

Sefton's Winter Walking & Cycling Newsletter

Issue 66 / Jan - Mar 2024

ALL OUR
**Walks
& Rides**
ARE FREE



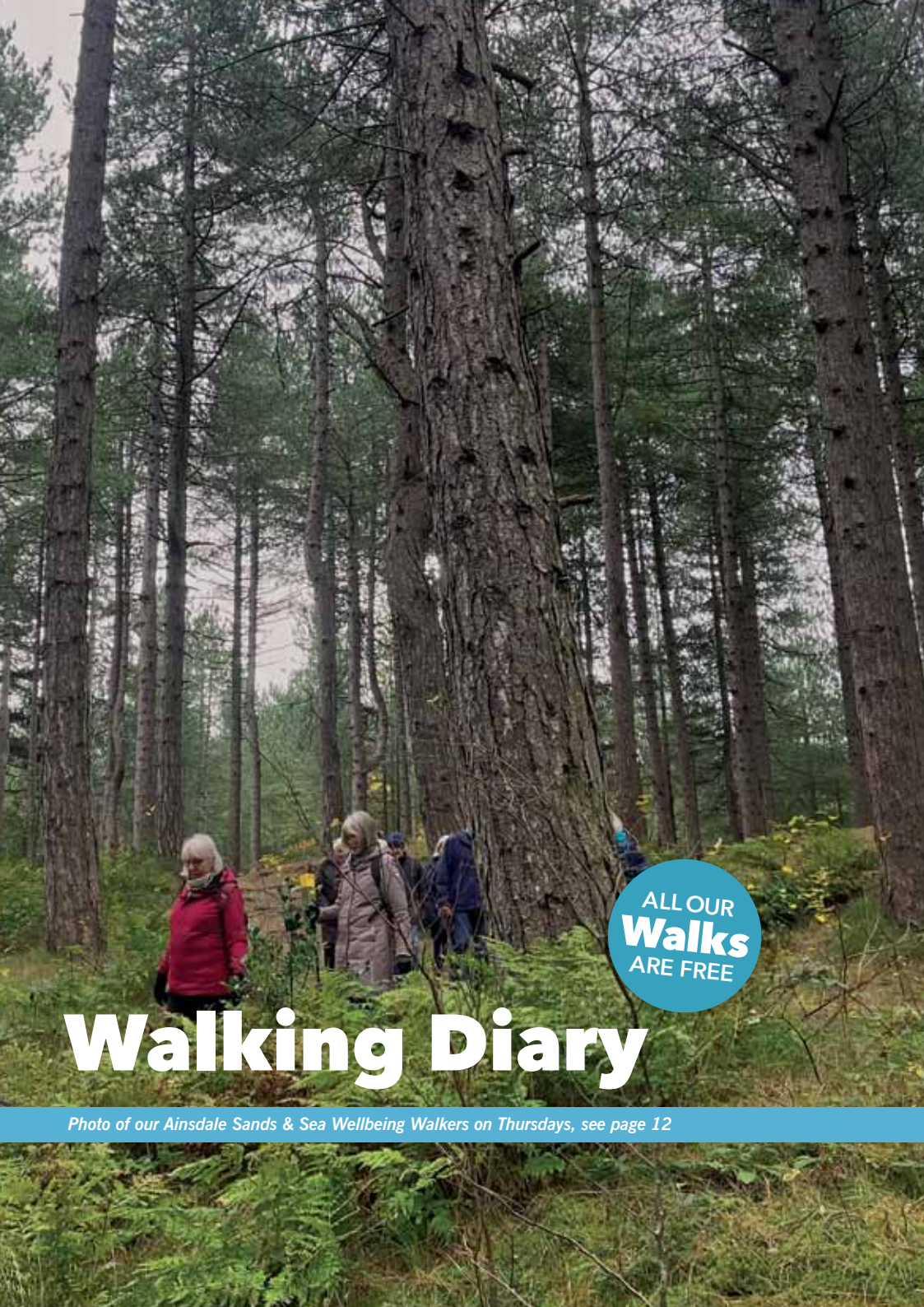
Great walks and rides
all through the Winter!



active travel



Sefton Council 



ALL OUR
Walks
ARE FREE

Walking Diary

Photo of our Ainsdale Sands & Sea Wellbeing Walkers on Thursdays, see page 12

Winter walking and cycling, beautiful, fresh, a little chilly but fabulous, always prepared for whatever the weather throws at us. The walking and cycling groups continue throughout the winter months, so try and fit in what you can and keep active. Keeping active is good for your health and wellbeing and joining a group you will get the benefit of the exercise and the conversation. All our groups are led by leaders who have planned the routes and walked and cycled them many times, so all you need to do is follow them, how easy is that. Find a group local to you, see if the duration of the session suits you and just turn up and join in.

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

The wellbeing walks range from short walks of 30 minutes up to 90 minutes. There are also progression walks, they are longer, from 90 minutes to 150 minutes.

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

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

To assist you the walks are graded:

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

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

Grade 3: for people looking for more challenging walks.

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

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

Guide dogs are allowed on all wellbeing walks.

Active Walks Key

Walking Grades



Grade 1
Short
10–30 mins



Grade 2
Medium
30–60 mins



Grade 3
Longer
60–90 mins



Progressional
90 mins
and over

Frequency and length of walks



Weekly,
Fortnightly, Monthly
Walks



30/45/60/75/90/120
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 0DJ (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 Jan: Mocha

22nd Jan: Hartley's

5th Feb: Bernie's

19th Feb: Scotch Piper

4th Mar: Sefton Meadows

18th Mar: Nourish



Crosby Wellbeing Walks

NEW WALK

Walk leaders: Helen and Steph

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

Meet: Crosby Library Crosby Rd North, Crosby L22 0LQ (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.

No walks in January

Feb: 12th | 26th

Mar: 11th | 25th



Ainsdale Wellbeing Walks

Walk leader: Donna

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

Duration: 45–60 mins

Meet: Ainsdale Medical Centre, 66 Station Road, Ainsdale PR8 3HW

This walk is circular and will include local routes around Ainsdale Village. The group sets the pace, ideal for increasing your activity levels.

The group like to go for a cuppa after the walk at Ainsdale Lunch and Leisure.

Jan: 22nd

Feb: 5th | 19th

Mar: 4th | 18th



Netherton Feelgood Factory Wellbeing Walks



Jan: 22nd | 29th

Feb: 5th | 12th | 19th | 26th

Mar: 4th | 11th | 18th | 25th

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.



Churchtown Wellbeing Walks

Walk leader: Sally

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

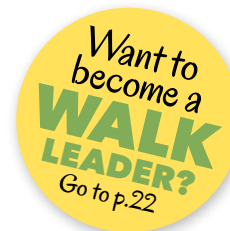
Meet: Corner of Sunny Road, outside Arthur's of Churchtown

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

Jan: 16th | 23rd | 30th

Feb: 6th | 13th | 20th | 27th

Mar: 5th | 12th | 19th | 26th



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.



Jan: 16th | 23rd | 30th
Feb: 6th | 13th | 20th | 27th
Mar: 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.



9th Jan: Bruswick to Pierhead
16th Jan: Croxteth Hall
23rd Jan: Meols to Moreton
30th Jan: Stanley Park
6th Feb: Freshfield to Ainsdale
13th Feb: Port Sunlight
20th Feb: Cressington
27th Feb: New Brighton
5th of Mar: Southport
12th Mar: Princess Park and Sefton Park
19th Mar: Meols to Moreton
26th Mar: Freshfield to Ainsdale



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

16th Jan: 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
23rd Jan: Birkenhead Park
Time/Place: 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand train stn, Liverpool platform

30th Jan: Southern Grasslands
Time/Place: 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand train stn, Liverpool platform

6th Feb: Ruff Woods, Ormskirk
Time/Place: 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Orrell Park train stn, Ormskirk platform

13th Feb: Hoylake
Time/Place: 9.30am corner of Watts/Park Ln, Bootle **or** 10.15am Sir Thomas St

20th Feb: Stanley Park
Time/Place: 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand 68 bus stop

27th Feb: Rotten Row, Southport
Time/Place: 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand train stn, Southport platform

5th Mar: Wavertree Park (The Mystery)
Time/Place: 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand 68 bus stop

12th Mar: New Brighton
Time/Place: 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand train stn, Liverpool platform

19th Mar: Maghull (Hare & Hounds)
Time/Place: 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Orrell Park train stn, Ormskirk platform

26th Mar: Sefton Park
Time/Place: 9.30am corner of Watts/Park Ln, Bootle **or** 10.00am at Bootle New Strand train stn, Liverpool platform

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.

Jan: 16th | 23rd | 30th
Feb: 6th | 13th | 20th | 27th
Mar: 5th | 12th | 19th | 26th



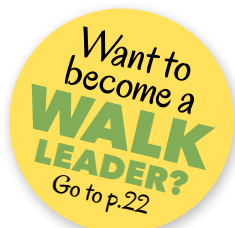
Macmillan Wellbeing Walks



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

Jan: 16th | 23rd | 30th
Feb: 6th | 13th | 20th | 27th
Mar: 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 45 minutes, gentle pace, taking in views of the lake, gardens, and wildlife within the park.

Jan: 23rd
Feb: 6th | 20th
Mar: 5th | 19th



Along a Calm Canal

by Jim Finn

The birds are softly singing
 High in the sky above
 Sending out sweet messages
 In songs of peace and love

Seagulls flying gracefully
 Unto their hearts' delight
 Driving and conniving with
 The rays of golden light

Cute robins bobbing happily
 Amongst the leafy trees
 While magpies boldly swooping
 Go gliding 'gainst the breeze

Flowing through the waters
 Two graceful swans, pure white
 Bonding with the ducks and geese
 And coots as dark as night

Mothers, chicks and ducklings
 Swim on the waterway
 Embraced by gentle ripples
 Athwart the sway of grey

A walk is so refreshing
 Along a calm canal



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

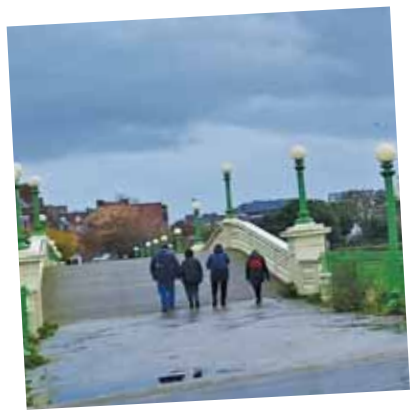


10th Jan: Botanic Gardens
17th Jan: Birkenhead Park
24th Jan: Crosby Marina
31st Jan: Sefton Park
7th Feb: Aigburth to Cressington
14th Feb: New Brighton
21st Feb: Port Sunlight
28th Feb: Formby Squirrel Reserve
6th Mar: Southport Marine Lake
13th Mar: Hall Road to Hightown
20th Mar: Garden Festival
27th Mar: 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.



Jan: 17th | 24th | 31st
Feb: 7th | 14th | 21st | 28th
Mar: 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.

Jan: 11th | 18th | 25th*
Feb: 1st | 8th | 15th | 22nd | 29th*
Mar: 7th | 14th | 21st | 28th*



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.

Jan: 11th | 18th | 25th
Feb: 1st | 8th | 15th | 22nd | 29th
Mar: 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 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

Jan: 18th
Feb: 1st | 15th | 29th
Mar: 14th | 28th



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 Jan: Little Merton Hike
11th Jan: Derby Park
18th Jan: Hatton Hill
25th Jan: Three Park Loop
1st Feb: Little Merton Hike
8th Feb: Derby Park
15th Feb: Hatton Hill
22nd Feb: Three park Loop
29th Feb: Derby Park
7th Mar: Little Merton Hike
14th Mar: Three Park Loop
21st Mar: Hatton Hill
29th Mar: 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.

Jan: 5th | 12th | 19th | 26th
Feb: 2nd | 9th | 16th | 23rd
Mar: 1st | 8th | 15th | 22nd | 29th*

***NO WALK GOOD FRIDAY BANK HOLIDAY**



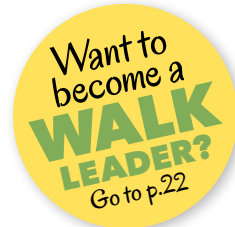
Emily's Wellbeing Walks

Walk leader: Steph
Time: 10.30am | **Frequency:** Weekly
Duration: 30 mins
Meet: ***NEW MEETING PLACE***
 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.

Jan: 19th | 26th
Feb: 2nd | 9th | 16th | 23rd
Mar: 1st | 8th | 15th | 22nd | 29th*

***NO WALK GOOD FRIDAY BANK HOLIDAY**



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****

NO WALKS IN JANUARY

2nd Feb: Coffee House Bridge

9th Feb: Marina & Gardens

Meet: Marina Café

16th Feb: Tesco to Cookson's Bridge

Meet: Tesco Bridge

23rd Feb: Pantry Walk

1st Mar: Cookson's Bridge

Meet: Cookson's Bridge

8th Mar: Hall Rd to Marina
Meet: Bootle New Strand train stn, to catch Southport platform, 10.07am to Hall Road

15th Mar: Hesketh Park
Meet: Bootle New Strand train stn, Southport platform, to catch 9.47am to Southport

22nd Mar: Coffee House Bridge

29th Mar: Marina & Gardens

Meet: Marina Café



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.

Jan: 12th | 19th | 26th
Feb: 2nd | 9th | 16th | 23rd
Mar: 1st | 8th | 15th | 22nd | 29th*

***NO WALK GOOD FRIDAY BANK HOLIDAY**



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 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 Jan: Dobbies and Kew Woods
Meet: Outside Dobbies Garden Centre

23rd Feb: Ormskirk Gingerbread Trail
Meet: Clock Tower in Ormskirk Town Centre

22nd Mar: Hall Road train stn to Waterloo train stn*
Meet: Hall Road train stn
***N.B.** this walk takes place on 22nd Mar as the last Friday of March is Good Friday



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 promenade and seafront.

Jan: 27th
Feb: 10th | 24th
Mar: 9th | 23rd



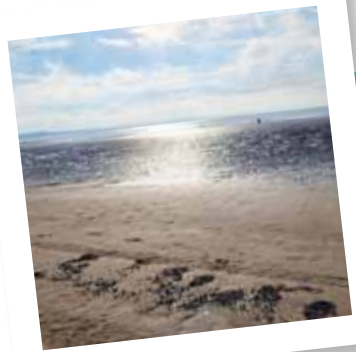
Sunday Sefton Wellbeing Walks

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.

28th Jan: Fisherman's Path and Pinewoods
Meet: Freshfield train stn
11th Feb: Crosby to Hightown Coast Circular
Meet: Hall Road train stn
25th Feb: Ainsdale Coast
Meet: Ainsdale train stn
10th Mar: Crosby Coastal Park
Meet: Waterloo train stn
24th Mar: Formby Beach
Meet: Formby train stn



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.

10th Jan: Liverpool Waterfront
Meet: Moorfields, finish at St. Michael's
17th Jan: Beach Walk
Meet: Formby
24th Jan: Rimrose Valley
Meet: Seaforth & Litherland

31st Jan: Jubilee Woods and canal
Meet: Old Roan
7th Feb: New Brighton to Hoylake
Meet: 10.15am, Liverpool Central » Wirral Line » New Brighton
14th Feb: Sefton Park
Meet: St. Michael's
21st Feb: Crosby to Maghull
Meet: Hall Road
28th Feb: Cheshire Lines
Meet: Freshfield
6th Mar: Hightown Circular
Meet: Hightown
13th Mar: Churchtown
Meet: Southport
20th Mar: Sefton Coastal Path
Meet: Hillside, finish at Ainsdale
27th Mar: Canal walk
Meet: 10.15am Liverpool Central » Wirral line » Bache



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 Jan: Woolton to Calderstones (6.5)

Train to: South Parkway

10th Jan: Leasowe to West Kirby (6.5)

Train to: Central/West Kirby Line
 » Leasowe

17th Jan: Chester wall and river (8)

Train to: Central » Chester

24th Jan: Brunswick to Sefton Park (5.8)

Train to: Brunswick

31st Jan: Eastham Country Park (6.5)

Train to: Central/Wirral Line » Spital

7th Feb: Sankey Valley (7)
Train to: Central » Lime St » Earlestown



14th Feb: Ormskirk » Town Green (7)

Train to: Sandhills » Ormskirk

21st Feb: Wirral Way Early Steps (6)

Train to: Central/Wirral Line » Hooton

28th Feb: Coach Trip to Anglezark (7.5)

Coach departs: 10.00am

6th Mar: Rainford Circular (6.5)

Train to: Sandhills » Headbolt Lane/ Rainford

13th Mar: Maghull to Melling (6)

Train to: Sandhills » Maghull

20th Mar: Ormskirk to Lathom (6.5)

Train to: Sandhills » Ormskirk

27th Mar: West Kirby to Caldy Hill (6.5)

Train to: Central/Wirral Line » West Kirby

(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 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:

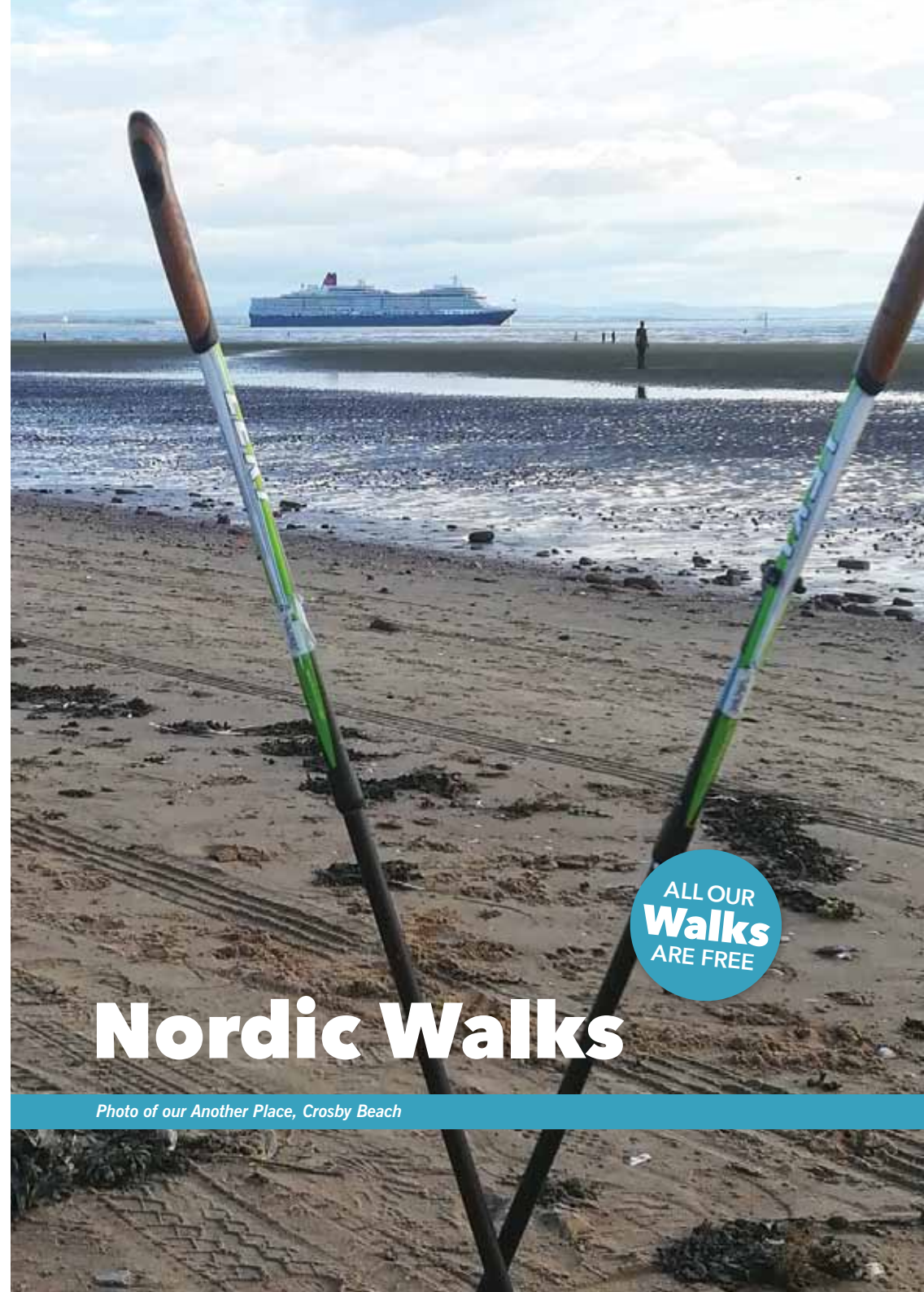
- Individual and realistic approaches on how to lose weight with confidence
- Reduce the confusion and stress about weight loss • Practical ways to apply weight loss tips to your everyday life • Support every step of the way

FREE weight management programme

Call: 0151 934 2352

Email: active.lifestyles@sefton.gov.uk

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



ALL OUR
Walks
 ARE FREE

Nordic Walks

Photo of our Another Place, Crosby Beach

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 three 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 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!

Wed 7th Feb:

Victoria Park, meet at Dunes Splash World outside main entrance. 1.30–2.00pm

Tue 13th Feb:

Leeds & Liverpool Canal, Netherton, meet at Netherton Activity Centre outside main entrance 10.30–11.00am

Wed 14th Feb:

Crosby Prom, meet at Crosby Leisure Centre outside main entrance 10.30–11.00am

'Learn to Nordic' training courses:

Crosby, 2 Day Course:

Sat 24th & Sun 25th Feb: 12.30–2.30pm, meet at Crosby Leisure Centre

Southport, 2 Day Course:

Mon 11th & Mon 18th Mar 1.15–3.15pm, 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 **Crosby** or **Southport**, then from drop down menu select either '**Crosby, Sefton District, Merseyside**' or '**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.



Monday mornings

> MAGHULL:

weekly – 60 mins
Walk Leaders: Margaret and Dave
Time/Place: 10.00am at Meadows Leisure Centre, Hall Ln, Maghull L31 7BB
Walks start 8th Jan

> 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 Leaders: Peter
Time/Place: 1.00pm at 17D Duke St, Formby L37 4AN
Walks start 8th Jan

Monday evenings

> CROSBY:

weekly – 60 mins
Walk leader: Karl
Time/Place: 6.00pm at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX
Walks start 8th Jan

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
Walks start 23rd Jan

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)
Walks start 3rd Jan

PLEASE NOTE: On 31st Jan, 28th Feb and 27th Mar 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:

Jan: 31st

Feb: 28th

Mar: 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
Walks start 24th Jan

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

Jan: 13th | 27th

Feb: 10th | 24th* longer
linear walk, see below

Mar: 9th | 23rd

***24th Feb: 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 17D Duke St, Formby
L37 4AN

Jan: 6th | 20th

Feb: 3rd | 17th

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

30th

***16th Mar: 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.

Jan: 13th | 20th | 27th

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

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

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 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 Litherland Sports Park – Wheels for All on Wednesdays, see page 26



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

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
10.15am – 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.

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

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 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 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 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.



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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