

Sefton's Summer Walking & Cycling Newsletter

Issue 64 / Jul - Sep 2023

ALL OUR
**Walks
& Rides**
ARE FREE

We're
Celebrating
20
years
of Wellbeing Walks in Sefton

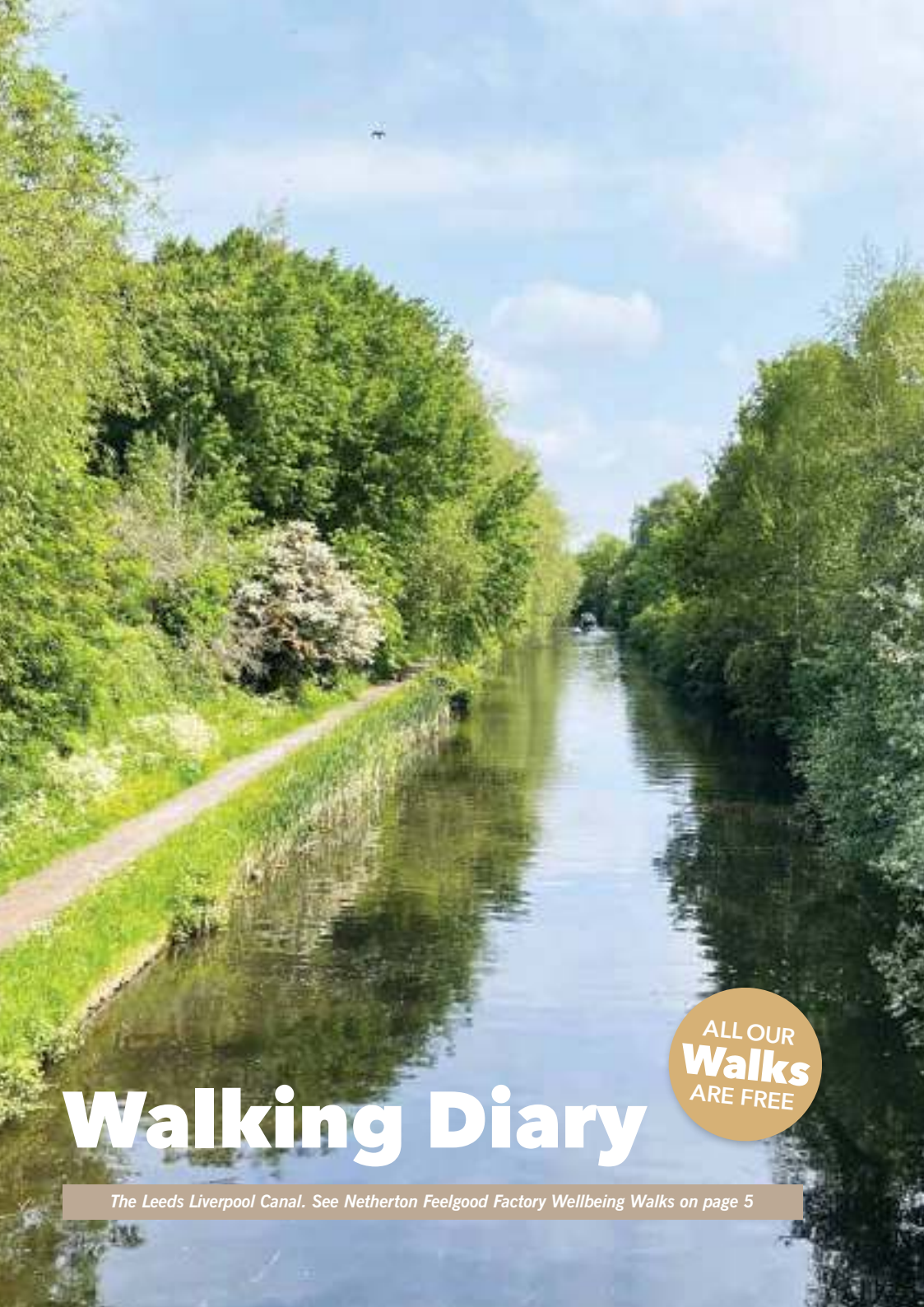
Great walks and rides
all through the Summer!



active travel



Sefton Council 



Walking Diary

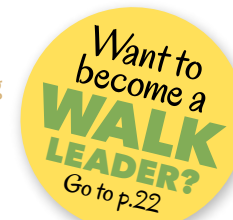
The Leeds Liverpool Canal. See Netherton Feelgood Factory Wellbeing Walks on page 5

ALL OUR
Walks
ARE FREE

To quote a famous Beatles' song, 'Here comes the sun doo-doo-doo-doo. Here comes the sun, and I say It's alright.' Of course, it's alright – the sun arrived early this year and late May saw some fabulous sunny days which were much appreciated after the long and extremely cold winter. So why not enjoy a walk on Crosby Beach with the warm breeze on your face, a stroll on the canal side from Maghull to Lydiate with the sun glistening on the water or perhaps a meander through Formby pinewoods in the dappled shade of the trees.

This year marks the walk programmes 20th anniversary and we have more walks than ever before and a great number of walking and cycling volunteers leading their groups week in, week out.

So get moving this Summer, grab some comfortable walking shoes or roll your bike out of storage and get out there. We should be keeping active everyday, and walking and cycling is a great way to do that.



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 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: wellbeing walks with a twist.

Progressional walks: for people who have undertaken wellbeing walks and are now looking to take their next steps.

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

Guide dogs are allowed on all wellbeing walks.



Maghull Wellbeing Walks

Walk leaders: Sheila, Chris, Sue and Veronica

Time: 10.00am

Frequency: 1st and 3rd Monday

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

NB: no dogs allowed on these walks

The Maghull walks will take around 90 minutes to complete.

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

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

3rd Jul: Mocha

17th Jul: Hartley's

7th Aug: Bernies *New Coffee Stop*

21st Aug: Scotch Piper

4th Sep: Sefton Meadows

18th Sep: Village Diner



Crosby Wellbeing Walks

Walk leaders: Beryl

Time: 10.30am (unless otherwise stated)

Frequency: 2nd and 4th Monday

Meet: Crosby Library by Hillsborough Memorial, Crosby Rd North, Crosby L22 0LQ (unless otherwise stated).

We meet the 2nd and 4th Monday of each month, except for Bank Holidays. We leave the library promptly at 10.30am 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.

Walks marked with '†' require a travel pass or cash.

10th Jul: Brunswick to Liverpool †

24th Jul: Rimrose Valley – wildflower meadow

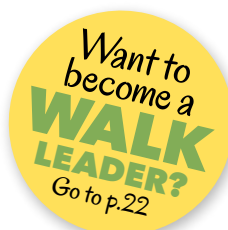
14th Aug: St Michael's to Otterspool †

28th Aug: *NO WALK*

Bank Holiday

11th Sep: Coastguard to Hightown

25th Sep: Round the lake



Netherton Feelgood Factory Wellbeing Walks



Walk leader: Steph and Helen

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

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

This is a medium walk of around 60–90 minutes and takes place every every week. The walking routes vary each week taking in local parks and The Leeds Liverpool Canal. All our walks start and finish at same location.



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

Aug: 7th | 14th | 21st | 28th *NO WALK* Bank Holiday

Sep: 4th | 11th | 18th | 25th



Churchtown Wellbeing Walks

Walk leader: Sally

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

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

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



Jul: 4th | 11th | 18th | 25th

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

Sep: 5th | 12th | 19th | 26th



Formby Pinewoods Wellbeing Walks

Walk leaders: John, Anne, Margaret 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 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.

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



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.

4th Jul: Freshfield to Ainsdale
11th Jul: Speke Hall
18th Jul: Port Sunlight
25th Jul: Meols to Moreton
1st Aug: Croxteth Hall
8th Aug: Southport
15th Aug: Sefton Park
22nd Aug: Cressington
29th Aug: Thornton to Ince Blundell
5th Sep: Stanley Park
12th Sep: Meols to Moreton
19th Sep: Freshfield to Ainsdale
26th Sep: New Brighton



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

4th Jul: Frankby

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

11th Jul: Brunswick

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle New Strand train stn, Liverpool platform

18th Jul: Clitheroe *DAY OUT*

25th Jul: Welldoers

Time/Place: 9.30am Park/Watts Ln or 10.00am Hugh Baird College, Stanley Rd

1st Aug: Lady Green

Time/Place: 9.30 Park/Watts Ln or 10.00am North Park

8th Aug: Ford

Time/Place: *LATER TIME* 11.00am at Netherton Hotel, Netherton Way

15th Aug: Ainsdale

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand train stn, Southport platform

22nd August: Southport Meander

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand train stn, Southport platform

29th August: Heather Trail

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand train stn, Southport platform

5th September: Spital

Time/Place: 9.30 Park/Watts Ln or 10.00am Bootle Strand train stn, Liverpool platform

12th September: Hillside

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand train stn, Southport platform

19th September: Formby

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand train stn, Southport platform

26th September: Hightown Revisited

Time/Place: 9.30am Park/Watts Ln or 10.00am Bootle Strand train stn, Southport platform

Bus timetables subject to change



Rimrose Valley Wellbeing Walks (formerly Cambridge Road 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 short, circular walks of about 30 mins at a gentle pace in Seaforth that will include routes around Rimrose Valley and Potter's Barn. All the walks will start and finish at South Sefton Adult Education Centre with the opportunity to have a tea/coffee and a chat at the Centre's café at the end of the walk. All are welcome.

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



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 short circular walk around Kings Gardens, the pier, sea front and Marine Lake.

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



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 short walk of 45 minutes, gentle pace, taking in views of the lake, wildlife and gardens.

Jul: 11th | 25th
Aug: 8th | 22nd
Sep: 5th | 19th



Lin's story

Over 20 years and counting!

My name is Lin, and I am a walk leader for Seaforth Wellbeing Walks on Wednesdays. I have been a leader since 2001 and started leading the Netherton Activity Centre Health Walk, as it was then, with two other ladies on Wednesdays.

I was on a Doctor's referral for health problems at Netherton Activity Centre. My trainer Shaun asked if I would like to join the Wednesday walking group, I went along and got to know the other ladies. Due to the existing leader emigrating I was asked to take over the group, so the three of us went for the walk leader training together.

Once we started our walking group, we realised it helped the walkers to make new friends and create their own social events, holidays, and weekends away.

I have been leading on my own for nine years now and still enjoy being a walk leader, taking walkers to new venues that they have not been to before.

I enjoy the company and friendship.

You can find out all about the walks I lead on page 10.



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



5th Jul: Garden Festival

12th Jul: Ainsdale Board Walk

19th Jul: New Brighton

26th Jul: Botanic Gardens

2nd Aug: Birkenhead Park

9th Aug: Ainsdale Board Walk

16th Aug: Sefton Park

23rd Aug: Cressington to Aigburth

30th Aug: Port Sunlight

6th Sep: Squirrel Reserve

13th Sep: Southport Marine Lake

20th Sep: Crosby to Hightown

27th Sep: Blundellsands Prom



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.

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

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

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



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.

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

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

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



Walking for Health in Hesketh Park Wellbeing Walks

Walk leaders: Sue, Tom, Jackie, June, Cath and Annette

Time: 1.30pm | **Frequency:** Weekly

Duration: 45 mins

Meet: Hesketh Park Cafe (in the park), PR9 9NW

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

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

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

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



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 are medium walks of around 60–90 minutes and take place fortnightly. 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***

Jul: 13th | 27th

Aug: 10th | 24th

Sep: 7th | 21st



Summer Evening Walks

Walk leaders: Steph

Time: 6.00pm

Duration: 90 mins

Meet: Locations vary, see listings.

Celebrating 20 years of the walk programme we have organised three Thursday evening walks.

All on Sefton's coast they offer glorious views of our coastline. Each circular walk lasts 90 minutes and uses various dune and woodland paths, plus the coastal path between Hightown and Crosby.

13th Jul: Fisherman's Path to Squirrel Reserve Coastal Trail
Meet: 6.00pm at Freshfield Train Stn

24th Aug: Hightown Coastal Path Loop
Meet: 6.00pm at Hightown Train Stn

21st Sep: Ainsdale Woodland Walk
Meet: 6.00pm at Ainsdale Train Stn



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.

6th Jul: Derby Park

13th Jul: Crosby Marina

20th Jul: Hatton Hill

27th Jul: 3 Park Loop

3rd Aug: Crosby Marina

10th Aug: Derby Park

17th Aug: Hatton Hill

24th Aug: 3 Park Loop

31st Aug: Derby Park

7th Sep: Crosby Marina

14th Sep: Hatton Hill

21st Sep: 3 park Loop

28th Sep: Crosby Marina



Southport Central Wellbeing Walks

Walk leaders: Annette

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

Duration: 30–45 mins

Meet: Dunes Splash World (reception area), S'port PR8 1RX

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

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

Aug: 4th | 11th | 18th | 25th

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



Emily's Wellbeing Walks (formerly Moss Lane Wellbeing Walks)

Walk leader: Steph

Time: 10.30am ***NEW TIME***

Frequency: Weekly

Duration: 30 mins

Meet: Outside SPAR shop on the roundabout High Park Place/Moss Lane, PR9 7QP

The walk is circular, and routes include Salisbury Park, historic Churchtown and Devonshire Park playing field.

The group sets the pace, ideal for increasing your activity levels.

Jul: 7th | 14th | 21st | 28th
Aug: 4th | 11th | 18th | 25th
Sep: 1st | 8th | 15th | 22nd | 29th



Sefton OPERA Wellbeing Walks (Age 50+)



Walk leaders: Vikki, Lynn and Olivia

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

Duration: 45–60 mins

Meet: St. Matthew's Church/Sefton Opera, 410 Stanley Rd, L20 5AE (Press buzzer, mention walk, 1st floor.)

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

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

Jul: 7th | 14th | 21st | 28th
Aug: 4th | 11th | 18th | 25th
Sep: 1st | 8th | 15th | 22nd | 29th



Dunes Weekly Wellbeing Walks

Walk leaders: Jean

Time: 1.30pm | **Frequency:** Weekly

Duration: 75 mins

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

The Dunes Weekly Walks are approximately 75 minutes long and at a good pace. The group walk along the coast and enjoy views of the Sefton coastline, which include the sea wall path, Velvet Trail, Marine Lake, Jubilee Trail, Kings Gardens and Victoria Park.

Jul: 7th | 14th | 21st | 28th
Aug: 4th | 11th | 18th | 25th
Sep: 1st | 8th | 15th | 22nd | 29th



Compassion Act Wellbeing Walks

Walk leaders: Alison, Caroline, Jess, Ellie, Richard and Mike

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

Duration: 60 mins

Meet: The Atkinson, Lord St, Southport PR8 1DB (outside the main entrance)

This is a 60 minute circular walk around the centre of Southport, including Lord Street, Marine Lake, the sea front, Kings Gardens, Victoria Park and Hesketh Park.

Jul: 14th | 28th
Aug: 11th | 25th
Sep: 8th | 22nd



Feet First Friday Wellbeing Walks

Macmillan Walk leaders: Moira, Terry, Carol and Dave

Time: 1.00pm | **Frequency:** Monthly

Duration: 90 mins

Meet: Various meeting points (see listing)

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.

28th July: Hillside walk

Meet: Hillside train stn

August 25th: Fylde Road Bank walk

Meet: Outside Fylde Road shops

22nd Sep: Formby/Freshfield walk

Meet: Freshfield train stn



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 walk route stays within Kings Gardens for the main part and sometimes includes the pier and sea wall.

Jul: 8th | 22nd

Aug: 5th | 19th

Sep: 2nd | 16th | 30th



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.

9th Jul: Rimrose Valley Loop

Meet: Seaforth train stn (main entrance on pavement)

23rd Jul: Fisherman's Path Coastal Trail

Meet: Freshfield train stn

6th Aug: Lydiate Lap

Meet: Hall Lane, Lydiate L31 4HH (Corner of Southport Road/Hall Lane, near Church)

20th Aug: Waterloo Coast Loop

Meet: Waterloo train stn (top of steps)

3rd Sep: Formby Coast

Meet: Formby train stn

17th Sep: Velvet Trail

Meet: Hillside train stn



Celebration Walk

A one-off special walk that everyone is invited to. Celebrating 20 years of the Active Walks Programme on Crosby Seafront.

The walk programme officially launched on Thursday 30th October 2003 on Crosby seafront by the Mayor of Sefton with our first volunteer walk leaders, two of which still lead on walks today.

Join us for a circular walk along the promenade and back.

Date: Saturday 2nd September

Time: 10.30am–11.30am

Meet: At large grass area on Crosby Seafront opposite the Coastguard Station (see map).

Distance: 2 mile circular walk along the sea front at Crosby

Nearest Train Stn: Hall Road Train Station is a 5 minute walk from meeting point



Sefton Trailblazers

Walk leaders: Gill and Margaret

Time: 10.30am (unless otherwise stated)

Frequency: Wednesdays/Weekly

Duration: 90–150 mins

Meet: Start/finish at Merseyrail stations

These walks are classed as 'Progressional' for walkers who prefer a brisker pace over a distance of 5 to 7 miles.

Please wear suitable footwear for all types of terrain.

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.

5th July: Woodside to New Brighton Promenade

Meet: Liverpool Central » Wirral Line 10.15am, finish at New Brighton

12th Jul: Ainsdale Woodland Walk

Meet: Ainsdale

19th Jul: ***NO WALK TODAY***

26th Jul: Rimrose Valley

Country Park

Meet: Waterloo

2nd Aug: Asparagus Route

Meet: Formby

9th Aug: Dibbinsdale Nature Reserve

Meet: Liverpool Central » Wirral Line

10.15am, finish at Bromborough

16th Aug: Dune Heath

Meet: Freshfield

23rd Aug: Mersey Waterfront

Meet: Cressington, finish at Aigburth

30th Aug: Little Crosby

Meet: Hall Road

6th Sep: Marine Lake and Gardens

Meet: Southport

13th Sep: Dunes and Meadows

Meet: Hightown

20th Sep: Canal Walk

Meet: Maghull

27th Sep: Town Lane Community Woodland

Meet: Birkdale



Litherland Sports Park Walking Club

Walk leaders: Joe (07930 667 874), Tony (07548 799036) and Ged

Time: 9.45am

Frequency: Wednesdays/Weekly

Meet: Entrance to S'forth & L'land train stn (unless otherwise/platform stated)

Isobel (07722 376 505)

PLEASE BRING A PACKED LUNCH ALONG

NB: no dogs allowed on these walks

(0) denotes approximate mileage of each walk

5th Jul: Two parks (Liverpool) **(6.5)**

St Michael's

12th Jul: Hilbre Island **(6)**

Central to West Kirby

19th Jul: Hurst Green (coach trip) **(7)**

26th Jul: Bradlegh loop **(5)**

Central/Lime Street

2nd Aug: Hale Village **(5)**

Hunts Cross

9th Aug: Chester – Wales circular **(6.5)**

Central/Chester

16th Aug: Ormskirk (Ruff Wood) **(6)**

Sandhills/Ormskirk

23rd Aug: Eastham Rake to Hooton **(6)**

Central/Wirral Line

30th Aug: Seaforth to Hightown **(5.8)**

6th Sep: Willaston circular **(6)**

Central/Hooton

13th Sep: Crosby Circular **(6.2)**

Central/Birkenhead North

27th Sep: Sankey Valley **(6)**

Central/Lime Street



Nordic Walks

Photo of our Nordic Walkers

ALL OUR
Walks
ARE FREE

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. 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.



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 – 60 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 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

> 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

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 26th July, 30th August and 27th September 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 in Rimrose Valley along the Canal on these dates:

Jul: 26th

Aug: 30th

Sep: 27th

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

Friday mornings

> CROSBY:

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

Saturday mornings

> CROSBY:

fortnightly – 90 mins
Walk leaders: Peter and Karl
Time/Place: 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX
Jul: 1st | 15th | 29th
Aug: 12th* longer linear walk, see below | 26th
Sep: 9th | 23rd
***12th Aug: LONGER LINEAR WALK to Hightown**
Option to have a meal/drink at the Hightown Pub and to either walk or get train there and back. Travel pass or cash required.

> FORMBY:

fortnightly – 90 mins
Walk leaders: Peter and Karl
Time/Place: 10.30am at Formby Library Duke St, Formby L37 4AN

Jul: 8th | 22nd

Aug: 5th | 19th

Sep: 2nd | 16th* longer linear walk, see below

***16th Sep: LONGER LINEAR WALK to Hightown**
Option to have a meal/drink at the Hightown Pub and to either walk or get train there and back. 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.

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

Aug: 5th | 12th | 19th | 26th

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



Interested in becoming a volunteer walk leader?

Want to become a **WALK LEADER?**

We are looking for new volunteer leaders to support some of our existing walking groups.

Walk leader training is provided by Ramblers Wellbeing Walks so you could be leading your own walk before the Summer.

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



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 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 you:

- 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

Website: activelifestyles-sefton.co.uk/weigh-forward



Cycling Diary

ALL OUR
Rides
ARE FREE

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.



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.

Sefton and West Lancashire Leisure Cycle Routes

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

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

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
10.15am – 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.



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

We cover distances of between 25–30 miles on each ride. The group cycle at a gentle pace and you will see how easy and rewarding it can be to increase your mileage. We incorporate a lunch stop around half way before returning to Southport for about 3.00pm.

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**

Jul: 6th | 20th

Aug: 3rd | 17th

Sep: 7th | 21st

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. We are a community based cycling group and offer you the opportunity to make new friends, and a chance to increase your cycling.

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

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

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

Thursday Sessions –

10.00am – 12.00pm

> Waterloo Community Centre

Old School Buildings,
Great Georges Rd,
Waterloo L22 1RD

To find out more please contact Bill Cowley.

Email: billcowley@blueyonder.co.uk
Tel: **07948 013618**

Join our Facebook group –

Tour de Friends (AKA Bike Gone Daze)

Tour de Friends is a Waterloo Community Association project



Autumn Newsletter out Sept 2023

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.



**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



Call: 0151 934 2824

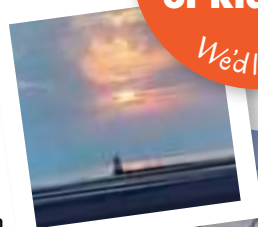
We look forward to hearing from you

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 Summer, including how to get involved.

For general enquiries call –

Sefton Plus on 0345 1400845

Calls cost 2p per minute plus your telephone company's access charge.



active travel

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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