

Sefton's Spring Walking & Cycling Booklet

Issue 71 / Apr - Jun 2025

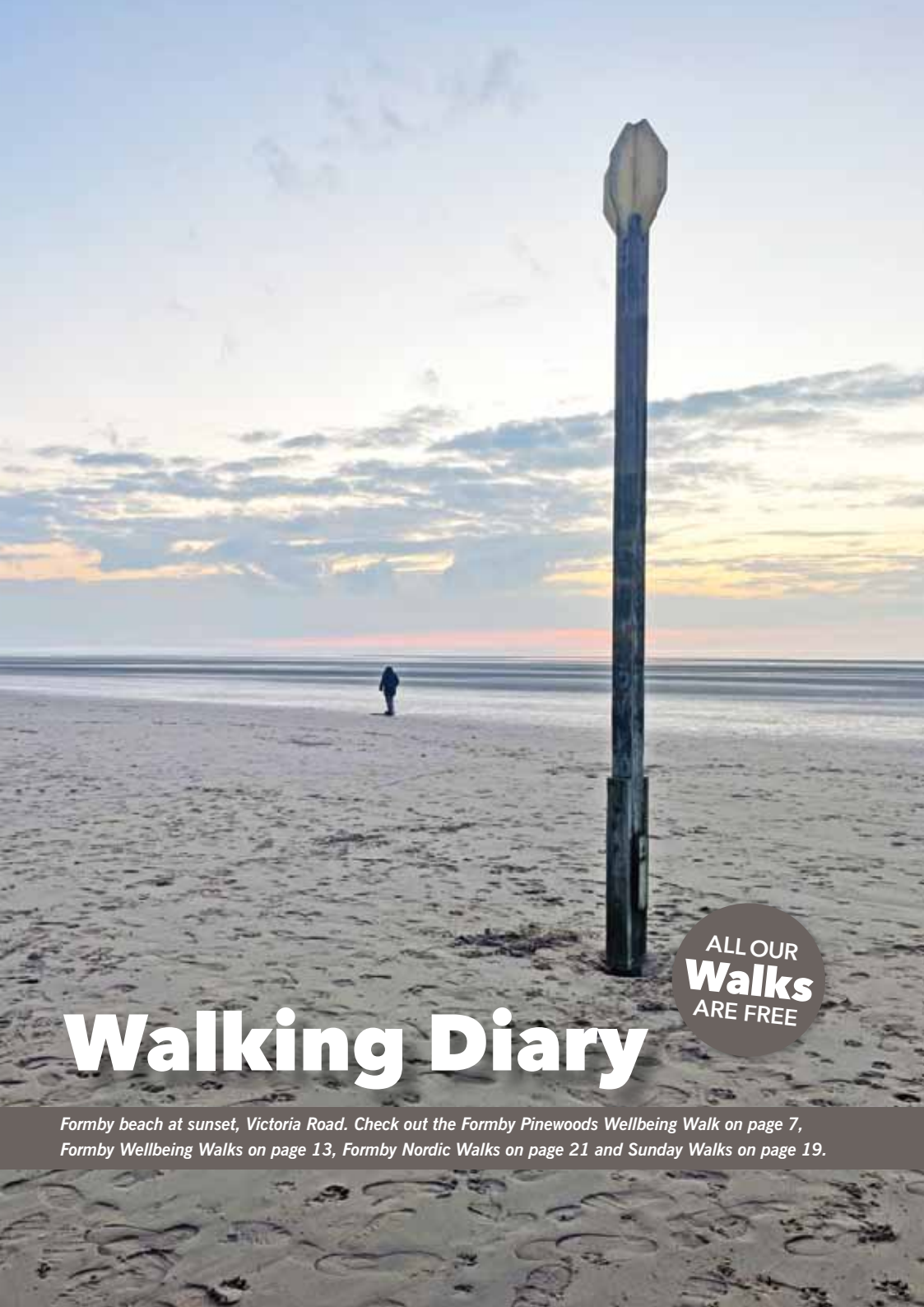
ALL OUR
**Walks
& Rides**
ARE FREE



active travel



Sefton Council 



Walking Diary

ALL OUR
Walks
ARE FREE

Formby beach at sunset, Victoria Road. Check out the Formby Pinewoods Wellbeing Walk on page 7, Formby Wellbeing Walks on page 13, Formby Nordic Walks on page 21 and Sunday Walks on page 19.

Welcome to the Spring Walking & Cycling Booklet. Spring ushers in longer and warmer days and the sight of new flowers and greenery in the many woods, parks and coastal paths across Sefton, makes it the perfect time to get outside and enjoy some walking and cycling. Get more active this Spring and enjoy having an ‘extra Spring’ in your step as you hear the birds singing. Walking and cycling are great ways to increase your physical activity throughout the season and joining a group means you can explore new areas of Sefton during the lighter, warmer days.

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

Crosby Wellbeing Walks

Walk leaders: Margaret
Time: 10.30am
Frequency: Fortnightly
Meet: Crosby Library Crosby Rd North, Crosby L22 0LQ (in the foyer).

Join us for 60-75 minute circular walks, where we enjoy routes in Rimrose Valley Country Park or along the Crosby Coast, including the Seafront Gardens and Marine Lake.



Apr: 7th | 21st
May: 5th *NO WALK*
 Bank Holiday | 19th
Jun: 2nd | 16th



Maghull Wellbeing Walks

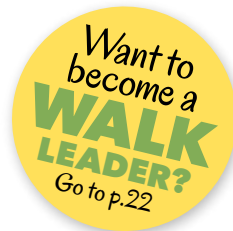
Walk leaders: Sheila, Chris, Sue and Veronica
Time: 10.00am
Frequency: 1st and 3rd Monday
Meet: Maghull Health Centre L31 0DJ (outside the rear of the centre).

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.

7th Apr: Sefton Meadows
28th Apr: Scotch Piper
5th May: Lunt Meadows
 Spring Bank Holiday Walk
 No coffee shop stop today, bring a drink and your binoculars maybe!
19th May: Coffee Carriage or Bernie's
2nd Jun: Hartley's
16th Jun: Nourish



Netherton Feelgood Factory Wellbeing Walks



Walk leader: Tony
Time: 10.00am | **Frequency:** Weekly
Meet: Feelgood Factory, Glovers Lane, Netherton L30 5QW

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



Apr: 7th | 14th
 21st *NO WALK*
 Bank Holiday | 28th
May: 5th *NO WALK*
 Bank Holiday
 12th | 19th | 26th *NO WALK*
 Bank Holiday
Jun: 2nd | 9th | 16th | 23rd | 30th



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

1st Apr: Rotten Row

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Southport platform)

8th Apr: Seacombe Prom

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10.45am at Landing Stage, Pier Head for 11am ferry

15th Apr: West Kirby

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform)

22nd Apr: Croxteth Park

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at 61 Bus Stop, Moss Lane

29th Apr: Ladygreen Lap

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at North Park

6th May: Parkgate

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10.15am at Sir Thomas St

13th May: Allerton Manor

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform)

20th May: Hesketh Park

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Southport platform)

27th May: New Brighton, Boat Yard

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform)

3rd June: Cressington

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform)

10th June: Hoylake

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10.15am Sir Thomas St

17th June: Sefton Park

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform)

24th June: Summer Meal

To be arranged



Churchtown Wellbeing Walks

Walk leader: Sally

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

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

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



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

May: 6th | 13th | 20th | 27th

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

Formby Pinewoods Wellbeing Walks

Walk leaders: John, Terry and Steve

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

Meet: At front of Pinewoods Pub, Wicks Green (off Harington Rd), L37 1PR

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

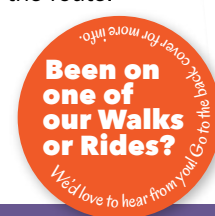
All the walks use the pinewoods and coastal footpaths, there will be sandy paths and gentle inclines throughout the route.



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

May: 6th | 13th | 20th | 27th

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



Hesketh Park Wellbeing Walks

Walk leader: Cath
Time: 1.30pm | **Frequency:** Fortnightly
Duration: 30-45 mins
Meet: Hesketh Park (corner of Albert Rd/Park Rd entrance), PR9 9LN

This walk around Hesketh Park takes 30–45 minutes each week, gentle pace, taking in views of the lake, gardens, and wildlife within the park.



Apr: 8th | 22nd
 May: 6th | 20th
 Jun: 3rd | 17th

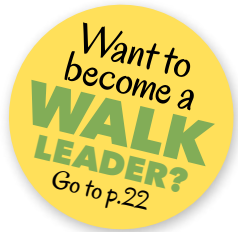


Macmillan Wellbeing Walks



Walk leader: Lynda, Tom, Terry, Carol and Moira
Time: 10.30am | **Frequency:** Weekly
Meet: outside The Atkinson, Lord St, S'port, PR8 1DB
 A 60 minute circular walk around Kings Gardens, sea front and Marine Lake.

Apr: 1st | 8th | 15th | 22nd | 29th
 May: 6th | 13th | 20th | 27th
 Jun: 3rd | 10th | 17th | 24th



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 and Waterloo that will include routes around Rimrose Valley, Potter's Barn and Crosby Coastal Park. All the walks will start and finish at South Sefton Adult Education Centre with the opportunity to have a tea/coffee and a chat at the Centre's café at the end of the walk. All are welcome.

Apr: 1st | 8th | 15th | 22nd | 29th
 May: 6th | 13th | 20th | 27th
 Jun: 3rd | 10th | 17th | 24th



Waterloo Wellbeing Walks

Walk leaders: Chris and Mike
Time: 10.30am | **Frequency:** Weekly
Meet: Waterloo train stn, on platform
 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.

1st Apr: Freshfield to Ainsdale
8th Apr: St Michael's to Pierhead
15th Apr: Sefton Park
22nd Apr: Birkenhead Park
29th Apr: New Brighton
6th May: Meols to Moreton
13th May: Cressington
20th May: Southport
27th May: Freshfield to Ainsdale
3rd Jun: Calderstones
10th Jun: Sefton Meadows
17th Jun: St Michael's to Pierhead
24th Jun: Chester



Atkinson Wellbeing Walks

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

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



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



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

2nd Apr: Garden Festival
9th Apr: Sefton Park
16th Apr: Squirrel Reserve, Formby
23rd Apr: Botanic Gardens, Southport
30th Apr: Birkenhead Park
7th May: Southport
14th May: Crosby Marina
21st May: New Brighton
28th May: Ainsdale Board Walk
4th Jun: Cressington
11th Jun: Waterloo 3 parks
18th Jun: Blundellsdands
25th Jun: Crosby Marina



Sefton Trails Wellbeing Walks

Walk leader: Tony
Time: 10.30am | **Frequency:** Fortnightly
Duration: 90 mins

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

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

NB: no dogs allowed on these walks

2nd Apr: Hall Rd to Waterloo
Meet: Hall Rd train stn
16th Apr: Southport circular (music walk)
Meet: Southport train stn
30th Apr: Old Roan to Lydiate
Meet: Old Roan train stn
14th May: Freshfield circular (Malcolm's view)
Meet: Freshfield train stn
28th May: Southport meander (music walk)
Meet: Southport train stn
11th Jun: Bootle parks
Meet: start/finish Bootle Oriel Road train stn
25th Jun: Hillside to Southport (music walk)
Meet: Hillside train stn



LONGER WALKS
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: All walks start at Seaforth & Litherland train stn with exception of walks marked ** which start at New Strand bus stn at 10.15am

PLEASE BRING A PACKED LUNCH ALONG

(O) denotes approximate mileage of each walk



- 2nd Apr:** Cressington/ Brunswick (6)
- 9th Apr:** The Dream (7.5)
- 16th Apr:** Bache/Ellesmere Port (Optional visit to boat museum, entry fee £6) (7)
- 23rd Apr:** Seaforth/Maghull via Jubilee Woods, walk from Seaforth (7.5)
- 30th Apr:** Chester River Walk (7)
- 7th May:** Hale Village (7)
- 14th May:** Bache /Capenhurst (7)
- 21st May:** Southport/Kew Woods (7)
- 28th May:** Town Green/Rainford (7)
- 4th Jun:** Hilbre Island (7.5)
- 11th Jun:** Bradley Loop (6.5)
- 18th Jun:** Seaforth Liverpool Canal Walk, visit to Brocklebank Tug Boat (8)
- 25th Jun:** Wirral Way Early Steps (7)



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
 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.

- Apr:** 3rd | 17th
- May:** 1st | 15th | 29th
- Jun:** 12th | 26th



Formby Wellbeing Walks

Walk leader: Sue and Tony (07752 927092)

Time: 10.30am | **Frequency:** Weekly
Duration: 90 mins

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

*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.

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

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



Walking for Health in Hesketh Park Wellbeing Walks

Walk leader: June
Time: 1.30pm | **Frequency:** Weekly
Duration: 30–45 mins
Meet: Hesketh Park Cafe (in the park), PR9 9NW
 This walk is ideal for anyone wanting to increase their activity levels. The walk provides the perfect opportunity to chat to others whilst keeping active.



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

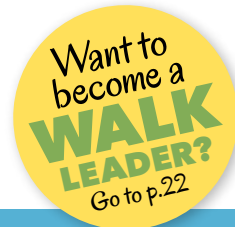


May Logan 'Walk & Talk' Wellbeing Walks



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 except Crosby Marina walks when we meet at Waterloo train station
 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.

3rd Apr: Crosby Marina
 10th Apr: Derby Park
 17th Apr: Hatton Hill
 24th Apr: 3 park Loop
 1st May: Crosby Marina
 8th May: Derby Park
 15th May: Hatton Hill
 22nd May: 3 Park Loop
 29th May: Crosby Marina
 5th Jun: Derby Park
 12th Jun: Hatton Hill
 19th Jun: 3 Park Loop
 26th Jun: Derby Park



Southport Wellbeing Walks

Walk leader: Tony
Time: 10.30am | **Frequency:** Weekly
Duration: 60 mins
Meet: ***NEW MEETING POINT***
 The Atkinson, Lord St, S'port PR8 1DB (unless otherwise stated).
 The walk will enjoy the wonderful gardens close by, Marine Lake and the seafront on this 60 minute circular walk.

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



Dunes Weekly Wellbeing Walks

Walk leaders: Jean
Time: 1.30pm | **Frequency:** Weekly
Duration: 75 mins
Meet: Dunes Splash World, (outside the main entrance by the seating), S'port PR8 1RX
 The Dunes Weekly Walks are approximately 75 minutes long and at a good pace. The group walk along the coast and enjoy views of the Sefton coastline, which include the sea wall path, Velvet Trail, Marine Lake, Jubilee Trail, Kings Gardens and Victoria Park.

Apr: 4th | 11th | 18th *NO WALK*
 Good Friday | 25th
 May: 2nd | 9th | 16th | 23rd | 30th
 Jun: 6th | 13th | 20th | 27th



Emily's Wellbeing Walks

Walk leader: Steph

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

Duration: 30 mins

Meet: Emily's Sandwich Bar,
22 Old Park Ln, PR9 7BG (Corner of
Old Park Ln/Chester Rd

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



Apr: 4th | 11th |
18th *NO WALK*
Good Friday |
25th *NO WALK*

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

Jun: 6th | 13th | 20th | 27th



Further Afield Friday Wellbeing Walks

Macmillan Walk leaders: Moira, Terry, Carol, Joan, Steve, Lynda and Tom

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.

25th Apr: Hillside Loop

Meet: Hillside train stn

20th May: Mere Sands Woods
circular walk

Call Southport Macmillan Centre
for details, 01704 533 024

27th Jun: Hall Road to Waterloo

Meet: Hall Road train stn



Sefton OPERA Wellbeing Walks (Age 50+)



Walk leaders: Vikki, Lynn, Stacy
and Peter

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****

4th Apr: Rimrose Valley

Meet: Tesco Bridge

Walking from Tesco through Rimrose
to Waterloo Hub

11th Apr: New Brighton

Meet: Liverpool Central train stn
Northern Line 9.59am train alight
Central Station, change to
Wirral Line 10.30am train,
alight New Brighton

25th Apr: Coffee House Bridge

Meet: St. Matthew's Church

2nd May: Hall Road to Crosby
Marina

Meet: Hall Road train stn
Southport Platform, 10.07am
at Bootle New Strand train stn,
alight Hall Road train stn

9th May: Otterspool Prom

Meet: St Michaels train stn
Liverpool platform 9.59am train,
alight St Michaels train stn

16th May: Canal Walk

Meet: Tesco Bridge
Walking along the canal to
James Horrigan

23rd May: Fisherman's Walk

Meet: Freshfield train stn
Southport Platform, 10.07am
at Bootle New Strand train stn,
alight Freshfield Train Station
Following Fisherman's Path Trail

30th May: Crosby Marina Gardens

Meet: Marine Café
Walking around lake and gardens

6th Jun: Hesketh Park

Meet: Southport train stn
Southport platform, 9.47am at
New Strand Bootle, alight at
Southport train stn

13th Jun: Thornton Walk

Meet: Aldi, Virgins Lane
bus 63/54/47/X2 from Bootle

20th Jun: Crosby Marina and Gardens

Meet: Marine Café, walking around lake
and gardens onto Waterloo Hub

27th Jun: Office walk

Meet: Tesco bridge
Walking to St Matthew's Church



Southport Central Wellbeing Walks

Walk leaders: Annette

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

Duration: 30–45 mins

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

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

Apr: 4th | 11th | 18th *NO WALK*
Good Friday | 25th

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

Jun: 6th | 13th | 20th | 27th



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.

Apr: 12th | 26th

May: 10th | 24th

Jun: 7th | 21st



Sunday Sefton Wellbeing Walks

Walk leader: Steph, Helen, Tony, Hannah and Andrew

Time: 2.00pm | **Frequency:** Weekly

Duration: 90 mins

Meet: Meeting points vary – see listings

The Sefton Sunday Wellbeing Walks take place every week 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.

*Linear routes – a walk starting in one location and ending in another location

6th Apr: Formby Lifeboat Rd

Meet: Formby train stn

13th Apr: Kew Woods

Meet: Birkdale train stn

20th Apr: *NO WALK*

Easter Sunday

27th Apr: Freshfield Wander

Meet: Freshfield train stn

4th May: Birkdale Common

Meet: Hillside train stn

11th May: Hightown to Formby

Linear route

Meet: Hightown train stn finish at Formby train stn

18th May: Ainsdale Pinewoods

Meet: Ainsdale train stn

25th May: Lydiate

Meet: corner of Hall Lane and Southport Road, Lydiate

1st June: Crosby Coast

Meet: Hall Road train stn

8th Jun: Fisherman's Path Coast Walk

Meet: Freshfield train stn

15th June: Formby Coastal Trail

Meet: Formby train stn

22nd Jun: Crosby Coastal Walk

Meet: Waterloo train stn

29th June: Formby National Trust Reserve

Meet: Freshfield train stn





Join one of our Nordic walks, 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. The Nordic Walking poles are adjustable to your height and they propel you forward, you are working harder and walking faster with the support of the poles.

Anyone wishing to join a walking group must first take part in a 'Learn to Nordic' training course.

There will be training courses taking place soon, please contact Active Walks on 0151 934 or email walking@sefton.gov.uk for more information.



No Nordic Walks on Bank Holidays

Monday mornings

> MAGHULL:

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

Monday afternoons

> FORMBY:

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

Tuesday mornings

> LYDIATE:

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

Tuesday evenings

> FRESHFIELD:

weekly – 60 mins
Walk leader: Steph
Time/Place: 6.00pm at Freshfield Pub car park, Massam's Lane, Formby L37 7BD

Wednesday mornings

> WATERLOO:

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

PLEASE NOTE: On 30th Apr/28th May/25th Jun our Wed morning walks are longer and start at an earlier time and different location. See '**LAST WED OF EACH MONTH**' details below.

LAST WEDNESDAY OF EACH MONTH

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

30th Apr, 28th May, 25th Jun

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

Saturday mornings

> CROSBY:

fortnightly – 90 mins
Walk leaders: Peter
Time/Place: 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX

Apr: 12th | 26th
May: 10th | 24th

Jun: 7th | 21st

> FORMBY:

fortnightly – 90 mins
Walk leaders: Peter and Karl
Time/Place: 10.30am at 17D Duke St, Formby L37 4AN

Apr: 5th | 19th

May: 3rd | 17th | 31st

Jun: 14th | 28th



Interested in becoming a volunteer walk leader?

More volunteer walk leaders needed to support our existing walking groups.

We are looking for new walk leaders to get involved with leading and assisting on our regular wellbeing walking groups and our Nordic Walking groups.

The wellbeing walks are part of the National programme, Ramblers Wellbeing Walks and have been running for many years, short, easy walks across Sefton. Walk Leader Training is provided from Ramblers Wellbeing Walks, approx. 6 hours, 3 hours online and 3 hours 'face-to-face' training at a venue in Sefton. Nordic Walking UK provide the Walk Leader Training online for the Nordic Walks on our walk programme.

There are several walks in different areas of Sefton that need support with some of the walks only having one leader.

Contact the Active Sefton Walks Co-ordinator for more information and to discuss the walks on 0151 934 2824 or email walking@sefton.gov.uk

Want to become a
WALK LEADER?



ALL OUR
Rides
ARE FREE

Cycling Diary

Photo of The Chain Gang riders on Thursdays, see page 27

Dover Cycling Fellowship (DCF)

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



Pedal Away

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

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

Tuesdays:
Intermediate Riders
> **MeCycle Café**
59 Station Rd, Ainsdale PR8 3HH
10.30am – approx 12.30pm

Fridays:
Intermediate Riders
> **MeCycle Café**
59 Station Rd, Ainsdale PR8 3HH
10.30am – approx 12.30pm



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
We are open 12pm to 4pm

PLEASE NOTE:

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

HOW TO BOOK:

Group Bookings can be made by calling or emailing John Lloyd
M: 07842015037
E: john.lloyd@wheelsforall.org.uk

Been on one of our Walks or Rides?

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



Tour de Friends

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

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

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

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

Thursday Sessions –

10.00am – 12.00pm

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

To find out more please contact Bill Cowley.

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

Join our Facebook group –

Tour de Friends (AKA Bike Gone Daze)

Tour de Friends is a Waterloo Community Association project

The Chain Gang Rides for the over 50's

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

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

With a wealth of ride leaders and experienced cyclists in the group, any new participants will be in good hands. Don't worry about expensive cycling kit, come along in appropriate, comfortable clothing (helmets recommended) and a serviceable bike and you'll be pleasantly surprised at what you can achieve.

For more information contact:

Judy Alderson on 01704 553739
or Kay Sutton on 07840 724451

Thursday Sessions –

From 10.00am

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

Apr: 3rd | 17th

May: 1st | 15th

Jun: 5th | 19th



Summer Newsletter out June 2025

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 find all the walking and cycling information on the Sefton Council website, www.sefton.gov.uk



**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 Spring, including how to get involved.


For general enquiries call –
Sefton Plus on 0345 1400845

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

For Walking enquiries:

walking@sefton.gov.uk
0151 934 2824

 @SeftonTravel

 @activewalkssefton

 #activewalkssefton

visitseftonandwestlancs.co.uk



active travel