

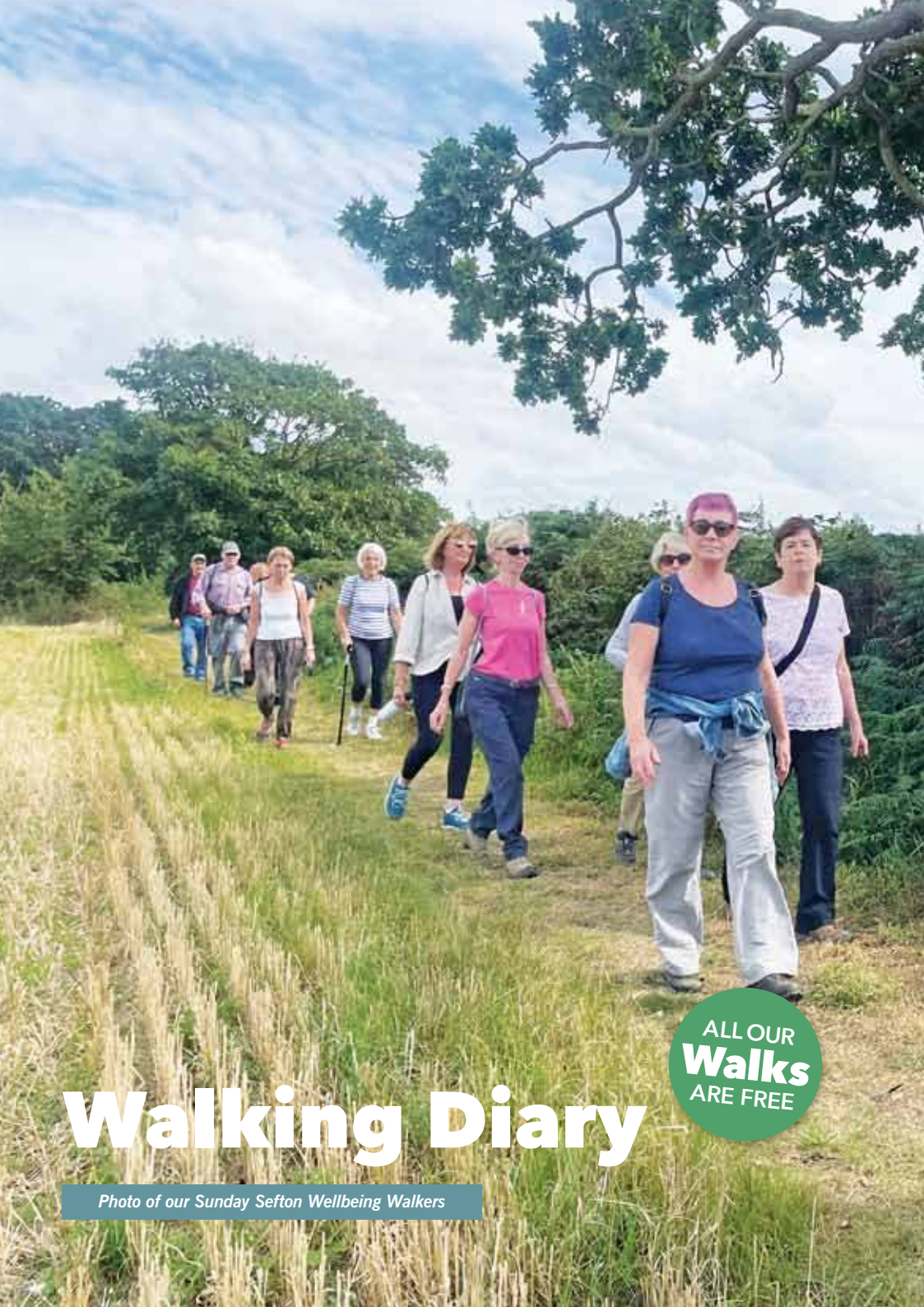
Sefton's Autumn Walking & Cycling Newsletter

Issue 61 / Oct - Dec 2022



ALL OUR
**Walks
& Rides**
ARE FREE

A variety of great walks and
rides to keep you moving
throughout the Autumn



Walking Diary

ALL OUR
Walks
ARE FREE

Photo of our Sunday Sefton Wellbeing Walkers

The wonderful and beautiful season that is Autumn, a favourite with many of our walkers and cyclists, sits stunningly between Summer and Winter. A time when the leaves are all turning eye catching colours of yellows, oranges, and golden browns. The days will be getting shorter, so make the most of them and the autumnal weather. The paths and cycle ways are waiting to be walked and cycled on, whether with one of the organised groups, independently with family and friends or just on your own.

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.



Family Friendly Walks

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

Maghull 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).

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 Oct: Mocha

17th Oct: Hartley's

7th Nov: Scotch Piper

21st Nov: Frank Hornby

5th Dec: Sefton Meadows

12th Dec: Christmas Lunch at The Alt ***NO WALK***

(Time to be confirmed, see walk leader)

19th Dec: Village Diner

(canal route) ***LAST WALK OF 2022***



Crosby Wellbeing Walks

Walk leaders: Beryl and Sue

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 Oct: Brunswick to the Pier Head †

24th Oct: Marine Lake and Prom

14th Nov: Coastguard to Hightown †

28th Nov: Rimrose Valley

12th Dec: Hall Road to Little Crosby ***LAST WALK OF 2022***

(optional lunch at The Nags Head or The Grapes, TBC) †



Netherton Feelgood Factory Wellbeing Walks



Walk leader: Chris

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

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

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

Oct: 3th | 10th | 17th | 24th | 31st

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

Dec: 5th | 12th | 19th ***LAST WALK OF 2022***



Churchtown Wellbeing Walks

Walk leader: Peggy

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

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

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

Oct: 11th | 25th

Nov: 8th | 22nd

Dec: 6th *LAST WALK OF 2022*



Hesketh Park Wellbeing Walks

Walk leaders: Annette

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.

Oct: 4th | 18th

Nov: 1st | 15th | 29th

Dec: 13th *LAST WALK OF 2022*



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.

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

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

Dec: 6th | 13th *LAST WALK OF 2022*



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 Oct: Speke Hall
11th Oct: Port Sunlight
18th Oct: Freshfield to Ainsdale
25th Oct: Meols to Moreton
1st Nov: Cressington
8th Nov: New Brighton
15th Nov: Stanley Park
22nd Nov: Croxteth Hall
29th Nov: Sefton Park
6th Dec: Port Sunlight
13th Dec: Calderstones
20th Dec: Southport *LAST WALK OF 2022*



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: Bootle walks are unsuitable for dogs.

4th Oct: Hoylake

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

11th Oct: Southport Meander

Time/Place: 9.30am corner of Watts/Park Ln **or** 10.00am Bootle New Strand train stn (Southport platform)

18th Oct: *THERE IS NO WALK TODAY BUT A WALK WILL TAKE PLACE ON THURSDAY 20th OCT – SEE BELOW FOR DETAILS*

20th Oct (Thursday): Halsall

Time/Place: 9.30am corner of Watts/Park Ln **or** 10.00am at front of Strand No. 300 bus stop

25th Oct: Bidston

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

1st Nov: Birkenhead Park Trail

Time/Place: 9.30am corner of Watts/Park Ln **or** 10.00am Bootle New Strand train stn (Liverpool platform)

8th Nov: Chester

Time/Place: 9.30am corner of Watts/Park Ln **or** 10.00am Bootle New Strand train stn (Liverpool platform)

15th Nov: Jubilee Trail ***LATER TIME***

Time/Place: 10.00am St. Roberts car park **or** 10.30am at Swan Centre

22nd Nov: Ladygreen Lap

Time/Place: 9.30am corner of Watts/Park Ln **or** North Park at No. 47 bus stop

29th Nov: Liverpool Locks

Time/Place: 9.30am corner of Watts/Park Ln **or** 10.00am Hugh Baird College, Balliol Rd ***LAST WALK OF 2022***

NO WALKS IN DECEMBER

Bus timetables subject to change



Step into the Past Wellbeing Walk & Talk (Age 50+)

Walk leader: Lesley, Kath and Monica

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

Meet: St. Matthew's Church, Sefton OPERA, 410 Stanley Road L20 5AE

These are short walks, talking about the local history, taking photographs on route with the opportunity to come



back to the centre, upload photos and have a cuppa. Each week the routes vary and give walkers the chance to suggest local places of interest.

For more details about these walks call 0151 330 0479.

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

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

Dec: 6th *LAST WALK OF 2022*



NEW WALK Cambridge Road Wellbeing Walks

Walk leader: Helen and Steph

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.

Oct: 11th | 18th | 25th

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

Dec: 6th ***LAST WALK OF 2022***



Wednesday Social Wellbeing Walks

Walk leader: Mike

Time: 10.00am (unless otherwise stated).

Frequency: Weekly

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

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

5th Oct: Brickcroft Longton

Meet: 10.20am, Lord St (outside Debenhams) to catch 10.24am No. 2 bus

12th Oct: Marine Lake

19th Oct: Hall Road to Waterloo

Meet: 10.00am, Southport train stn to catch 10.07am train

26th Oct: Birkdale via Victoria Park and Rotten Row

2nd Nov: Halsall to Scarisbrick Marina

Meet: 10.00am, Eastbank St (outside Specsavers) to catch 10.15am No. 300 bus to Halsall

9th Nov: Dobbies

16th Nov: Freshfield to Ainsdale

Meet: 10.00am, Southport train stn to catch 10.07am train

23rd Nov: Hesketh Park

30th Nov: Marine Lake

7th Dec: Botanic Gardens ***LAST WALK OF 2022***



Seaforth Wellbeing Walks

Walk leader: Lin

Time: 10.15am | **Frequency:** Weekly

Meet: Seaforth & Litherland train stn (platform) or meet at the destination station after 10.15am.

NB: All walks are 2–3 miles long.



5th Oct: Birkenhead Park

12th Oct: Formby Squirrel Reserve

19th Oct: Botanic Gardens

26th Oct: Crosby Marina

2nd Nov: New Brighton

9th Nov: Festival Gardens

16th Nov: Ainsdale Boardwalk

23rd Nov: Southport Marine Lake

30th Nov: Aigburth/Cressington

7th December: Port Sunlight

14th December: Hall Road, Crosby ***LAST WALK OF 2022***



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.

Oct: 6th | 13th | 20th | 27th

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

Dec: 1st | 8th | 15th *LAST WALK OF 2022*



Sefton Torch Wellbeing Walks

Walk leader: Steph and Hannah

Time: 6.00pm | **Frequency:** Varied

Duration: 90 mins

Meet: Meeting points vary – see listings

The evening walks are in different areas of Sefton and the routes include woodland paths, sand dunes, sandy paths and also some inclines.

6th Oct: Formby Squirrel Reserve

Meet: Freshfield train stn

20th Oct: Crosby Promenade

Meet: Hall Road train stn

3rd Nov: Ainsdale Woods

Meet: Ainsdale train stn

17th Nov: Fisherman's Path Coastal Trail

Meet: Freshfield train stn

NO WALKS IN DECEMBER



Formby Wellbeing Walks

Walk leader: Sue

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

Duration: 90–120 mins

Meet: Formby train stn (in large car park entrance area) L37 2JF (unless otherwise stated).

This is a longer walk at a quick pace and will take around 90–120 minutes to complete. There are routes to suit everybody and include Cabin Hill Nature Reserve, National Trust Nature Reserve and Natural England Nature Reserve.

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

Oct: 6th | 13th | 20th | 27th

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

Dec: 1st | 8th (meet at Freshfield train station) | **15th *LAST WALK OF 2022***



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 Oct: Hatton Hill

13th Oct: Derby Park

20th Oct: Little Merton Hike

27th Oct: 3 Parks Loop

3rd Nov: Hatton Hill

10th Nov: Derby Park

17th Nov: 3 Parks Loop

24th Nov: Little Merton Hike

1st Dec: Hatton Hill

8th Dec: Derby Park

15th Dec: Little Merton Hike

22nd Dec: Crosby Marina

Meet: Waterloo train stn at 10.00am

LAST WALK OF 2022



Ainsdale Sands & Sea Wellbeing Walks

Walk leaders: Margaret and Pauline
Time: 10.30am | **Frequency:** Fortnightly
Duration: 60 mins
Meet: MeCycle Café (next to Ainsdale Train Stn), PR8 3HH
 The Ainsdale Sands & Sea Wellbeing Walks are medium paced, lasting approximately 60 minutes, 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

Oct: 13th | 27th
Nov: 10th | 24th
Dec: 8th *LAST WALK OF 2022*



Southport Central Wellbeing Walks

Walk leaders: Tony and Peggy
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.

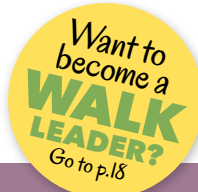
Oct: 7th | 14th | 21st | 28th
Nov: 4th | 11th | 18th | 25th
Dec: 2nd | 9th | 16th *LAST WALK OF 2022*



Moss Lane Wellbeing Walks

Walk leader: Steph
Time: 10.45am | **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.
Oct: 7th | 14th | 21st | 28th
Nov: 4th | 11th | 18th | 25th
Dec: 2nd | 9th *LAST WALK OF 2022*



Sefton OPERA Wellbeing Walks (Age 50+)



Oct: 7th | 14th | 21st | 28th
Nov: 4th | 11th | 18th | 25th
Dec: 2nd | 9th | 16th *LAST
WALK OF 2022*

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 greenspaces with time at the end for a cup of tea or coffee and a chat.



FRIDAY

Dunes Weekly Wellbeing Walks

Oct: 7th | 14th | 21st | 28th
Nov: 4th | 11th | 18th | 25th
Dec: 2nd | 9th *LAST WALK
OF 2022*

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.



Kings Gardens Wellbeing Walks

Walk leaders: Steph and Anne
Time: 10.30am | **Frequency:** Fortnightly
Duration: 30–40 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 30–40 minutes to complete.

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

Oct: 1st | 15th | 29th
Nov: 12th | 26th
Dec: 10th *LAST WALK OF 2022*



Sunday Sefton Wellbeing Walks

Walk leader: Steph, Helen 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.

2nd Oct: Fisherman's Path and woodland

Meet: Freshfield train stn

16th Oct: Marine Lake, Waterloo

Meet: Waterloo train stn

30th Oct: Bootle Canal Walk
Meet: Oriel Road train stn

13th Nov: Ainsdale Dunes

Meet: Ainsdale train stn

27th Nov: Formby Beach, Lifeboat Road

Meet: Formby train stn

11th Dec: Formby Squirrel Reserve

Meet: Freshfield train stn

LAST WALK FOR 2022



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' walks for walkers who prefer a brisk pace (3+ miles per hour) over a distance of 5 to 7 miles. Please wear suitable footwear for all types of terrain. Walks marked with '†' include a refreshment break before the end of the walk.

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 Oct: Canal and docklands (finishing in Liverpool)
Start at: Bank Hall

12th Oct: Wirral Way Willaston †
Start at: Liverpool Central » Wirral Line, 10.15am

19th Oct: Linear walk to Ainsdale via sandy paths and dunes
Meet: Hillside

26th Oct: Circular walk around Lathom
Start at: Ormskirk, 10.40am

2nd Nov: Beach walk
Start at: Formby

9th Nov: Circular walk around Burscough †
Start at: Southport

16th Nov: Linear walk to Hall Rd via Ince Blundell
Start at: Hightown

23rd Nov: Circular walk around Storeton †
Start at: Liverpool Central » Wirral Line, 10.15am

30th Nov: Linear walk to Freshfield via Cheshire Lines
Start at: Ainsdale

7th Dec: Circular walk via Gaws Hill
Start at: Town Green

14th Dec: Crosby Seafront
Start at: Waterloo ***LAST WALK OF 2022***



Litherland Sports Park Walking Club

Walk leaders: Ged (07596 496 061)
 Joe (07930 667 874)

Time: ***NEW TIME*** 10.45am

Frequency: Wednesdays/Weekly

Meet: Entrance to Seaforth & Litherland train stn (unless otherwise/platform stated)

PLEASE BRING A PACKED LUNCH ALONG

NB: no dogs allowed on these walks

(0) denotes approximate mileage of each walk

5th Oct: Chirk – Llangollen (coach trip)

12th Oct: Carr Mill Dam (5.3)

19th Oct: Hooton – Badgers Rake (6)

26th Oct: Seaforth to Maghull (Jubilee Woods) (6.5)

2nd Nov: West Kirby to Meols (6)

9th Nov: Brunswick – Sefton Park (5.6)

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

23rd Nov: Ainsdale to Formby (7.8)

30th Nov: Chester Walls via Roodee (5)

7th Dec: Cressington to Brunswick (6)

14th Dec: Sankey Valley Country Park (6)

21st Dec: Moreton to Seacombe (ferry) (7) ***LAST WALK OF 2022***



My role as a walking and cycling assistant for Sefton



Helen Campbell is our new walking and cycling assistant and started in the role in late April. She has written about her new role for the newsletter.

Since starting as Sefton's new walking and cycling assistant in April I have thoroughly enjoyed getting out and putting my new walking shoes to the test. Over the last three months I have not only walked many miles but also met so many warm and friendly people on the various well being and Nordic walks that Sefton has to offer.

I have personally enjoyed the obvious health benefits of being outside getting exercise but also the benefits of good company and good conversation. A single, consistent message from both walk leaders and walkers across all of the Sefton's walk groups that I have accompanied has stood out for me and that is how important and valuable the walks have been for them for a variety of reasons. I have been humbled by listening to personal stories about how attending Sefton's walks has helped people cope with both physical and emotional setbacks. Many of you have talked about how valuable meeting people has been again and enjoying good company in light of the last couple of years. In addition to meeting

a variety of people I have also been bowled over by the variety of walks available in Sefton and the contrasts in landscapes on offer. I have travelled the length and breadth of the Borough to join as many groups as I have been able to. I have joined well being walks in Southport, Ainsdale, Formby, Maghull, Crosby, Bootle and Seaforth. I have enjoyed Nordic walking on the beach, learned about some of the rare wild flowers that grow on Sefton's coast to enjoying well being walks in Bootle, Seaforth and Maghull and discovering walks in these areas that are totally new to me despite living locally to.

In addition to joining well being walks, I have also been thrilled to assist at the recent Ditch The Stabilisers events run by our Active Sefton colleagues over the summer holidays to support children to learn to ride a bike.

A highlight of my summer has been assisting two young children personally who I watched cycled for the first time without stabilisers in front of me – it will not only be a memorable milestone for them but an abiding memory for me. I have travelled the entire Borough length to length by van also delivering Road Safety awareness learning tools and workbooks to every single infant and primary school in Sefton as part of my road safety role.

It has certainly been a varied and active start and I am really looking forward to the next few months as Autumn begins and getting my extra layers out to join more of you on more of our walks. My walking shoes have been broken in in the best possible way as they collect many more happy miles.



Nordic Walks

ALL OUR
Walks
ARE FREE

Photo of our Nordic Walkers in Southport



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

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

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

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

Monday mornings

> MAGHULL:

NEW TIME

weekly – 60 mins

Walk Leaders: Margaret, Diane 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

12TH DEC – LAST WALK OF 2022

Monday evenings

> CROSBY:

weekly – 60 mins

Walk leaders: Peter and Karl

Time/Place: 6.00pm
at Crosby Leisure Centre,
Mariners Rd, Crosby
L23 6SX

28th NOV – LAST WALK OF 2022



Tuesday mornings

> MAGHULL:

weekly – 90 mins

Walk leader: Brenda

M: 07900 525222

John, Ann and Dave

Time/Place: 11.00am

at Lydiate Parish Hall

288 Southport Rd,

Lydiate L31 4EQ

Tuesday evenings

> FRESHFIELD:

weekly – 60 mins

Walk leader: Steph

Time/Place: 6.00pm

at Freshfield Pub car park,

Massam's Lane,

Formby L37 7BD

Wednesday mornings

> WATERLOO:

weekly – 60 mins

Walk leaders: Peter, Karl,

Pat, Tony and Howard

Time/Place: 10.30am

at Crosby Lakeside

Adventure Centre

Cambridge Rd, Waterloo

L22 1RR (waterside car

park)

*** 14TH DEC – LAST**

WALK OF 2022*

PLEASE NOTE:

On 26th Oct and 30th

Nov our Wednesday

morning walks are

longer and start at an

earlier time and

different location.

See '**LAST WEDNESDAY**

OF EACH MONTH'

details at top of

next column.

LAST WEDNESDAY OF EACH MONTH

Wednesday morning

Waterloo Walks are 90

mins on these dates:

Oct: 26th

Nov: 30th *LAST WALK OF

2022*

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

Oct: 8th | 22nd* (longer linear

walk – see below)

Nov: 5th | 19th

Dec: 3rd *LAST WALK

OF 2022*

22nd Oct:

LONGER LINEAR WALK

to Hightown

Option to walk there and back

or return by train (90 mins one

way or 3 hours return). 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

Oct: 1st | 15th | 29th

Nov: 12th | 26th

Dec: 10th *LAST WALK

OF 2022*

> FRESHFIELD:

weekly – 90 mins

Walk leader: Regina

Time/Place: 10.30am

at Freshfield Pub car park,

Massam's Lane, Formby

L37 7BD

Oct: 1st | 8th | 15th |

22nd | 29th

Nov: 5th | 12th | 19th | 26th

Dec: 3rd | 10th | 17th |

24th *LAST WALK

OF 2022*

Interested in becoming a volunteer walk leader?

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

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

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

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

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

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

Stephanie Boote, Active Walks Coordinator

Email: walking@sefton.gov.uk

(Stating the walk you are interested in volunteering for)

Tel: 0151 934 2824

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

Want to become a
WALK LEADER?

Get Moving. Get Active.



It is important for all of us no matter our age (adults 19+ years) or level of fitness to move more and get our bodies working a little harder for a minimum of 150 mins each week for our general health and wellbeing.

The 150 minutes can be broken down to three 10 minute sessions throughout the day, eventually working towards 30 minutes on five day of each week, for example. We also need to build strength, to keep muscles, bones and joints strong on at least 2 days of the week. Try and minimise sedentary time, break up periods of inactivity. For older adults, work on improving balance on 2 days a week, try bowls, tai chi or dance for example.

UK Chief Medical Officers' Physical Activity Guidelines 2019



Cycling Diary

ALL OUR
Rides
ARE FREE

Pedal Away

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

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

They are open to all, even if you don't own a bike, cycles and helmets are available to use and can be fitted to suit the rider.



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

Tuesdays: Intermediate Riders

> **Litherland Sports Park**
Boundary Lane, Litherland L21 7LA
10.00am – approx 12.00pm
Bikes and helmets are available for loan from **Litherland Sports Park – advanced booking required.**
Tel: **01925 234213**

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 – 2.00pm

After-school: 3.00pm – 5.00pm

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

Bookings can be made here tinyurl.com/WFA-Merseyside or via Jim Yeoman:

Email: jim.yeoman@cyclings.org.uk

Mobile: 07736 974 537



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,

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.

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

This is a great group to join if you're looking to make the step up from your 12 mile ride to the next level. Racking up a distance of about 20 miles ridden at a gentle steady pace, you'll be amazed how easy but rewarding it can be to increase your mileage. The ride always incorporates a lunch stop around half way, so there's a chance to refuel before returning to Southport for about 2.00pm. With a wealth of ride leaders and experienced cyclists in the group any new participants will be in good hands, assisting with route direction and any mechanical issues that may arise.

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

On 1st & 3rd Thursday each month throughout the year.

> **Dunes Splash World**
Esplanade, S'port PR8 1RX
at **10.00am**

Oct: 6th | 20th

Nov: 10th | 24th

Dec: 8th

For more information contact:

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



Tour de Friends

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

This idea has proved very popular as, prior to restrictions, we all rode together and returned to Waterloo Community Centre for lunch at the Community Kitchen (kitchen currently closed).

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

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

Thursday Sessions –
10.00am – 12.00pm

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

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

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



Winter Newsletter out Dec 2022

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




**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:

Suzanne Green, via Instagram: Ainsdale Boardwalk – Independent Walk Routes.

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 Autumn, including how to get involved.

For general enquiries call –
Sefton Plus on 0345 1400845

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



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

 @SeftonTravel

 @activewalkssefton

 #activewalkssefton

visitseftonandwestlancs.co.uk