

# Sefton's Spring **Walking & Cycling** Newsletter

Issue 67 / Apr - Jun 2024

ALL OUR  
**Walks  
& Rides**  
ARE FREE

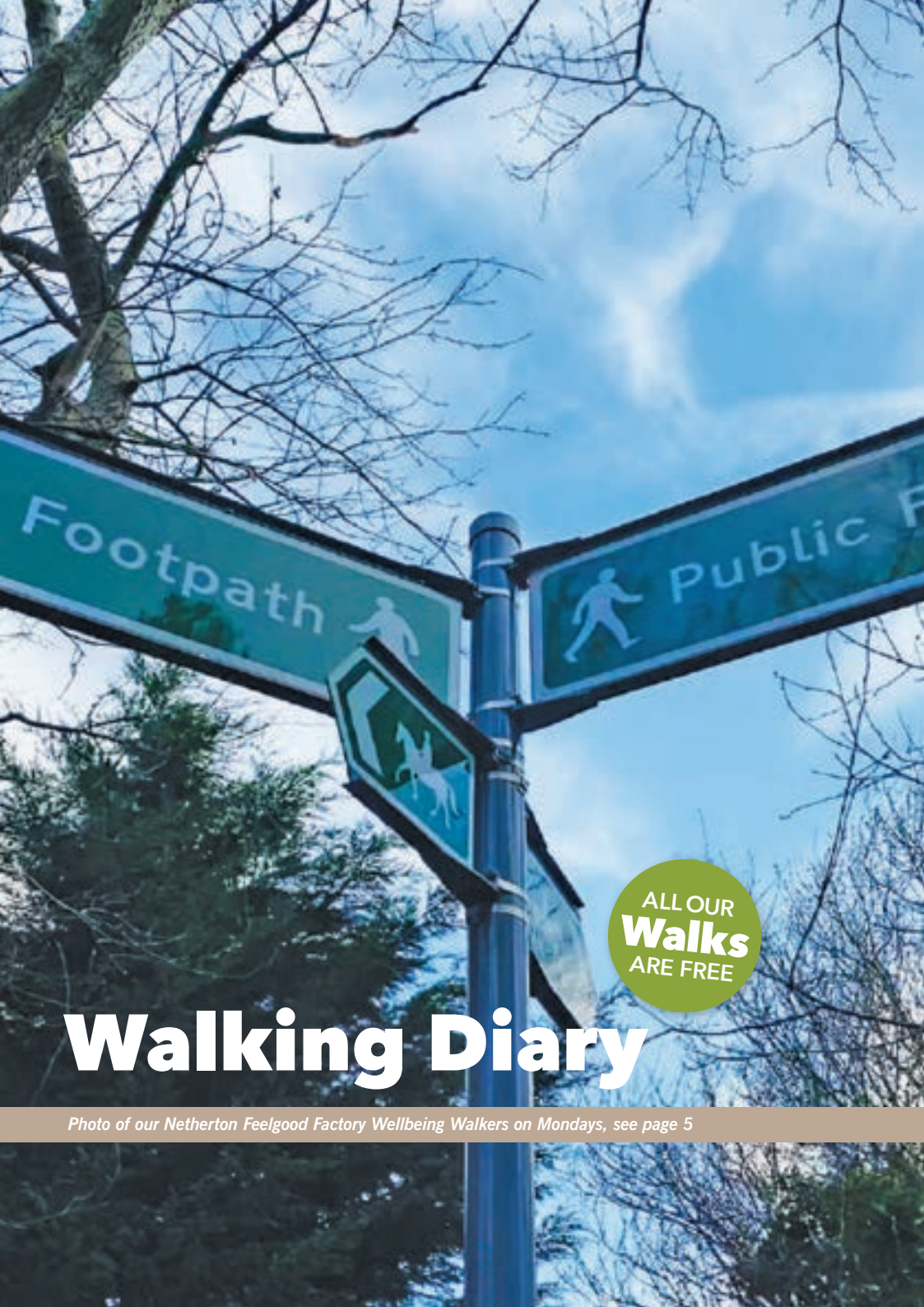
Great walks and rides  
all through the Spring!



**active travel**



Sefton Council 



ALL OUR  
**Walks**  
ARE FREE

# Walking Diary

Photo of our Netherton Feelgood Factory Wellbeing Walkers on Mondays, see page 5

As we move into Springtime and put all that extreme weather, we have experienced over the Winter behind us, such as multiple storms, strong winds and of course the continued rainfall, lets get our walking shoes on and our bikes out of storage and enjoy being outdoors again. There are walks and cycle rides available every week throughout the Spring, providing you with the opportunity to keep active.

**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 progressional 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



30/45/60/75/90/120  
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

### Maghull Wellbeing Walks

**Walk leaders:** Sheila, Chris, Sue and Veronica

**Time:** 10.00am

**Frequency:** 1st and 3rd Monday

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

**NB: no dogs allowed on these walks**

The Maghull walks will take around 90 minutes to complete.

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

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

**8th April:** Mocha

**22nd April:** Hartley's

**6th May:** Bernie's – Bank Holiday Walk

**20th May:** Scotch Piper

**3rd Jun:** Sefton Meadows

**17th Jun:** Nourish



### Netherton Feelgood Factory Wellbeing Walks

**Walk leader:** Tony

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

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

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



**Apr:** 1st **NO WALK** (Bank Holiday) | 8th | 15th | 22nd | 29th  
**May:** 6th | 13th | 20th | 27th  
**Jun:** 3rd | 10th | 17th | 24th



### Crosby Wellbeing Walks

**Walk leaders:** Helen and Steph

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

**Meet:** Crosby Library Crosby Rd North, Crosby L22 OLQ (in the foyer).

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

**Apr:** 8th **NO WALK** | 22nd

**May:** 6th **NO WALK** (Bank Holiday) | 20th

**Jun:** 3rd | 17th



### Churchtown Wellbeing Walks

**Walk leader:** Sally

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

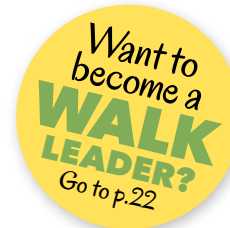
**Meet:** Corner of Sunny Road, outside Arthur's of Churchtown

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

**Apr:** 2nd | 9th | 16th | 23rd | 30th

**May:** 7th | 14th | 21st | 28th

**Jun:** 4th | 11th | 18th | 25th



## Formby Pinewoods Wellbeing Walks

**Walk leaders:** John, Anne and Terry  
**Time:** 10.30am | **Frequency:** Weekly  
**Meet:** At front of Pinewoods Pub, Wicks Green (off Harington Rd), L37 1PR

The Pinewoods Walk is a medium walk, the group will take between 60–75 minutes on this walk, keeping at a steady pace.

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



**Apr:** 2nd | 9th | 16th | 23rd | 30th  
**May:** 7th | 14th | 21st | 28th  
**Jun:** 4th | 11th | 18th | 25th



## Waterloo Wellbeing Walks

**Walk leaders:** Chris and Mike  
**Time:** 10.30am | **Frequency:** Weekly  
**Meet:** Outside Sefton Carers Centre, South Rd, Waterloo L22 5PE

Waterloo walks are medium walks, taking around 60 minutes to complete at a relaxed pace. The group visit various points of interest in Sefton and beyond.



**2nd Apr:** St Michael's to Brunswick  
**9th Apr:** Croxteth Hall  
**16th Apr:** Port Sunlight  
**23rd Apr:** Meols to Moreton  
**30th Apr:** Thornton to Sefton Meadows  
**7th May:** Princes Park and Sefton Park  
**14th May:** Cressington  
**21st May:** New Brighton  
**28th May:** Freshfield to Ainsdale  
**4th Jun:** Southport  
**11th Jun:** Port Sunlight  
**18th Jun:** Croxteth Hall  
**25th Jun:** Meols to Moreton



## Bootle Wellbeing Walks

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

Don't forget travel fare or pass!

**NB: no dogs allowed on these walks**

**2nd April:** Five Lamps – Marina  
**Time/Place:** 9.30am St. Robert Bellarmine Car Park **or** 10.00am Swan Centre, Linacre Rd  
**9th Apr:** Hesketh Park  
**Time/Place:** 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand train stn, Southport platform  
**16th Apr:** Ladygreen Lap  
**Time/Place:** 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at North Park  
**23rd Apr:** Liverpool Locks  
**Time/Place:** 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Hugh Baird College, Stanley Rd  
**30th Apr:** History Walk  
**Time/Place:** 9.30am corner of Watts/Park Ln, Bootle **or** 10.30 at Church Street, Liverpool (old C&A Building)  
**7th May:** Frankby  
**Time/Place:** 9.30am corner of Watts/Park Ln, Bootle **or** 10.15am at Sir Thomas Street, Liverpool  
**14th May:** Cressington  
**Time/Place:** 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand train stn, Liverpool platform

**21st May:** Greenbank Park  
**Time/Place:** 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle bus station, 60 Bus Stop

**28th May:** Ford  
**Time/Place:** 11.00am at the Netherton Pub, Netherton Way

**4th Jun:** Calderstones Park  
**Time/Place:** 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at 61 Bus Stop, Moss Ln

**11th Jun:** Hall Road to Hightown  
**Time/Place:** 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand train stn, Southport platform

**18th Jun:** Ainsdale  
**Time/Place:** 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand train stn, Southport platform

**25th Jun:** Mid-summer meal, Blackpool

*Bus timetables subject to change*



## Rimrose Valley Wellbeing Walks

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

This walk is ideal for anyone wanting to increase their activity levels. These are circular walks of about 60 minutes at a gentle pace in Seaforth that will include routes around Rimrose Valley and Potter's Barn.

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

**Apr:** 2nd **NOWALK** | 9th **NOWALK** | 16th | 23rd | 30th  
**May:** 7th | 14th | 21st | 28th  
**Jun:** 4th | 11th | 18th | 25th



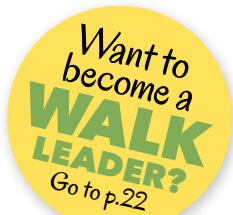
## Macmillan Wellbeing Walks



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

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

**Apr:** 2nd | 9th | 16th | 23rd | 30th  
**May:** 7th | 14th | 21st | 28th  
**Jun:** 4th | 11th | 18th | 25th



## Hesketh Park Wellbeing Walks

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

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

**Apr:** 2nd | 16th | 30th  
**May:** 14th | 28th  
**Jun:** 11th | 25th



## Sefton Trails Wellbeing Walks

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

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

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

**NB: no dogs allowed on these walks**

**3rd Apr:** Velvet Trail  
**Meet:** Birkdale train stn

**17th Apr:** Ainsdale Woods  
**Meet:** Ainsdale train stn

**1st May:** Lydiate Loop  
**Meet:** Southport train stn (catch the 300 bus to Lydiate)

**15th May:** Canal walk to Maghull  
**Meet:** Old Roan train stn

**5th Jun:** Ainsdale Circular  
**Meet:** Ainsdale train stn

**19th Jun:** Devil's Hole, Formby  
**Meet:** Formby train stn



## Seaforth Wellbeing Walks

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

*All walks are 2–3 miles long.*

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

**NB: no dogs allowed on these walks**



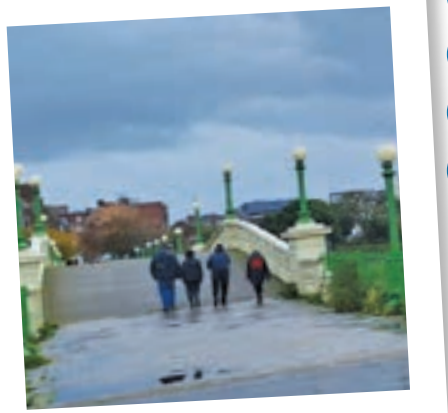
- 3rd Apr: Crosby Marina
- 10th Apr: Crosby to Hightown
- 17th Apr: Sefton Park
- 24th Apr: Formby Squirrel Reserve, National Trust
- 1st May: Southport Marine Lake
- 8th May: Botanic Gardens, Southport
- 15th May: Birkenhead Park
- 22nd May: Hall Road to Hightown
- 29th May: New Brighton
- 5th Jun: Port Sunlight
- 12th Jun: Aigburth – Crossington
- 19th Jun: Waterloo – three parks
- 26th Jun: Ainsdale Board Walk



## Atkinson Wellbeing Walks

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

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



- Apr: 3rd | 10th | 17th | 24th
- May: 1st | 8th | 15th | 22nd | 29th
- Jun: 5th | 12th | 19th | 26th



## Formby Wellbeing Walks

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

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

This is a longer walk at a quick pace and will take around 90 minutes to complete. There are routes to suit everybody and include Cabin Hill Nature Reserve, National Trust Nature Reserve and Natural England Nature Reserve.

**Please wear footwear suitable for walking through dunes, along woodland paths and on uneven ground.**



- Apr: 4th | 11th | 18th | 25th\*
- May: 2nd | 9th | 16th | 23rd | 30th\*
- Jun: 6th | 13th | 20th | 27th\*



## Walking for Health in Hesketh Park Wellbeing Walks

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

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

- Apr: 4th | 11th | 18th | 25th
- May: 2nd | 9th | 16th | 23rd | 30th
- Jun: 6th | 13th | 20th | 27th



## Ainsdale Sands & Sea Wellbeing Walks

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

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

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



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

**Apr: 11th | 25th**  
**May: 9th | 23rd**  
**Jun: 6th | 20th**



## May Logan 'Walk & Talk' Wellbeing Walks



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

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

**4th Apr:** Derby Park  
**11th Apr:** Hatton Hill  
**18th Apr:** Three Park Loop  
**25th Apr:** Crosby Marina\*  
**Meet:** Waterloo train stn  
**2nd May:** Derby Park  
**9th May:** Hatton Hill  
**16th May:** Three Park Loop  
**23rd May:** Little Merton Hike  
**30th May:** Crosby Marina\*  
**Meet:** Waterloo train stn  
**6th Jun:** Derby Park  
**13th Jun:** Hatton Hill  
**20th Jun:** Three Park Loop  
**27th Jun:** Crosby Marina\*  
**Meet:** Waterloo train stn

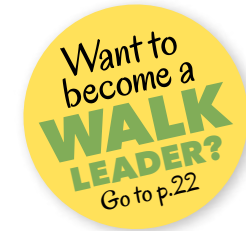


## Southport Central Wellbeing Walks

**Walk leaders:** Annette  
**Time:** 10.30am | **Frequency:** Weekly  
**Duration:** 30–45 mins  
**Meet:** Dunes Splash World (reception area), S'port PR8 1RX

The Southport Central walks are gentle paced walks of around 30–45 minutes, taking in routes such as Victoria Park, Jubilee Nature Trail and Marine Lake.

**Apr: 5th | 12th | 19th | 26th**  
**May: 3rd | 10th | 17th | 24th | 31st**  
**Jun: 7th | 14th | 21st | 28th**



## Emily's Wellbeing Walks

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

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

**Apr: 5th \*NO WALK\* | 12th \*NO WALK\* | 19th | 26th**  
**May: 3rd | 10th | 17th | 24th | 31st**  
**Jun: 7th | 14th | 21st | 28th**



**Walking regularly?**

**Walk the length and breadth of Sefton with your wellbeing walks.**

South to North, West to East.

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

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

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

**Bootle to Crossens – 24 miles**

**Crosby to Waddicar – 8.5 miles**

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



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**KEY:**  
 D – Date  
 W – Wellbeing Walk Name



## Sefton OPERA Wellbeing Walks (Age 50+)



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

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

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

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

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

**5th Apr:** Mini Bus \*Day Out\*  
**Meet:** Sefton OPERA office, St Matthew's Church

**12th Apr:** Rimrose Valley  
**Meet:** Tesco Bridge, Litherland

**19th Apr:** Fisherman's Path Walk  
**Meet:** Freshfield train stn

**26th Apr:** Canal Walk to Sefton OPERA office  
**Meet:** Tesco Bridge, Litherland

**3rd May:** New Brighton  
**Meet:** Liverpool Central train stn (catch 9.59am train to Liverpool Central, change to Wirral Line to New Brighton)

**10th May:** Mini Bus Day Out  
**Meet:** Sefton OPERA Office, St Matthew's Church

**17th May:** Hall Road to Marine Lake  
**Meet:** Hall Road train stn (catch the 10.07am train to Southport from Bootle New Strand train stn – alight at Hall Road train stn)

**24th May:** Cookson's Bridge – Canal Walk  
**Meet:** Cookson's Bridge

**31st May:** Marine Lake and Gardens  
**Meet:** Marine Café, South Road, Waterloo

**7th Jun:** Hesketh Park, Southport  
**Meet:** Southport train stn (catch the 9.47am train to Southport from Bootle New Strand train stn)

**14th Jun:** Thornton Walk  
**Meet:** Aldi, Virgins Lane, Thornton

**21st Jun:** Otterspool Prom  
**Meet:** St. Michaels train stn (catch 9.59am train to Liverpool from Bootle New Strand train stn – alight at St. Michaels train stn)

**28th Jun:** Pantry Walk – Canal  
**Meet:** Sefton OPERA office, walking to Tesco Bridge, Litherland



## Dunes Weekly Wellbeing Walks

**Walk leaders:** Jean  
**Time:** 1.30pm | **Frequency:** Weekly  
**Duration:** 75 mins

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



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

**May:** 3rd | 10th | 17th | 24th | 31st

**Jun:** 7th | 14th | 21st | 28th



## Feet First Friday Wellbeing Walks

**Macmillan Walk leaders:** Moira, Terry, Carol, Dave, Joan and Steve  
**Time:** 1.00pm | **Frequency:** Monthly  
**Duration:** 90 mins  
**Meet:** Various meeting points (see individual listings for details)

This walking group is for people affected by cancer, their families and friends. The walks will start in different locations each month. The walks are between 1 to 4 miles long although there is always a shorter route option on the day to suit all abilities and preferences **PLUS** we always stop for a cuppa after our walks.

**26th Apr:** Ruff Woods

**Meet:** Ring the Visitor Centre for meeting place on 01704 533024

**31st May:** Mere Sands Woods  
**Meet:** The Visitor Centre

**28th Jun:** Burscough Canal Walk  
**Meet:** Burscough Wharf



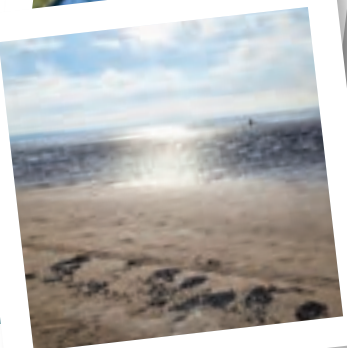
## Kings Gardens Wellbeing Walks

**Walk leaders:** Anne and Steph  
**Time:** 10.30am | **Frequency:** Fortnightly  
**Duration:** 45 mins  
**Meet:** Carousel/beginning of Pier, S'port PR8 1QX

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

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

**Apr: 6th | 20th**  
**May: 4th | 18th**  
**Jun: 1st | 15th | 29th**



## Sunday Sefton Wellbeing Walks

**Walk leader:** Steph, Helen, Tony and Hannah  
**Time:** 2.00pm | **Frequency:** Fortnightly  
**Duration:** 90 mins  
**Meet:** Meeting points vary – see listings

The Sefton Sunday Wellbeing Walks take place every fortnight in different areas of Sefton.

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

**7th Apr:** Freshfield Woodland Walk  
**Meet:** Freshfield train stn  
**21st Apr:** Rimrose Valley  
**Meet:** Waterloo train stn  
**5th May:** Ainsdale Pinewoods  
**Meet:** Ainsdale train stn  
**19th May:** Crosby Coast Linear  
**Meet:** Waterloo to Hall Road  
**2nd Jun:** Formby Beach  
**Meet:** Formby train stn  
**16th Jun:** Lydiate Fields  
**Meet:** Corner of Hall Lane/Southport Road, Lydiate  
**30th Jun:** Ince Blundell summer stroll  
**Meet:** Lady Green Garden Centre Car Park



## Litherland Sports Park Walking Club

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

**PLEASE BRING A PACKED LUNCH ALONG**

**NB: no dogs allowed on these walks**

**3rd Apr:** Rainford – Town Green (7)  
**Train to:** Sandhills » Kirby  
**10th Apr:** Bache – Chester (6.5)  
**Train to:** Central » Wirral Line  
**17th Apr:** Seaforth – Jubilee Woods, Maghull (7)  
**Train to:** Maghull  
**24th Apr:** Ellesmere Port – Chester (7)  
**Train to:** Central » Ellesmere Port Line  
**1st May:** Southport Circular, two parks walk (8)  
**Train to:** Southport

**8th May:** West Kirby via Caldy Circular (7)

**Train to:** Central » West Kirby  
**15th May:** Hilbre Island, Hoylake (6.5)  
**Train to:** Central » West Kirby  
**22nd May:** Carr Mill Dam (7.5)  
**Train to:** Central » Lime St » Garswood  
**29th May:** Ainsdale – Formby, tour of sand dunes area with rangers (7.5)  
**Train to:** Ainsdale  
**5th Jun:** Ormskirk via Lathom Circular (6)  
**Train to:** Sandhills » Ormskirk  
**12th Jun:** Crosby Circular via Hall Rd (7.5)  
**Train to:** Blundellsands & Crosby  
**19th Jun:** Cressington – Albert Dock, with barge trip\* at Albert Dock (\*optional – £2 charge) (7.5)  
**Train to:** Cressington  
**26th Jun:** Willaston Circular (6.5)  
**Train to:** Central » Wirral Line

(0) denotes approximate mileage of each walk

Living Well Sefton is a FREE service open to all residents of Sefton or those registered with a Sefton GP. They can help you with a range of issues that may be affecting your health. Help with: • debt and benefits • improving your wellbeing • exercising more • cooking and eating better • Coping better and enjoying life more

Call **0300 323 0181** or complete an online form at [livingwellsefton.org.uk](http://livingwellsefton.org.uk) and they will call you back.



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

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

FREE weight management programme

**Call:** 0151 934 2352

**Email:** [active.lifestyles@sefton.gov.uk](mailto:active.lifestyles@sefton.gov.uk)

**Website:** [activelifestyles-sefton.co.uk/weigh-forward](http://activelifestyles-sefton.co.uk/weigh-forward)



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

Enjoy the great choice of Nordic Walking groups available every week throughout the year. Nordic walking is a great way to lose weight and stay healthy, as it strengthens your upper body and reduces stress on your joints. Anyone wishing to join a Nordic Walking Group must first take part in a technique training session. These run in various locations throughout the year and are delivered by qualified instructors. There are two Nordic Taster sessions available and two training sessions, see below. No need to book for the taster sessions. Please book your place on the Learn to Nordic Course, as places are limited to 12 on each course. To get in contact with the team, email [walking@sefton.gov.uk](mailto:walking@sefton.gov.uk) or 0151 935 2824.

### 30 minute taster sessions:

**Try Nordic Walking before attending the 'Learn to Nordic' training course. Poles will be available for you to use during the session, just turn up and join in!**

#### Tue 16th Apr:

Crosby Prom, meet at Crosby Leisure Centre outside main entrance 1.00pm–1.30pm

#### Wed 17th Apr:

Victoria Park, meet at Dunes Splash World outside main entrance 11.30am–12.00pm

### 'Learn to Nordic' training courses:

**Southport, 2 Day Course: Sat 20th & Sun 21st Apr**  
10.00am–12.00pm, meet at Dunes Splash World

#### How to book:

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

On the homepage, follow these instructions:

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

- > In box next to **Activity Type** select **'Learn to Nordic Walk'** from drop down menu.
- > Set the date range for either Crosby or Southport dates.
- > Then click on **Find Walks**.

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



## NO NORDIC WALKS ON BANK HOLIDAYS

### Monday mornings

- > **MAGHULL:**  
**weekly – 60 mins**  
**Walk Leaders:** Margaret and Dave  
**Time/Place:** 10.00am at Meadows Leisure Centre, Hall Ln, Maghull L31 7BB

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

### Monday afternoons

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

### Monday evenings

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

## Tuesday mornings

- > **LYDIATE:**  
**weekly – 90 mins**  
**Walk leader:** Brenda M: 07900 525222 John, Ann and Dave  
**Time/Place:** 10.40am at Lydiate Parish Hall, 288 Southport Rd, Lydiate L31 4EQ  
**PLEASE NOTE:** If new to walk contact walk leader to check meeting time.

## Tuesday evenings

- > **FRESHFIELD:**  
**weekly – 60 mins**  
**Walk leader:** Steph  
**Time/Place:** 6.00pm at Freshfield Pub car park, Massam's Lane, Formby L37 7BD  
**\*NO WALKS\* on 2nd or 9th April**

## Wednesday mornings

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

**PLEASE NOTE:** On 24th Apr, 29th May and 26th June our Wednesday morning walks are longer and start at an earlier time and different location. See **'LAST WEDNESDAY OF EACH MONTH'** details top right for details.

## LAST WEDNESDAY OF EACH MONTH

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

**Apr: 24th**  
**May: 29th**  
**Jun: 26th**

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

Mixed ability walkers will be catered for.

## Wednesday afternoons

- > **SOUTHPORT:**  
**weekly – 60 mins**  
**Walk leader:** Steph and Georgina  
**Time/Place:** 1.30pm at Dunes Splash World, Esplanade PR8 1RX  
**\*NO WALK\* on 3rd April**

## Friday mornings

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

**Walk information continued on page 22.**



## Saturday mornings

### > CROSBY:

fortnightly – 90 mins

**Walk leaders:** Peter and Karl

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

**Apr:** 6th\* longer linear  
walk, see below | 20th

**May:** 4th | 18th

**Jun:** 1st | 15th | 29th

\*6th Apr: **LONGER LINEAR  
WALK to Hightown**

Walk back or train back  
pass or cash needed  
maybe eat or drink at the  
Hightown pub. Travel  
pass or cash required.

### > FORMBY:

fortnightly – 90 mins

**Walk leaders:** Peter and Karl

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

**Apr:** 13th | 27th

**May:** 11th\* longer linear  
walk, see below | 25th

**Jun:** 8th | 22nd

\*11th May: **LONGER  
LINEAR WALK to Hightown**

Walk back or train back  
pass or cash needed  
maybe eat or drink at the  
Hightown pub. Travel  
pass or cash required.

### > FRESHFIELD:

weekly – 90 mins

**Walk leader:** Regina

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

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

**Apr:** 6th | 13th | 20th |  
27th

**May:** 4th | 11th | 18th |  
25th

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

## Interested in becoming a volunteer walk leader?

**If you enjoy walking and talking then becoming a volunteer walk leader with Active Walks Sefton might be for you.**

We are looking for new walk leaders to take on some of our regular wellbeing walking groups. Do you have a friend that might be interested in joining you on this adventure, you can attend the training together and then step in to leading. The wellbeing walks are part of the National programme, Ramblers Wellbeing Walks and have been running for

many years and we rely on volunteers to plan, organise and lead regular walks. The walks are free for people to join, and the aim is creating easy, friendly walks that can assist with health and wellbeing. Walking is the perfect exercise, its low impact, and you can adjust the pace to suit the group.

If you are interested in volunteering as a walk leader, please send us an email to: [walking@sefton.gov.uk](mailto:walking@sefton.gov.uk) or call 0151 934 2824 and a member of the team will be in contact.

Want to  
become a  
**WALK  
LEADER?**

ALL OUR  
**Rides**  
ARE FREE

# Cycling Diary

Photo of Pedal Away riders on Tuesdays and Fridays, see page 25



## Southport Cycling Club

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

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

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

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

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



## Sefton and West Lancashire Leisure Cycle Routes

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

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

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

## Pedal Away

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



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

**Tuesdays:**

**Intermediate Riders**

> **MeCycle Café**

59 Station Rd, Ainsdale PR8 3HH  
10.30am – approx 12.30pm

**Fridays:**

**Intermediate Riders**

> **MeCycle Café**

59 Station Rd, Ainsdale PR8 3HH  
10.30am – approx 12.30pm

## Dover Cycling Fellowship (DCF)

**Interested in cycling?**

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

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

**Every Tuesday – Lydiate:**

11.00am – 1.00pm

(Formal meeting 12.30pm – 1.00pm)

> **Lydiate Parish Hall**

288 Southport Rd, Lydiate L31 4EQ

**Every Tuesday – Southport:**

10.00am – 3.00pm

> **Dunes Splash World**

Esplanade, S'port PR8 1RX



## Litherland Sports Park Wheels for All

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

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

**Every Wednesday –**

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

### PLEASE NOTE:

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

### HOW TO BOOK:

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

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

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



## Tour de Friends

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

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

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

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

**Thursday Sessions –**  
**10.00am – 12.00pm**

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

To find out more please contact Bill Cowley.

Email: [billcowley@blueyonder.co.uk](mailto:billcowley@blueyonder.co.uk)  
Tel: **07948 013618**

Join our Facebook group –  
**Tour de Friends (AKA Bike Gone Daze)**

*Tour de Friends is a Waterloo Community Association project*

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

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

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

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

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

**Thursday Sessions –**  
**From 10.00am**

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

**Apr: 4th | 18th**  
**May: 2nd | 16th**  
**Jun: 6th | 20th**

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

# Summer Newsletter out June 2024

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





Been on  
one of  
our Walks  
or Rides?


We'd love to hear from you!

## Tell us about your walking and cycling experiences

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

 **post a photo and comment using #ActiveTravelSefton on Instagram, Facebook or Twitter**

 **Email:** [activetravel@sefton.gov.uk](mailto:activetravel@sefton.gov.uk)

 **Call:** 0151 934 2824

## We look forward to hearing from you

Picture credits:

busy\_mrsb, via Instagram: Crosby beach.

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

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



This newsletter has been developed by Sefton Council. The newsletter details the different activities organised and promoted by the Walking & Cycling Team throughout the Spring, 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](mailto:walking@sefton.gov.uk)  
0151 934 2824

### Further information is available at:

[activetravelsefton.co.uk](http://activetravelsefton.co.uk)

**Email:** [activetravel@sefton.gov.uk](mailto:activetravel@sefton.gov.uk)

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**active travel**