Group-led walks and rides to keep you bright eyed and bushy tailed.
**Independent Walk Routes**

*Your guide to great walks in Sefton*

Sefton has some of the best walk experiences in the UK.

From scenic coastline to inland waterways, woodland nature trails to meandering country lanes, our independent walk routes are designed to suit all ages and abilities.

Pick up a walk route pack from your local library or Active Travel. All the walks are also available to download at [www.activetravelsefton.co.uk](http://www.activetravelsefton.co.uk)

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**Walks in focus, why not try...**

No booking required, just turn up on the day and get walking.

**Sefton OPERA Health Walk**

Friday mornings, weekly, 10.30am – 60 minutes

This is between a gentle to medium paced walk on a Friday morning that lasts approximately 60 minutes, with a variety of routes in Bootle, across Sefton and beyond. The group meet at Sefton OPERA's office on Stanley Road, Bootle. The office sits at the top of a church, when you arrive at the building, press the buzzer on the right and mention the walk and they will let you in, walk up the stairs and meet the group.

Meet at: St. Matthew’s Church, 410 Stanley Rd, Bootle L20 5AE *(More info Page 16)*

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**Kings Gardens Health Walk**

Saturday mornings, fortnightly, 10.30am – 40 minutes

There is a regular Saturday morning health walk in Southport, a short walk in and around Kings Gardens near the Promenade. The group meet at the carousel by Southport Pier every fortnight and walk for 40 minutes. This is a gentle walk and is ideal for gradually building up your fitness level. The walk is continuous with a couple of rest stops included along the route.

The walk leaders Anne and Steph alternate the lead with this walk and have been doing it a couple of years now, they have between 8–10 walkers join them except when the weather is crazy, wind and rain, then they usually get two people but the walk goes ahead. A good way to start your weekend with a morning walk and then you can get on with the rest of the day, so put the dates in your diary. *(More info Page 17)*

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**Seaforth Health Walk**

Wednesday mornings, weekly, 10.15am – 60 minutes

This walking group meet at Seaforth and Litherland Train Stn (on the platform) every Wednesday at 10.15am, the group then catch the next train and enjoy a 60 minute, medium paced walk at a different location each week. Cressington, along the bank of the River Mersey is a favourite, but other walks include Southport’s Kings Gardens, Croxteth Park, Sefton Park and Ainsdale Board Walk.

The walk leader Lin has been leading walks on the programme since 2000, nearly 20 years, unbelievable. Lin would like to see new walkers join the group this Autumn. *(More info Page 10)*
Walking

Walking Diary

Thursday 13
May Logan Health Walks
Ainsdale Sands and Sea Health Walks
Walking for Health in Hesketh Park
Formby Pool Health Walks
Prambles – Southport
Autumn Torch Walks

Friday 15
Southport & Formby Macmillan Health Walks
Dunes Health Walks
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Sefton OPERA Health Walks

Saturday 17
Kings Gardens Health Walks

Sunday 17
Sunday Health Walks

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Introduction

It’s Autumn 2019 already! This year has flown by and Christmas is not that far away now. Plans are being made but we must keep active and not let ourselves get distracted by the weather, the cold, the fallen leaves, shorter days, the party planning, the buying of presents and general shopping. We must keep on moving, participating in regular physical activity, and many will be doing that through walking and cycling, two great ways of keeping fit and healthy.

Adults should be aiming to achieve at least 150 minutes of moderate physical activity each week, something that makes us feel warmer, breathe a little faster and increases our pulse rate. Children should be keeping active at least 60 minutes every day. Keep moving each and every day, as much as you can, try not to sit for more than 1 hour, if you can, get up and walk around for a minute.

Active Walks is Sefton’s local health walk programme and offers a significant number of regular walking groups across Sefton. The walks continue throughout the year and are led by volunteers.

The walks range from 10 to 30 minutes up to 90 minutes for the Walking for Health walks and 90 to 150 minutes for walks beyond Walking for Health.

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

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

To assist you the walks are graded:
Grade 1: suitable for people who have not walked much before.
Grade 2: suitable for people who are looking to increase their activity levels.
Grade 3: for people looking for more challenging walks.

Special Interest walks: health walks with a twist.
Progressional walks: for people who have undertaken Walking for Health Grade 3 walks and are now looking to take their next steps.

Please note: Please attend a Grade 3 walk before joining a Progressional Walk.

Progressional Walks: brisk pace, varied terrain, can include stiles/steps/gradient and uneven surfaces.

Guide dogs are allowed on all health walks.
Maghull Health Walks
Walk leaders: Sheila, Chris, Sue and Veronica
Time: 10.00am
Place: Maghull Health Centre (outside building), L31 0DJ
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.

7th Oct: Frank Hornby
21st Oct: Hartley’s
4th Nov: Sefton Meadows
18th Nov: Village Diner
2nd Dec: Coach and Horses
9th Dec: The Alt (Christmas Lunch)
Christmas/New Year Break

Netherton Feelgood Factory Health Walks
Walk leader: Billy
Time: 10.00am
Place: Feelgood Factory, Golvers Lane, Netherton L30 5QW
The Feelgood Factory walk is a medium walk of around 60 minutes. The walking routes vary each week taking in local parks and The Leeds Liverpool Canal.
All the walks start and finish at the Feelgood Factory.

7th Oct: 4 Bridges and 2 Parks
14th Oct: Edge Lane Farm
21st Oct: Copy Farm Park
28th Oct: Stand Park
4th Nov: The Barn Owl in Jubilee Woods
11th Nov: Rimrose Valley
18th Nov: Canal to Ormskirk Road
25th Nov: The Criddle Estate
2nd Dec: Litherland Park
9th Dec: Canal to Melling Road
Christmas/New Year Break

Crosby Health Walks
Walk leaders: Beryl and Sue
Time: 10.30am
Place: Crosby Library (foyer), Crosby Rd North, Crosby L22 0LQ (unless otherwise stated).
We meet on the second and fourth Monday of each month, except for Bank Holidays. We sometimes use public transport so walks marked with (†) require a travel pass or cash. We leave the Library promptly at 10.30am (unless otherwise stated) when transport is involved, or you can meet us at Waterloo Train Stn to catch the 10.40am train in either direction.

14th Oct: Marine Lake and Promenade
28th Oct: Brunswick to Pier Head †
11th Nov: Coastguard to Hightown †
25th Nov: Festival Gardens to Brunswick †
9th Dec: Hall Rd, Little Crosby to Nag’s Head, Thornton † (Lunch at the Nag’s Head, optional)
Christmas/New Year Break

Ainsdale Health Walks
Walk leaders: Alasdair and Paul
Time: 11.00am
Place: McCycle Café (next to Ainsdale Train Stn), PR8 3HH
The Ainsdale walk is a medium walk lasting for around 60 minutes, the group passes through the dunes so sensible footwear suitable for walking through dunes is advised. The group finishes with a chat and a coffee in the Mcycle Café afterwards.

Oct: 7th | 14th | 21st | 28th
Nov: 4th | 11th | 18th | 25th
Dec: 2nd | 9th
Christmas/New Year Break
**Box Tree Health Walks**
Walk leaders: Sally and Peggy
Time: 10.30am NEW TIME
Place: Box Tree Kitchen
192 Cambridge Rd, S’port PR9 7LS
(unless otherwise stated).
A short walk of 30 minutes, at a gentle pace around Churchtown, including Botanic Gardens and the community gardens.

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

**Hesketh Park Health Walks**
Walk leaders: Sally and Veronica
Time: 1.30pm
Place: Hesketh Park
(corner of Albert Rd/Park Rd entrance), PR9 9LN
The Hesketh Park walk is a short walk of 45 minutes, gentle pace, taking in views of the lake, wildlife and gardens.

**Formby Pinewoods Health Walks**
Walk leaders: Anne, Margaret and John
Time: 10.30am
Place: Pinewoods Pub (front) on Wicks Green (off Harington Rd), L37 1PR
The Pinewoods Walk is a medium walk that will take around 75 minutes to complete at a steady pace.

**Macmillan Health Walks**
Walk leader: Dave, Glenda, Veronica, Lynda and Tom
Time/Place: 10.30am Macmillan Information Support Centre, 10 Stanley St, S’port PR9 0BY
A short walk around the gardens, pier and Marine Lake, returning to the centre for a cuppa and a chat.

**Waterloo Health Walks**
Walk leader: Chris
Time: 10.30am
Place: Inside Sefton Carers Centre, South Rd, Waterloo L22 5PE
The Carers Centre walk is a medium walk, the walks will take around 60 minutes to complete at a relaxed pace, the group will visit various points of interest within Sefton and beyond.
**Wednesday Social Walks**

**Walk leader:** Mike  
**Time:** 10.00am (unless otherwise stated)  
**Place:** The Atkinson, Lord St, S’port PR8 1DB (unless otherwise stated).  

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

- **2nd Oct:** Southport Pier and Kings Gardens  
- **9th Oct:** Avenham Park  
  **Meet:** 10.00am, Lord St, outside Debenhams to catch 10.08am X2 bus to Penwortham Library  
- **16th Oct:** Marine Lake  
- **23rd Oct:** Halsall to Scarisbrick Marina  
  **Meet:** 10.00am, Eastbank St, outside Specsavers, to catch 10.13am 300 bus to Halsall  
- **30th Oct:** Birkdale via Eco Centre  

**6th Nov:** Freshfield to Ainsdale  
**Meet:** 10.00am at S’port Train Stn to catch 10.13am train to Freshfield  
**13th Nov:** Churchtown via Hesketh Park  
**20th Nov:** Otterspool Prom  
**Meet:** 10.00am at S’port Train Stn to catch 10.13am train to Aigburth  
**27th Nov:** Dobbies  
**4th Dec:** Marine Lake  
**11th Dec:** Botanic Gardens  

**Christmas/New Year Break**

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**Seaforth Health Walks**

**Walk leader:** Lin  
**Time:** 10.15am  
**Place:** Seaforth & Litherland Train Stn (platform) or meet at the destination station after 10.15am.  

**NB:** All walks are 2–3 miles long.

- **2nd Oct:** Croxteth Park  
- **9th Oct:** No walk today  
- **16th Oct:** Ormskirk War Horse Route  
- **23rd Oct:** Ainsdale Board Walk  
- **30th Oct:** Garden Festival  
- **6th Nov:** Blundellsands  
- **13th Nov:** Cressington  
- **20th Nov:** Sefton Park  
- **27th Nov:** Southport Pier & Gardens  
- **4th Dec:** Crosby Marina  
- **11th Dec:** Christmas Lunch  

**Christmas/New Year Break**

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**Litherland Sports Park Walking Club**

**Walk leaders:** Ged, Joe, John, Mike and Sid  
**Time:** 10.00am  
**Place:** Seaforth & Litherland Train Stn (unless otherwise stated)  

**PLEASE BRING ALONG A PACKED LUNCH**

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

- **2nd Oct:** West Kirby to Meols (6)  
  L’pool Central – Wirral line  
- **9th Oct:** Seaforth to Maghull (Jubilee woods) (6.5)  
  Seaforth  
- **16th Oct:** Bidston Hill to Birkenhead Park (5.7)  
  L’pool Central – Wirral line  
- **23rd Oct:** Brunswick to Sefton Park (5.6)  
  Brunswick  
- **30th Oct:** Chester Walls via Roodee (5)  
  L’pool Central – Wirral line  

**6th Nov:** Carr Mill Dam (5.3)  
Lime St – Garswood  
**13th Nov:** Ainsdale to Formby (7.8)  
Ainsdale  
**20th Nov:** Hooton – Badgers Rake (6)  
L’pool Central – Wirral line  
**27th Nov:** Cressington to Brunswick (6)  
Cressington Park  
**4th Dec:** Seaforth to Hightown (5.8)  
Seaforth  
**11th Dec:** Moreton to Woodside (Ferry) (7)  
L’pool Central – Wirral line  
**18th Dec:** Sankey Valley Country Park (6)  
Lime St – Earlestown  

**Christmas/New Year Break**

(0) denotes approximate mileage of each walk

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Want to become a WALK LEADER? Go to p.32
**Sefton Trailblazers**
*Walk leaders: Gill and Margaret*
*Time: Meeting times vary – see listings*
*Place: Meeting points vary – see listings*

There is a great choice of walks across Sefton from the beach and dunes and coastal paths, to the Leeds Liverpool Canal towpath, to country footpaths, lanes and other open areas. The Sefton Trailblazers Walking group explores all that is on offer using Merseyrail stations as start and finishing points. The walks are usually between 5–7 miles in length and last between 90 minutes to 2 ½ hours and are undertaken at a brisk pace.

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

<table>
<thead>
<tr>
<th>Walks in BLACK</th>
<th>Start/Finish at the same train station, walks in PURPLE start/finish at a different station.</th>
</tr>
</thead>
</table>

| 2nd Oct: | Rimrose Valley & Parks* |
| Time/place: | 10.30am Waterloo Train Stn |

| 9th Oct: | Martin Mere & Canal |
| Time/place: | 10.40am Southport Train Stn to catch 10.51am train to Burscough Bridge Train Stn (Refreshment stop at The Farm, Burscough) |

| 16th Oct: | Jubilee Trail* |
| Time/place: | 10.30am Birkdale Train Stn |

| 23rd Oct: | Leasowe Common to Red Rocks* |
| Time/place: | 10.45am Leasowe Train Stn finish at Hoylake Train Stn |

| 30th Oct: | Linear via Simonswood* |
| Time/place: | 10.40am Maghull North Train Stn finish at Maghull Train Stn |

**May Logan Health Walks**
*Walk leaders: Debbie, Dot, Brenda, Cath, Sue and Lesley*
*Time: 10.00am*
*Place: All the walks start at May Logan Healthy Living Centre, L20 5DQ*

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

| 6th Nov: | Sefton Park* |
| Time/place: | 10.35am St Michaels Train Stn |

| 13th Nov: | Little Crosby & Coastal Path* |
| Time/place: | 10.35am Hightown Train Stn |

| 20th Nov: | Canal & River Dee* |
| Time/place: | 10.55am at Bache Train Stn finish at Chester Train Stn |

| 27th Nov: | Lydiate* |
| Time/place: | 10.30am Town Green Train Stn |

| 4th Dec: | Cheshire Lines Path* |
| Time/place: | 10.30am at Ainsdale Train Stn finish at Freshfield Train Stn |

| 11th Dec: | Beach Walk* |
| Time/place: | 10.30am at Formby Train Stn |

**Ainsdale Sands and Sea Health Walks**
*Walk leaders: Margaret and Pauline*
*Time: 10.30am*
*Place: MeCycle Café (next to Ainsdale Train Stn), PR8 3HH*

The Ainsdale Sands walk is a medium walk lasting approximately 60–90 mins at a reasonable pace, some of the walks will include small hills in the sand dunes. These walks offer extensive views of the sea and Sefton coastline and finish with a chat and a coffee in MeCycle Cafe.

If you wish to join the group, please wear sensible waterproof footwear suitable for wet, boggy paths.

| 3rd Oct: | Crosby Marina |
| Time/place: | 10.00am Hightown Train Stn finish at Chester Train Stn |

| 10th Oct: | Hatton Hill |
| Time/place: | 10.00am Southport Train Stn finish at Burscough Bridge Train Stn |

| 17th Oct: | Rimrose Valley |
| Time/place: | 10.00am Southport Train Stn finish at Burscough Bridge Train Stn |

| 24th Oct: | Derby Park |
| Time/place: | 10.00am Southport Train Stn finish at Burscough Bridge Train Stn |

| 31st Oct: | 3 Park Loop |
| Time/place: | 10.00am Southport Train Stn finish at Burscough Bridge Train Stn |

| 7th Nov: | Little Merton Hike |
| Time/place: | 10.00am Southport Train Stn finish at Burscough Bridge Train Stn |

| 14th Nov: | Crosby Marina |
| Time/place: | 10.00am Southport Train Stn finish at Burscough Bridge Train Stn |

| 21st Nov: | Hatton Hill |
| Time/place: | 10.00am Southport Train Stn finish at Burscough Bridge Train Stn |

| 28th Nov: | Derby Park |
| Time/place: | 10.00am Southport Train Stn finish at Burscough Bridge Train Stn |

**Walking for Health in Hesketh Park**
*Walk leaders: Jen, Barbara, Vic, Sue and Lisa*
*Time: 1.30pm*
*Place: Hesketh Park Cafe, PR9 9NW*

A medium walk of 45 minutes in Hesketh Park, this walk is ideal for anyone wanting to increase their activity levels. The walk provides the perfect opportunity to chat to others whilst keeping active.

| 3rd Oct: | 17th | 31st |
| Time/place: | 10.30am Waterloo Train Stn finish at Burscough Bridge Train Stn |

| 10th Oct: | 17th | 31st |
| Time/place: | 10.30am Waterloo Train Stn finish at Burscough Bridge Train Stn |

| 24th Oct: | 3 Park Loop |
| Time/place: | 10.30am Waterloo Train Stn finish at Burscough Bridge Train Stn |

| 31st Oct: | 3 Park Loop |
| Time/place: | 10.30am Waterloo Train Stn finish at Burscough Bridge Train Stn |

| 7th Nov: | Little Merton Hike |
| Time/place: | 10.30am Waterloo Train Stn finish at Burscough Bridge Train Stn |

| 14th Nov: | Crosby Marina |
| Time/place: | 10.30am Waterloo Train Stn finish at Burscough Bridge Train Stn |

| 21st Nov: | Hatton Hill |
| Time/place: | 10.30am Waterloo Train Stn finish at Burscough Bridge Train Stn |

| 28th Nov: | Derby Park |
| Time/place: | 10.30am Waterloo Train Stn finish at Burscough Bridge Train Stn |

| 5th Dec: | 3 Park Loop |
| Time/place: | 10.30am Waterloo Train Stn finish at Burscough Bridge Train Stn |

| 11th Dec: | Beach Walk* |
| Time/place: | 10.30am Formby Train Stn |

| 19th Dec: | Derby Park |
| Time/place: | 10.30am Formby Train Stn |

| Christmas/New Year Break |  |

(*) denotes an opportunity at the end of the walk to stop at a pub or café for refreshments.
Formby Pool Health Walks  
**Walk leaders:** Hilary and Sue  
**Time:** 10.30am  
**Place:** Formby Pool (main reception area), Elbow Ln, Formby L37 4AB  
The Formby Pool walk is a longer walk at a quick pace and will take around 90–120 minutes to complete. There are routes to suit everybody and include Cabin Hill Nature Reserve, National Trust Nature Reserve and Natural England Nature Reserve. Please wear footwear suitable for walking through dunes, along woodland paths and on uneven ground.

3rd Oct: Freshfield Dune Heath  
10th Oct: Devil’s Hole  
17th Oct: Nicotine Woods  
24th Oct: Ravensmeols Hills  
31st Oct: Golf Course Walk  
7th Nov: Cabin Hill  
14th Nov: Larkhill Woods  
21st Nov: Newbys Woods  
28th Nov: Fisherman’s Path  
(Meet 10.30 Freshfield Train Stn, end of large car park)  
5th Dec: Mystery Walk finishing with Christmas meal at Wetherspoons

Southport & Formby Macmillan Health Walks  
**Walk leaders:** Glenda, Dave, Lynda, Tom, Joan and Steve  
**Time:** 11.30am  
**Place:** Start locations vary, see listings.  
The Macmillan walks are medium walks but have a shorter option meaning walks can last for around 20 minutes instead of the medium walks of 40–45 minutes. The walks take place on the first Friday of each month and are for anybody affected by cancer. The walks take place at various locations around Sefton and West Lancs.

4th Oct: Botanic Gardens  
Place: Outside the café  
1st Nov: Hillside  
Place: Outside Hillside Stn  
6th Dec: Hesketh Park  
Place: Outside the café  
Followed by drinks at the Imperial

Christmas/New Year Break

3rd Oct: Freshfield Dune Heath  
10th Oct: Devil’s Hole  
17th Oct: Nicotine Woods  
24th Oct: Ravensmeols Hills  
31st Oct: Golf Course Walk  
7th Nov: Cabin Hill  
14th Nov: Larkhill Woods  
21st Nov: Newbys Woods  
28th Nov: Fisherman’s Path  
(Meet 10.30 Freshfield Train Stn, end of large car park)  
5th Dec: Mystery Walk finishing with Christmas meal at Wetherspoons

Dunes Health Walks  
**Walk leaders:** Jean and Trefor  
**Time:** 1.30pm  
**Place:** Dunes Splash World, (outside the main entrance by the seating), S’port PR8 1RX  
The Dunes walks are medium length walks at a good pace and the walks last approximately 75 minutes. The group walk along the coast and enjoy eye-catching views of the Sefton coastline which include the sea wall path, Velvet Trail, Marine Lake, Jubilee Trail, Kings Gardens and Victoria Park.

17th Oct: Formby Woods  
Place: Freshfield Train Stn  
31st Oct: Lifeboat Road Coastal Trail  
Place: Formby Train Stn  
14th Nov: Crosby Beach  
Place: Hall Road Train Stn

Autumn Torch Walks  
These evening walks give you the opportunity to continue to walk in the evenings in October. Join the walk at 6.00pm from different locations around Sefton for a 90 minute health walk.  
**Walk leaders:** Steph and Hannah  
**Time:** 6.00pm  
**Place:** Start locations vary, see listings.

17th Oct: Formby Woods  
Place: Freshfield Train Stn  
31st Oct: Lifeboat Road Coastal Trail  
Place: Formby Train Stn  
14th Nov: Crosby Beach  
Place: Hall Road Train Stn

Prambles – Southport  
Prambles are an amble with your pram, free to join, friendly and active. The group walk for 60 minutes and sometimes stop off at a local café for a cuppa.  
**Walk leader:** Steph  
**Time:** 10.30am  
**Place:** Linaker Family Wellbeing Centre, Linaker St, S’port PR8 5DB (entrance).

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

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

Dec: 5th | 12th Christmas Lunch  
(Ocean Plaza) 
**(Christmas/New Year Break**

Dunes Health Walks  
**Walk leaders:** Jean and Trefor  
**Time:** 1.30pm  
**Place:** Dunes Splash World, (outside the main entrance by the seating), S’port PR8 1RX  
The Dunes walks are medium length walks at a good pace and the walks last approximately 75 minutes. The group walk along the coast and enjoy eye-catching views of the Sefton coastline which include the sea wall path, Velvet Trail, Marine Lake, Jubilee Trail, Kings Gardens and Victoria Park.

17th Oct: Formby Woods  
Place: Freshfield Train Stn  
31st Oct: Lifeboat Road Coastal Trail  
Place: Formby Train Stn  
14th Nov: Crosby Beach  
Place: Hall Road Train Stn

Autumn Torch Walks  
These evening walks give you the opportunity to continue to walk in the evenings in October. Join the walk at 6.00pm from different locations around Sefton for a 90 minute health walk.  
**Walk leaders:** Steph and Hannah  
**Time:** 6.00pm  
**Place:** Start locations vary, see listings.

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

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

Dec: 5th | 12th Christmas Lunch  
(Ocean Plaza) 
**(Christmas/New Year Break**
Southport Central Health Walks
Walk leaders: Tony and Peggy
Time: 10.30am
Place: Dunes Splash World (reception area), S’port PR8 1RX
The Southport Central walks are gentle paced walks of around 30–45 minutes, taking in routes such as Victoria Park, Jubilee Nature Trail and Marine Lake.

Oct: 4th | 11th | 18th | 25th
Nov: 1st | 8th | 15th | 22nd | 29th
Dec: 6th
Christmas/New Year Break

Sefton OPERA Health Walks
Walk leaders: Vikki, Lynn and Olivia
Time: 10.30am
Place: St. Matthew’s Church/Sefton Opera, 410 Stanley Rd, L20 5AE (Press buzzer, mention the walk, first floor.)
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. N.B. These walks are for anyone over the age of 50.

Oct: 4th | 11th | 18th | 25th
Nov: 1st | 8th | 15th | 22nd | 29th
Dec: 6th
Christmas/New Year Break

Kings Gardens Health Walks
Walk leader: Steph and Anne
Time: 10.30am
Place: Carousel/beginning of Pier, S’port PR8 1QX
The Kings Gardens walk is a short walk at a medium pace and will take around 30–40 minutes to complete.
This walk is ideal for anybody who would like to build up their physical activity levels gradually. A gentle pace with the flexibility to increase if needed, the walk route stays within Kings Gardens for the main part and sometimes includes the pier and sea wall.

Oct: 12th | 26th
Nov: 9th | 23rd
Dec: 7th
Christmas/New Year Break

Sunday Health Walks
Walk leaders: Margaret, Brenda, Chris and Steph
Time: 2.00pm
The walks will continue to be fortnightly throughout the Autumn months. They last no longer than 90 mins and are a medium pace walk.

13th Oct: Woodland Loop
Place: Freshfield Train Stn
27th Oct: Crosby Promenade
Place: Blundellsands & Crosby Train Stn
10th Nov: Lydiate Trail
Place: Hall Lane, Lydiate
24th Nov: Waterloo Coast
Place: Waterloo Train Stn
8th Dec: Christmas Trail
Place: Ainsdale Train Stn
Christmas/New Year Break
Nordic Walks

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

If you have completed the Nordic Technique Training Course then get along to your nearest one, even if it has been a while since you did the training, you will get back into the swing of things.

Nordic Walking is a great exercise and when done correctly has many benefits. The poles improve posture, increase your walking speed and work the upper body.

Monday mornings
> MAGHULL:
  weekly – 60 mins
  Walk leaders: Margaret, Diane and Dave
  Time/Place: 10.15am at Meadows Leisure Centre, Hall Ln, Maghull L31 7BB
  Last walk: 2nd Dec

Monday evenings
> MAGHULL:
  weekly – 60 mins
  Walk leaders: Ann, Brenda, Chris, Dave, John, Stuart and Sue
  Time/Place: 6.30pm at Meadows Leisure Centre, Hall Ln, Maghull L31 7BB
  Last walk: 2nd Dec

Monday afternoons
> FORMBY:
  weekly – 90 mins
  Walk leader: Angela
  Support: Barbara
  Time/Place: 1.00pm at Formby Library Duke St, Formby L37 4AN
  Last walk: 9th Dec

Tuesday evenings
> FRESHFIELD:
  weekly – 60 mins
  Walk leader: Steph, Phil and Anne
  Time/Place: 6.00pm at Freshfield Pub car park, Massam’s Lane, Formby L37 7BD
  Last walk: 3rd Dec

Wednesday mornings
> WATERLOO:
  weekly – 60 mins
  Walk leaders: Pat, Peter and Howard
  Time/Place: 10.30am at Crosby Lakeside Adventure Centre (Bistro side), Cambridge Rd, Waterloo L22 1RR
  Last walk: 11th Dec

Wednesday evenings
> WATERLOO:
  weekly – 60 mins
  Walk leaders: Pat, Peter and Howard
  Time/Place: 10.30am at Crosby Lakeside Adventure Centre (Bistro side), Cambridge Rd, Waterloo L22 1RR
  Last walk: 11th Dec

Friday mornings
> CROSBY:
  fortnightly – 90 mins
  Walk leader: Peter
  Time/Place: 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX
  Oct: 12th | 26th
  Nov: 9th | 23rd – Hightown
  LINEAR WALK
  With an opportunity for a drink and food at the Hightown Pub. Walk or train back.
  Don’t Forget: Bring travel pass or money to return by train.
  Dec: 7th – Formby
  LONGER LINEAR WALK
  Approx 2 hours
  With an opportunity for a drink and food at the Railway Pub. Walk or train back.
  Don’t Forget: Bring travel pass or money to return by train.

Saturday mornings
> NORTHPORT:
  fortnightly – 60 mins
  Walk Leaders: Georgina, John and Steph
  Time/Place: 2.00pm at Dunes Splash World, Esplanade PR8 1RX
  Last walk: 11th Dec

Sunday mornings
> FORMBY:
  weekly – 60 mins
  Walk leaders: Pat, Peter and Howard
  Time/Place: 10.30am at Formby Library, Duke St, Formby L37 4AN
  Last walk: 11th Dec

Nordic Walks
Go to p.20

Nordic Walking UK
It’s a season of change with leaves turning a reddish hue, cool temperatures in the morning and dew forming on the wheel rims! Before winter is upon us, there are still some good cycling days to be had. During this time of the year, the days gradually get shorter approaching winter, so ensure your rides enable you to return home in daylight or have lights on your bike as darkness falls. As with the usual British weather, always have layers of clothing to add on or take off on your journey.

Also remember that the sun is low on the horizon and the glare means that you might not be able to look ahead or drivers may be dazzled by the light and not see you. Using tinted visors/sunglasses, lights and high visibility clothing may help drivers to see you better. Ride boldly into the sunset!

1 Week Step Challenge

How many steps have you done today?
In the UK the average amount of steps an adult takes per day is 3000, but we should be aiming for 10,000 every day!
So what can we do?

It’s easier than you think, just keep walking and not sitting for too long. Increase your steps throughout the week.

Day 1: 2500 steps (1 mile)
Day 2: 3500 steps
Day 3: 4000 steps
Day 4: 5000 steps
Day 5: 6500 steps
Day 6: 8000 steps
Day 7: 10,000 steps

Autumn Breeze!

Autumn with it’s warm, sunny days is a last hurrah before the colder weather arrives.

Sefton’s Nordic Walkers featured in LOVEmyBEACH film for Active Coast 2019.

Our Friday morning Nordic Walking group took part in some filming on Crosby Beach recently for Active Coast. Active Coast is a programme of activity across the whole of the North West coast, with the aim of getting people active and connecting with nature by making the most of our clean and safe beaches.

Thanks to Joyce, Linda and Angela for organising the group for filming. Watch it here: https://youtu.be/ rBnnzofLayA

Active Walks and Active Cycling groups use the coast every week and there are some great organised routes for you to enjoy.

News...

Learn to Nordic Course
4 hours in total – over two days
Saturday 16th AND Sunday 17th Nov
From 10.30am to 12.30pm
Dunes Splash World, Southport (meet at reception)

Cost – £18 per person
Please contact Georgina Morton, Nordic Walking UK Instructor on 01704 224526 or 07977 555946 to book a place on the course.

Places are limited, so book early.

Please note: Active Walks will not be organising any more courses until next year.

Nordic Courses

We have had a few enquiries about Learn to Nordic courses recently, so our Nordic Walking UK Instructor has organised a course in November.
Co-ordinator’s Choice

In each newsletter Sefton’s Active Walks Co-ordinator Stephanie Boote will share one of her favourite walks in Sefton. The first walk is in Formby, it’s called the ‘Lifeboat Road Trail’ and it is 4 miles and 10,000 steps. This is a walk I really enjoy no matter what the weather is like, it’s not sheltered throughout but that doesn’t matter as it is a great coastal walk. It does include uneven terrain and sand filled paths, you just have to work a little bit harder and that’s a good thing in short bursts. If you take it at your own pace, you can do this route, but is not suitable for wheelchairs and mobility scooters.

The route takes me from Freshfield Train Stn via Lifeboat Rd and finishes at Formby Train Stn, with the choice of walking back to Freshfield Train Stn, only an extra 20 mins.

From Freshfield Train Stn (small car park side), cross the road and on to College Ave directly opposite, take first right on to College Path and at the corner use the footpath on the left. The footpath will bring you out on to the corner of Firs Crescent/Firs Link, cross the road immediately and continue on to Firs Link.

As you continue along Firs Link you will see a footpath in front of you, between the houses on St. Peter’s Ave. There are four more similar footpaths that continue to cut through the houses, use these paths, they follow each other until you arrive on Larkhill Ln.

On the corner of Larkhill Ln turn left, cross Dunes Drive but stay on Larkhill Ln, you will see a large field on the other side (right) of Larkhill Ln. Cross Larkhill Ln and walk on to the field, use the central path and head towards the trees, there is footpath (in the middle of the trees) that leads into the woods. This path is narrow, with twists and turns through the woods (watch out for the tree roots), on your left you will see the asparagus field. When you get to the corner of the asparagus field you will notice quite a few tree roots spread across the ground, there is a short path on your right, take this path, then immediately turn left and follow the path that slowly rises up into the trees.

At the top of the path turn right so you reach the top of the hill where there is a bench. At the top of the hill look down towards the sand paths on the right (do not go in to the pinewoods). Walk down the widest sand path that gradually leads you right and this will bring you out in to a large open area, you should see the sand dunes in the distance. Walk towards the sand dunes until you come across the main path, this is a wide, stone path, turn left on to the path and walk towards Lifeboat Rd car park.

Walk around the edge of Lifeboat Rd car park towards the main entrance, it is opposite to where you are now, far side. As you walk past the vehicle entrance on to Lifeboat Rd turn right immediately, the path is tarmac for a while and then sandy as it leads down to the beach, but, you are not going down to the beach. About 50 meters down the tarmac path is a footpath entrance on the left, into a small woods, use this path. You are not in the trees for long, maybe 30 seconds and then you start your walk through the dunes along sandy, grassy paths towards Liverpool. In the distance you should see the a large white building on the shore line on the right.

You are heading towards Albert Rd, the road that leads up to that large white building. Turn left on to Albert Rd, this is a wide, uneven road and follow as it bends left and then right and changes in to Alexandra Rd.

Turn left at the T-junction, this is a private road and there are vehicle passing points along it. When you reach the Lifeboat Rd junction, continue straight on to St. Lukes Church Rd and walk past St. Lukes Church on the left, the road takes you round to the right on to Kirklake Rd. Kirklake Rd leads you to Formby Train Stn where this walk finishes.

If you wish to walk back towards Freshfield Train Stn, you can do this along the road your started out on – College Ave. From Formby Train Stn, (S’port platform) make your way on to Ennerdale Rd using the footpath that leads away from the platform. Turn right on to Ennerdale Rd and then first right Grisedale Close which is a cul-de-sac. There is a footpath at the end of Grisedale Close which takes you through to College Ave. and you can walk the entire length and return to Freshfield Train Stn (20 minutes).

Hope you have enjoyed the walk. In the next issue the walk will be in Lydiate.
10 Reasons to cycle

Thought you couldn’t do it? Thought you wouldn’t enjoy it?
Millions of people have overcome those initial fears and
concerns and have caught the cycling bug again! Individuals,
couples and families are benefiting from this simple, fun and
low cost activity. Whether you are a daily rider, a shopper,
a commuter, you do it for leisure and pleasure or you are
the adventurous type… take to the saddle and ride!

1. Freedom
Cycling gives a sense of freedom that sitting in a car can never give.
Descending a hill on a bike is exhilarating, something you never
feel in a car. Cycling also gives greater freedom about where to go. Many
towns are encouraging pedestrian only areas. With a bike you can go
down narrow lanes, on canal paths and often cut corners that you cannot
do in a car.

2. Quicker Travelling
In many congested towns, a bike can offer the quickest method of transport.
For example, in London average speeds on roads amounts to a paltry
9 mph (this is actually lower than 100 years ago!) Even a moderately fit
cyclist will have no trouble in beating cars, buses and the underground.
Also with a bike, you don’t have to spend time driving around looking for
parking. You can park usually exactly where you want to end up.

3. Saves Money
A good bike costs £200; a reasonable car will cost £5,000. With oil prices
rising through the roof, cycling can also save significantly on petrol costs.
The majority of car journeys are for distances less than 5 miles. These
distances are easily cyclable. These short journeys also have the relatively
highest petrol costs because cars are most inefficient at low speeds. It is
estimated that leaving the car in the garage for the average commuter could
save an estimate £74.14 per week (source: Cycling Weekly June 19th)

4. Lose Weight
Cycling is a low impact aerobic exercise and is an excellent way of losing
weight. Cycling can also be combined with shopping and commuting
therefore, enabling very busy people to find time for exercise. It is also a lot
cheaper than gaining membership to the gym. With obesity becoming an
endemic problem in western society, cycling can play a key role in helping
to keep the population in shape.

5. Health Benefits
Cycling is good for the heart and can help reduce incidence of heart
disease, one of the biggest killers amongst developed countries.
Sedentary lifestyles also contribute to other ‘silent killers’ such as
diabetes and high blood pressure.

6. Relieve Stress
If you work in an office or have a stressful job, exercise such as cycling
can be a powerful way to help reduce stress and take your mind off many
problems. Exercise releases chemicals such as serotonin. Serotonin is known
to promote a feeling of well being. But, also vigorous exercise is an
effective way to take your mind off trifling problems. Often coming
back from a bike ride, you can see problems in a new perspective.

7. It's Egalitarian
Everyone cycles, it is the great social leveller. Rich or poor, Oxford don or
little kid, everyone can enjoy cycling.

8. Reduce Global Warming
Cycling creates no pollution or Carbon dioxide emission. It provides
a powerful way to help make a meaningful contribution to reducing
pollution and preventing future global warming.

9. Less Accidents
Unlike Cars, bikes are not lethal machines. In the UK, over 3,000
people a year die on the roads due to car accidents. An accident involving
bikes may cause injury, but, very rarely will a bike be the cause of a
fatal accident. If more people cycled it would definitely help reduce the
death rate on our roads.

10. It’s Fun
The bike has repeatedly been voted the most popular invention of the
past 200 years. Cycling is simply great fun.
**Cycling Diary**

Into the Autumn we go, but remember to keep those wheels turning. Along with our group-led rides, we have lots of off-road routes available throughout Sefton to enjoy at your leisure.

Whether it’s along the Cheshire Lines between Ainsdale and Maghull or the Leeds and Liverpool Canal through Netherton to Litherland and into Rimrose Valley. These routes are perfect this time of year to see the changes in the season.

Take a look at the ‘Sefton Circular’ – a 24 mile cycle route across Sefton’s, countryside and coast. You can pick up a copy of the leaflet along with all our other cycle routes at the Eco Centre, Southport, or download it from the Active Travel Sefton website http://activetravelsefton.co.uk/downloadssection/

**Southport Hesketh Centre**

Recharge and refresh your mind and body with a gentle social cycle ride with the Hesketh Centre Mental Health and Wellbeing Team.

The rides are open to anyone, they are cycled at a very easy pace and we never leave anyone behind. It’s a great way to get some gentle exercise and de-stress at the same time.

The rides cover a variety of routes around the Southport area and include a café stop to refuel.

**Macmillan Rides**

Specifically for people affected by cancer, these rides provide a great tonic to help raise both physical and mental wellbeing.

The rides are short and ridden at a very steady pace, lasting approximately 1 hour and staying within Southport, taking in routes such as Kings Gardens and Marine Lake, Victoria Park and the Coastal Path.

Some bikes and helmets are available for use if required.

Rides take place every Monday and the group meet at:

- **NEW**
  - 10.15am Indoor Spin Bike Session
  - 11.00am Cycle Ride

DO BOTH OR EITHER ONE

For more information, email: Dave, the group leader
sfccg.macmillancic@nhs.net

Rides take place every Wednesday and the group meet at:

- 10.30am Hesketh Centre
  - on the corner of Albert Rd/ Park Rd West, S’port

For more information, contact:
Tony, the group leader
Tel: 01704 383110
Tour de Friends
As our name suggests we place as much emphasis on the social side as on 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 the chance to increase your cycling, whilst riding along with a great bunch of people.

The rides which are led by trained bike leaders normally last for 2 1/2 hours and are ridden at a leisurely pace. No one is left behind and the routes are all planned to avoid busy roads or built up areas as much as is possible and concentrate on the variety of routes Sefton has to offer.

After the ride it’s all back to Waterloo Community Centre with the option of staying for lunch at the Community Kitchen, which gives a further chance to chat and socialise over a fabulous well deserved meal.

No bike? No problem! We have a limited number of bikes and helmets available. So why not come and join us. We look forward to meeting you.

Thursday Sessions –
10.00am – 12.00pm
> Waterloo Community Centre
Old School Buildings,
Great Georges Rd,
Waterlo0 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

‘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: 3rd | 17th
Nov: 7th | 21st
Dec: 5th
For more information contact: Dawn at Age Concern Liverpool and Sefton on 01704 542993
Tyred Rides
Tyred Rides is now a Community Interest Company, they operate Monday to Thursday on Mornington Road, Southport.

- Repairing and servicing bikes
- Selling good quality bikes at very reasonable prices to the local community

Tyred Rides are also part of Alchemy Youth programme, working with young people to service and repair bikes. They provide them with the skills and training to increase their knowledge in a hands on fashion. These sessions are every Wednesday evening 5.00pm–7.00pm for young people aged 11–19.

So if you’ve got an interest in riding bikes, how they work and how to fix them then Tyred Rides is perfect for you. All tools, parts, bikes and expertise is provided, they have a workshop and keen knowledgeable and friendly staff ready to pass on their skills to get you involved. Once the bikes are fixed they are ready for sale, recycling at its very best, turning once loved bikes back into the community at very affordable prices.

So if you’re looking for a new bike to ride to work or nip to the shops on, or your child has outgrown their current bike, head down and grab a fully serviced bike at knock down prices. The Alchemy Youth Club is on at the same time and at the same venue, so if you have a friend who isn’t interested in bikes, there’ll be plenty for them to get involved in too.

For more information, please call Paul on 01704 380047.
Or go along any Wednesday, 5.00pm–7.00pm, Alchemy Hall (rear of the Parenting 2000, Mornington Rd, Southport PR9 0TS).

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.

These rides also encompass either a café stop midway or a chance to grab a brew, a slice of cake or a sandwich at the end. 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.

Bikes and helmets are available for loan – advanced booking required.
For Litherland
Tel: 0151 934 4259
Email: cycling@sefton.gov.uk
For Mecycle
Tel: 01704 579353
Email: emailus@mecycle.co.uk
Volunteer Health Walk Leaders needed!

Active Walks – Sefton’s local Health Walk Programme is looking for volunteers to lead and support existing walking groups in Southport and Maghull.

If you enjoy walking and talking then this might interest, your role would be to lead groups of people in and around Sefton on routes that you have planned and recced. The walks run throughout the year with a short break at Christmas and New Year, the main aim is provide short, regular health walks so the communities of Sefton can keep active and build up their physical activity levels.

The training is a one day course, provided by the National Programme, Walking for Health.

The walks that need walk leaders carry the round, yellow ‘Want to become a Walk Leader?’ stamp throughout the newsletter.

Contact Stephanie Boote, Active Walks Co-ordinator on 0151 934 2824 to discuss further.

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.

For Walking enquiries: stephanie.boote@sefton.gov.uk
0151 934 2824
Further information is available at: activetravelsefton.co.uk
Email: activetravel@sefton.gov.uk
@SeftonTravel
visitseftonandwestlancs.co.uk