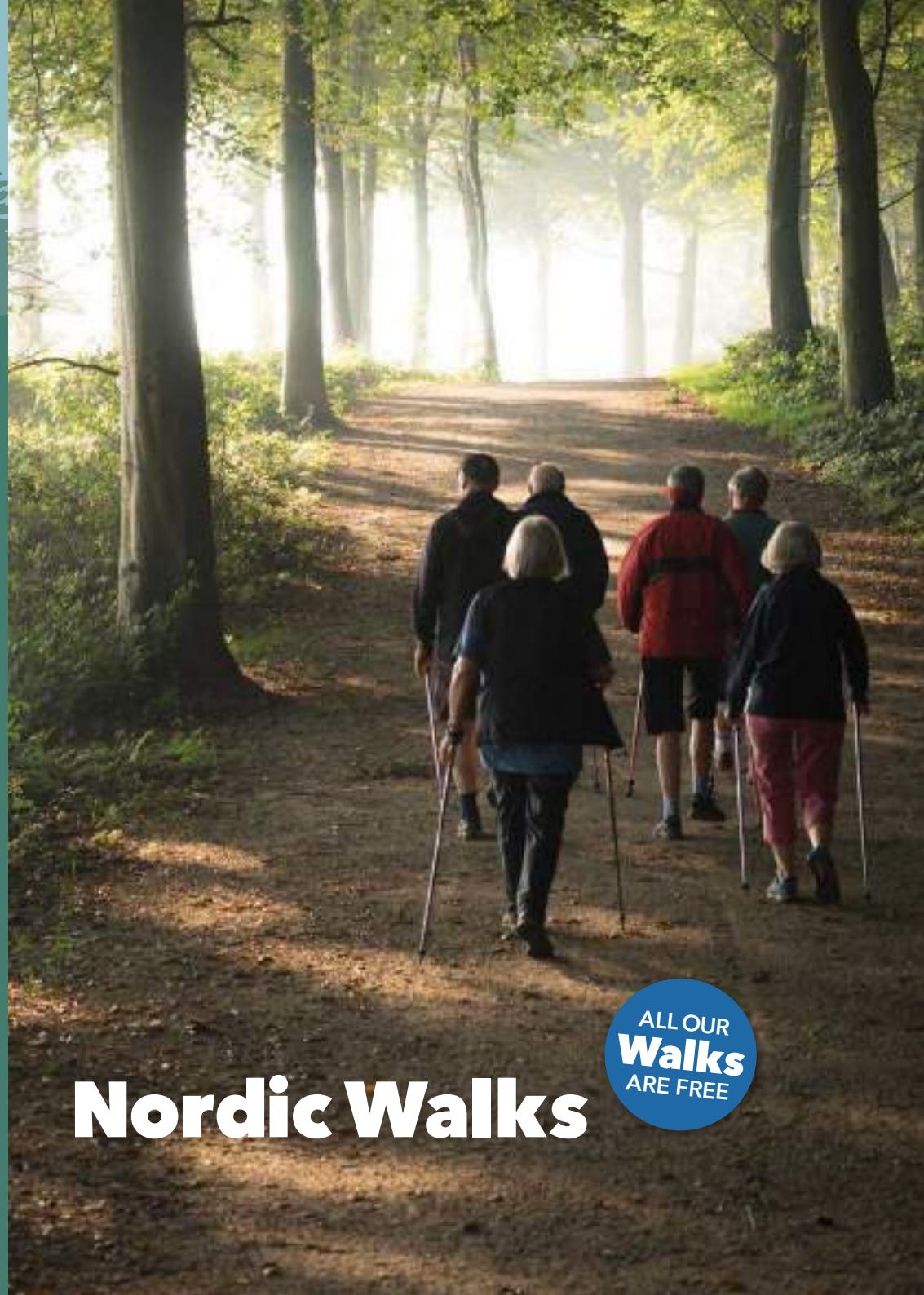
We will be stopping for a picnic at about 12.30pm – so bring your lunch.

Place: Freshfield Train Stn (car park)

Time: 10.30am

Bring: A packed lunch, water

More Challenges coming this Spring, so watch this space.



Nordic Walks

ALL OUR
Walks
ARE FREE



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

Nordic walking is a great way to lose weight and stay healthy, as it strengthens your upper body and reduces stress on your joints.

Anyone wishing to join a Nordic Walking Group must first take part in a technique training session. These run in various locations throughout the year and are delivered by qualified instructors.

To find out when and where the next training sessions are going to be held email: walking@sefton.gov.uk or check the [@activewalkssefton](#) Facebook page for updates.

Monday mornings

> **MAGHULL:**
weekly – 60 mins
Walk Leaders: Margaret, Diane and Dave
Time/Place: 10.15am at Meadows Leisure Centre, Hall Ln, Maghull L31 7BB

Monday afternoons

> **FORMBY:**
weekly – 90 mins
Walk leader: Peter
Time/Place: 1.00pm at Formby Library Duke St, Formby L37 4AN

Monday evenings

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

Tuesday mornings

> **CROSBY:**
weekly – 60 mins
Walk leaders: Barbara
Time/Place: 7.00am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX

> **MAGHULL:**
NEW TIME
weekly – 90–120 mins
Walk leaders: Ann, Brenda, Dave and John
Time/Place: 11.30am at Lydiate Parish Hall 288 Southport Rd, Lydiate L31 4EQ

Tuesday evenings

> **FRESHFIELD:**
weekly – 60 mins
Walk leader: Steph
Time/Place: 6.00pm at Freshfield Pub car park, Massam's Lane, Formby L37 7BD

Wednesday mornings

> **WATERLOO:**
weekly – 60 mins
Walk leaders: Peter, Karl and Pat
Time/Place: 10.30am at Crosby Lakeside Adventure Centre (Bistro side), Cambridge Rd, Waterloo L22 1RR

PLEASE NOTE:
On 26th Jan, 23rd Feb and 30th March our Wednesday morning walks are longer and start at an earlier time and different location.
See 'LAST WEDNESDAY OF EACH MONTH' details below.

LAST WEDNESDAY OF EACH MONTH

Wednesday morning Waterloo Walks are 90 mins on these dates:

Jan: 26th
Feb: 23rd
Mar: 30th

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

Thursday mornings

> **CROSBY:**
weekly – 60 mins
Walk leaders: Barbara
Time/Place: 7.00am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX

Friday mornings

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

Saturday mornings

> **CROSBY:**
weekly – 90 mins
Walk leaders: Peter and Karl
Time/Place: 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX
Jan: 15th | 29th
Feb: 12th | 26th
Mar: 12th | 26th

> **FORMBY:**
weekly – 90 mins
Walk leader: Peter
Time/Place: 10.30am at Formby Library Duke St, Formby L37 4AN
Jan: 8th | 22nd
Feb: 5th | 19th
Mar: 5th | 19th

> **FRESHFIELD:**
weekly – 60 mins
Walk leader: Regina
Time/Place: 10.30am at Freshfield Pub car park, Massam's Lane, Formby L37 7BD
Jan: 15th | 29th
Feb: 12th | 26th
Mar: 12th | 26th



Interested in becoming a volunteer walk leader?

Active Walks Sefton – your local walk programme is looking for volunteers to lead and support walking groups in Sefton.

If you enjoy walking and talking then this might interest you. Your role would be to lead groups of people in and around Sefton on existing walk routes or ones you plan yourself.

The walks run throughout the year with a short break at Christmas and New Year and our main aim is provide short, regular health walks so that people can keep active and build up their physical activity levels.

You are required to do a one day training course and you'll receive ongoing support in the role. You'll also have the opportunity to meet other walk leaders at our seasonal events.

This is a great opportunity for anyone looking to increase their fitness and help others do the same. It's a sociable role where you get to meet people from all walks of life. Anyone aged 18+ can volunteer and we welcome sole volunteers or perhaps you have a friend you would like to work with?

Throughout the newsletter there are stickers on the walks that require walk leaders, if you are interested in volunteering contact:

Stephanie Boote, Active Walks Coordinator

Email: walking@sefton.gov.uk

(Stating the walk you are interested in volunteering for)

Tel: 0151 934 2824

(If you don't see one on a walk near you please use the contact info above to enquire.)


Want to become a **WALK LEADER?**


Been on one of our Walks or Rides?


Wed love to hear from you!


Tell us about your walking and cycling experiences

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

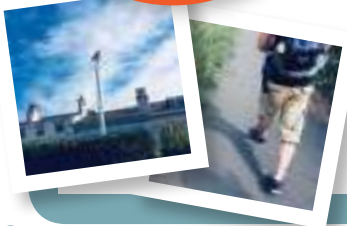
 **post a photo and comment using #ActiveTravelSefton**

 **on Instagram, Facebook or Twitter**

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

 **Call:** 0151 934 2824

We look forward to hearing from you



Cycling Diary

ALL OUR **Rides** ARE FREE

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.

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.



Been on one of our Walks or Rides?
We'd love to hear from you! Go to the back cover for more info.



Tuesdays:

Intermediate Riders

- > **Litherland Sports Park**
Boundary Lane, Litherland L21 7LA
10.00am – approx 12.00pm

Intermediate Riders

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

Fridays:

Intermediate Riders

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

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

For Litherland Sports Park

Tel: 0151 934 4259
Email: cycling@sefton.gov.uk

For Mecycle

Tel: 01704 579353
Email: emailus@mecycle.co.uk

Dover Cycling Fellowship (DCF)

Interested in cycling?

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 Rd, Lydiat 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 – 2.00pm
After-school: 3.00pm – 5.00pm

First session is always free, standard price is £5 per session.

Bookings can be made here tinyurl.com/WFA-Merseyside or via Jim Yeoman:
Email: jim.yeoman@cyclings.org.uk
Mobile: 07736 974 537



Introducing the FOX Route



The Fox Route is the latest in our series of themed cycle routes. It starts at Crosby Lakeside, passing through Rimrose Valley before heading up to Hightown.

The long route is 11.5 miles, there's also two shorter options, the first is 6 miles long and the second is 8.5 miles.

As with all our themed routes, they can be joined at any point and are also very accessible passing by Waterloo, Hightown and Hall Road train stations.

The route map is available from the cycle hire centre at the Eco Centre, Southport and other community venues throughout Sefton.

You can also download it and the other routes from our website <http://activetravelsefton.co.uk/activeseftondownloads/> or contact us via the website and we will post a copy out to you.



'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

Jan: 20th

Feb: 3rd | 17th

Mar: 3rd | 17th

For more information contact:

Age Concern Liverpool and Sefton
on **01704 542993**



Tour de Friends

As our name suggests, we place as much emphasis on the social side of meeting up as the cycling. 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 a chance to increase your cycling, whilst riding with a great bunch of people.

In order to comply with COVID restrictions we are currently operating in bubbles. Each bubble consists of at least one trained bike leader and no more than 7 or 8 riders. Each bubble group organises its own day, destination and length of ride via a whatsapp group. With the easing of restrictions the bubble groups have started to meet once a month for a picnic and a catch up. This idea has proved very popular as, prior to restrictions, we all rode together and returned to Waterloo Community Centre for lunch at the Community Kitchen (kitchen currently closed).

No bike? No problem, we have a limited number of bikes and helmets available for 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

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

Like and follow our Facebook page –
Tour de Friends
(AKA Bike Gone Daze)

Been on
one of
our Walks
or Rides?

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



Spring Newsletter out March 2022

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



OUT NOW!

**2022 calendars available
while stocks last.**

**Ask your walk leader for details
of how to get one.**

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


Further information is available at:

activetravelsefton.co.uk

Email: activetravel@sefton.gov.uk

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