Spring has sprung, time to join one of our great walks or rides throughout Sefton.
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Walking Diary

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.

Introduction
Now the clocks have sprung forwards we can enjoy lighter, brighter days and spend more time outdoors walking and cycling around Sefton and beyond.

An evening walk through the pinewoods at Formby or an early morning cycle along Crosby Promenade. Maybe a 30 minute brisk walk around one of our many parks, there are quite a few to choose from, a great start to the day or lunchtime break. Adults should be doing at least 150 minutes of physical activity a week, at a an intensity that increases your heart rate and you breathe a little faster and feel warmer. Keeping active regularly has a positive impact on your health, you can break up your 150 minutes in to 30 minutes on 5 days a week. Try out the ‘Get Moving in May’ activity sheet where you can record the amount of physical activity you do from gardening and running to rowing and swimming.

So this Spring step up and put the wheels in motion and enjoy the benefits.

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.

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.

Progressional walks: for people who have undertaken Walking for Health Grade 3 walks and are now looking to take their next steps.
Special Interest walks: health walks with a twist.
St. Leonard’s Health Walks
Walk leader: Steph
Time: 10.30am
Place: St. Leonard’s Community Centre,
60 Peel Rd, Bootle L20 4RW
The St. Leonard’s walk is a medium walk and will last for a maximum of 60 minutes. There will be an opportunity to have tea/coffee and a chat back at St. Leonard’s.

Crosby Health Walks
Walk leaders: Sue, John and Beryl
Time: 10.30am
Place: Crosby Library (foyer), Crosby Rd North, Liverpool L22 0LQ
We meet on the second and fourth Monday each month. The group sometimes use public transport so walks marked with (†) require a travel pass or cash. We leave the Library promptly at 10.30am where transport is involved, or you can meet us at Waterloo Train Stn (when appropriate) for the 10.40am train.

Ainsdale Health Walks
Walk leaders: Alasdair and Paul
Time: 11.00am
Place: MeCycle 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 MeCycle Café afterwards.

Maghull Health Walks
Walk leaders: Brian, Sheila, Christine, John and Sue
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.

Crosby Health Walks
Walk leaders: Sue, John and Beryl
Time: 10.30am
Place: Crosby Library (foyer), Crosby Rd North, Liverpool L22 0LQ
We meet on the second and fourth Monday each month. The group sometimes use public transport so walks marked with (†) require a travel pass or cash. We leave the Library promptly at 10.30am where transport is involved, or you can meet us at Waterloo Train Stn (when appropriate) for the 10.40am train.

Ainsdale Health Walks
Walk leaders: Alasdair and Paul
Time: 11.00am
Place: MeCycle 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 MeCycle Café afterwards.

PLEASE NOTE: NO WALKS ON BANK HOLIDAYS

PLEASE NOTE: NO WALKS ON BANK HOLIDAYS

PLEASE NOTE: NO WALKS ON BANK HOLIDAYS
Bootle Health Walks
Walk leaders: Anne, Delia, Helen, Margaret and Sandra
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.

NB: Bootle walks are unsuitable for dogs.

4th Apr: Hesketh Park
Time/Place: 9.30am corner of Park/Watts Lane, Bootle or 10.00am at Bootle Strand Train Stn (S’port Platform)
11th Apr: Liverpool Locks
Time/Place: 9.30am corner of Park/Watts Lane, Bootle or 10.00am at Hugh Baird College, corner of Stanley Rd
18th Apr: Dobbies
Time/Place: 9.30am corner of Park/Watts Lane, Bootle or 10.00am at Orrell Park Train Stn
25th Apr: Maghull Running Horse
Time/Place: 10.00am corner of Park/Watts Lane, Bootle or 10.30am at Bootle Strand Train Stn
NB: Later time
2nd May: Croxteth Park
Time/Place: 9.30am corner of Park/Watts Lane, Bootle or 10.00am at the Bus stop on Moss Lane opposite garage (No.61 bus)
6th Jun: Brimstage
Time/Place: 9.30am corner of Park/Watts Lane, Bootle or 10.15am at Sir Thomas St, Lpool
13th Jun: Bidston Hill
Time/Place: 9.30am corner of Park/Watts Lane, Bootle or 10.15am at Sir Thomas St, Lpool
20th Jun: Wirral Country Park
Time/Place: 9.30am corner of Park/Watts Lane, Bootle or 10.15am at Sir Thomas St, Lpool
27th Jun: Rotten Row
Time/Place: 9.30am corner of Park/Watts Lane, Bootle or 10.00am at Bootle Strand Train Stn (S’port Platform)

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

Apr: 4th | 11th | 18th | 25th
May: 2nd | 9th | 16th | 23rd | 30th
Jun: 6th | 13th | 20th | 27th

Hesketh Park Health Walks
Walk leaders: Tom and Peggy
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.

Apr: 4th | 18th
May: 2nd | 16th | 30th
Jun: 13th | 27th

Box Tree Health Walks
Walk leaders: Sally and Peggy
Time: 11.00am
Place: Box Tree Kitchen for Queenscourt, 192 Cambridge Rd, S’port PR9 7LS
A short walk of 30 minutes, at a gentle pace around Churchtown, including Botanic Gardens and the community gardens.

Apr: 11th | 25th
May: 9th | 23rd
Jun: 6th | 20th
Please note: May 9th Walk
RSPB Hide
Time/Place: 11.00am, The Old Sandworks (Junction of Marshside Rd and Marine Drive)
This maybe a slightly longer walk.

Waterloo Health Walks
Walk leader: Chris
Time: 10.30am
Place: Inside Sefton Carers Centre, South Rd, Waterloo L22 5PE
The walks are the 1st & 3rd Tuesdays of each month. 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.

Apr: 4th Apr: Sefton Park
18th Apr: Stanley Park
2nd May: Southport
16th May: Calderstones Park
6th Jun: Ainsdale to Freshfield
20th Jun: Cressington
**Wednesday Social Walks**

<table>
<thead>
<tr>
<th>Date</th>
<th>Walk Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>10th May</td>
<td>No Walk (Walk Leaders Away Day)</td>
</tr>
<tr>
<td>17th May</td>
<td>Birkdale via Victoria Park and Rotten Row</td>
</tr>
<tr>
<td>24th May</td>
<td>Museum of Liverpool</td>
</tr>
<tr>
<td>31st May</td>
<td>Dobbies</td>
</tr>
<tr>
<td>7th June</td>
<td>Freshfield to Ainsdale</td>
</tr>
<tr>
<td>14th Jun</td>
<td>Hesketh Park</td>
</tr>
<tr>
<td>21st Jun</td>
<td>Hall Road to Waterloo</td>
</tr>
<tr>
<td>28th Jun</td>
<td>Botanic Garden</td>
</tr>
</tbody>
</table>

**Netherton Health Walks**

<table>
<thead>
<tr>
<th>Date</th>
<th>Walk Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>26th Apr</td>
<td>Hightown Circular</td>
</tr>
<tr>
<td>3rd May</td>
<td>Cressington to Otterspool</td>
</tr>
<tr>
<td>10th May</td>
<td>No Walk (Walk Leaders Away Day)</td>
</tr>
<tr>
<td>17th May</td>
<td>Formby Squirrel Reserve</td>
</tr>
<tr>
<td>24th May</td>
<td>Calderstones Park</td>
</tr>
<tr>
<td>31st May</td>
<td>Dobbies</td>
</tr>
<tr>
<td>7th Jun</td>
<td>Crosby Marina</td>
</tr>
<tr>
<td>14th Jun</td>
<td>Croxteth Park                                     <strong>Volunteer Leaders Day Out</strong></td>
</tr>
<tr>
<td>21st Jun</td>
<td>Liverpool Waterfront</td>
</tr>
<tr>
<td>28th Jun</td>
<td>Kings Gardens, Southport</td>
</tr>
</tbody>
</table>

**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 and 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 1/2 hours and are undertaken at a brisk pace.

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

**Walks in BLACK** start/finish at the same train station, dates in **GREEN** start/finish at a different station.

**5th Apr:** Hightown to Hall Road via Ince Blundell  
**Time/Place:** 10.35am, Ainsdale Train Stn finish at Hall Road Train Stn  
**12th Apr:** Crosby Promenade  
**Time/Place:** 10.30am, Hall Rd Train Stn.  
**19th Apr:** Liverpool Locks and Eldonian Basin  
**Time/Place:** 10.30am, Sefton & Litherland Train Stn finish at Sandhills Train Stn  
**26th Apr:** Circular via Cunscough Hall*  
**Time/Place:** 10.50am Maghull Train Stn  
**3rd May:** Dunes Trail*  
**Time/Place:** 10.30am, Ainsdale Train Stn  
**10th May:** No walk  
**Time/Place:** 10.30am, Formby Train Stn  
**14th Jun:** Circular via Lathom*  
**Time/Place:** 10.40am S’port Train Stn  
**21st Jun:** Circular via Lathom*  
**Time/Place:** 10.40am S’port Train Stn to catch 10.51am, Northern Line train to Burscough Bridge Train Stn

(*) denotes an opportunity at the end of the walk to stop at a pub or café for refreshments.
May Logan Health Walks

Walk leaders: Debbie, Louise, Dot, Brenda, Cath and John
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.

Formby Pool Health Walks

Walk leaders: Hilary and Sue
Time: 10.30am
Place: Formby Pool (main reception area), 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.

Ainsdale Sands Health Walks

Walk leaders: Margaret and Pauline
Time: 10.30am
Place: Ainsdale Sands Hotel, PR8 2QD
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 the Sands Pub. If you wish to join the group, please wear sensible waterproof footwear suitable for wet, boggy paths.

Prambles
Prambles are an amble with your pram, free to join, friendly and active. The group walk for about 60 minutes and set the pace and sometimes stop off at a local café for a cuppa or return to the centre for refreshments or a follow-on activity.

Linaker Children's Centre
Thursday mornings

Walk leaders: Steph and Sally
Time: 10.30am (unless otherwise stated).
Place: Linaker Children's Centre, Linaker St, S'port PR8 5DB (entrance), (unless otherwise stated).
2017 marks some significant milestones surrounding the Sefton coast as the National Trust celebrates 50 years at Formby and The 146th Open at Royal Birkdale takes place in July. This is an opportunity to showcase everything associated with the Sefton coast and highlight all the events taking place on this amazing stretch of land.

To celebrate this wonderful stretch of land, Sefton Council and its many partners are billing 2017 as the Year of Sefton’s Coast.

With this in mind the Active Walks programme will be organising a Sefton Coast Challenge Walk so watch this space in the Summer Walking and Cycling Newsletter out at the end of June. All the regular walking groups will also be planning a special coastal walk within their programme this Summer, so keep a lookout in the next newsletter.

Active Cycling are also celebrating the year of Sefton’s coast by launching a new mapped cycle route and cycle challenge, the ‘Sefton Circular’ more details of this great route and accompanying event can be found on page 28.

The Big Bike Revival is an award-winning National programme to encourage and enable more people to take up cycling as a means of transport or for leisure, health and social purposes.

The programme is organised by Cycling UK and delivered locally by bike recycling centres and community cycle groups.

Now in it’s 3rd year, Sefton have been taking part since the outset and year on year the programme has grown, 2017 proves to be the best yet.

The programme is all about getting those unloved, neglected bikes out of the shed or from under the stairs and back on the cycle paths, providing people with viable forms of healthy, environmentally friendly and affordable transport.

You’ll be able to take your bike along to any of the participating venues or pop up sessions around the borough and receive a free basic service, you’ll also receive information on learn to ride sessions (Adults and Children), on road cycle training opportunities, organised cycle rides, maps of cycle routes to enjoy when you like and advice on how to keep your bike running smoothly.

“...I pushed my bike along to one of the events, was a bit embarrassed really, and thought that the bike was probably past it. Couldn’t believe the mechanic got it working again better than I can ever remember and all for free too! I didn’t need to push it home; I rode it all the way and even took the longer route.”

Big Bike Revival 2017 will run from May through to early June, finishing at the end of Bike Week, so what better way to kick start your summer of cycling than to spring into action this May and breathe new life into your old bike with the Big Bike Revival.

Events are currently being planned and will be listed at www.bigbikerevival.org.uk and www.activetravelsefton.co.uk so check in throughout the Spring to avoid missing out!

“...I pushed my bike along to one of the events, was a bit embarrassed really, and thought that the bike was probably past it. Couldn’t believe the mechanic got it working again better than I can ever remember and all for free too! I didn’t need to push it home; I rode it all the way and even took the longer route.”

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Events are currently being planned and will be listed at www.bigbikerevival.org.uk and www.activetravelsefton.co.uk so check in throughout the Spring to avoid missing out!
**Basic Cycle Maintenance Training**

Back in February we ran a two day bike maintenance course at Waterloo Community Centre. The course was designed to teach the basics on how to keep your bike in good rideable condition, ensuring your bike is efficient as can be, safe to ride and will last longer and save you money.

The courses always prove popular but this time we were inundated with enquiries, possibly a result of the increase in cyclists within Sefton; we usually restrict the numbers to 12 but this time we had to call it a day at 19! We also have a reserve list of 12 people ready to take part in the next course we deliver.

The course was a great success at a perfect venue, Waterloo Community Centre is a cycle friendly centre with many of their staff and volunteers active cyclists themselves, so much so, a weekly social cycle ride is run every Thursday morning from 10am. See the Tour de Friends article on page 26 for more information.

Everybody learnt something new and got involved as it’s a very practical course, encouraging participants to bring along their own bike, helping them fix any issues they may have and getting familiar with their own bike and how it works. Over the first session we covered the M-check, cleaning and oiling your bike, removing both wheels and fixing a puncture. Week two stepped things up a bit and we worked on setting up brakes, replacing brake blocks and cables and tuning gears.

Everybody not only went away with smiles on their faces, more knowledge in their bonces but a few tools and accessories to put their new skills into practice at home. We also issued everyone with a copy of the Sefton Active Travel Basic Bike Maintenance Toolkit, a handy pull out guide to keeping your bike in good working order.

Download a copy of the toolkit from [www.activetravelsefton.co.uk](http://www.activetravelsefton.co.uk) or contact our team and we can post one out to you, call 0151 934 4576 or email: [activetravel@sefton.gov.uk](mailto:activetravel@sefton.gov.uk)

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**Southport Cycle Hire**

Fancy a bike ride but don't have your own bike? Southport Cycle Hire provides bikes for all the family at 3 locations in Sefton. Bikes can be hired for as little as £6 for up to 4 hours.

Cycle Hire is available every day at Southport Eco Centre and Crosby Lakeside and don't forget our centre at Southport Station which also provides a retail and maintenance service in addition to cycle hire.

Opening times vary so for details of times and prices log on to: [www.visitseftonandwestlancs.co.uk](http://www.visitseftonandwestlancs.co.uk)
How much exercise does it take to burn off the calories from your favourite drink?

*The figures calculated below are based on an adult weighing 150 lbs.*

<table>
<thead>
<tr>
<th>Drink Description</th>
<th>Calories</th>
<th>Walking (3mph)</th>
<th>Cycling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard glass of wine (175ml)</td>
<td>148</td>
<td>29 mins 36 secs</td>
<td>34 mins, 2 secs</td>
</tr>
<tr>
<td>Large glass of wine (250ml)</td>
<td>211</td>
<td>42 mins 12 secs</td>
<td>48 mins, 32 secs</td>
</tr>
<tr>
<td>Bottle of Lager (330ml)</td>
<td>131 (average)</td>
<td>26 mins</td>
<td>30 mins</td>
</tr>
<tr>
<td>Pint of Bitter (John Smith's)</td>
<td>170</td>
<td>34 mins</td>
<td>39 mins, 6 secs</td>
</tr>
<tr>
<td>Pint of Guinness</td>
<td>210</td>
<td>42 mins</td>
<td>48 mins, 18 secs</td>
</tr>
<tr>
<td>Gin &amp; Tonic (single)</td>
<td>120</td>
<td>24 mins</td>
<td>27 mins, 36 secs</td>
</tr>
<tr>
<td>Vodka &amp; Coke (single)</td>
<td>120</td>
<td>24 mins</td>
<td>27 mins, 36 secs</td>
</tr>
<tr>
<td>Southern Comfort &amp; Lemonade (single)</td>
<td>73</td>
<td>14 mins 36 secs</td>
<td>16 mins, 47 secs</td>
</tr>
<tr>
<td>Jack Daniels &amp; Coke (single)</td>
<td>129</td>
<td>25 mins 48 secs</td>
<td>29 mins, 40 secs</td>
</tr>
<tr>
<td>Mojito (180 ml)</td>
<td>122</td>
<td>24 mins 24 secs</td>
<td>28 mins, 4 secs</td>
</tr>
<tr>
<td>Pina Colada (135ml)</td>
<td>245</td>
<td>49 mins</td>
<td>56 mins, 21 secs</td>
</tr>
<tr>
<td>Long Island Iced Tea (150 ml)</td>
<td>292</td>
<td>58 mins 24 secs</td>
<td>1 hour, 7 mins, 10 secs</td>
</tr>
<tr>
<td>Can of Coke</td>
<td>139</td>
<td>30 mins</td>
<td>34 minutes</td>
</tr>
</tbody>
</table>

The first of a new series of opportunities to get together and discuss cycling matters within Sefton took place at the end of January.

47 riders, along with representatives from Sefton Council, supporting cycling organisations and Councillor Weavers arrived at Mecycle Café in Ainsdale for an evening of cycle chat.

The idea behind the revamped Sefton Cycle Forum is to provide an open platform for anyone interested in cycling to share views, provide feedback and offer comment on any relevant cycling issues or activities within the borough. The chats also provide an opportunity for The Sefton Cycling Team and Councillor Weavers to inform everyone of the latest work we have been delivering, including improvements to infrastructure, availability and range of cycling opportunities for all residents and visitors to the borough and future plans and investment to increase cycle journeys.

After introductions and an overview of what's happening in Sefton now, a workshop was run to gather information from the group as to any areas of concern for cyclists, what could be done to assist this and how could we achieve the desired outcome. The room was a buzz with conversation and some really good, positive and useful discussions took place, the finding from the groups was fed back to the entire room and recorded for future planning.

The Cycling Team were able to address some of the findings straight away and update the group on what is being done to combat things like near miss incidents with motor vehicles and the ongoing issue of pot holes on carriageways.

Time had caught up with us and it was time to depart but everyone felt it had been a really good, positive experience and we were back in the saddle and keeping the wheels rolling when it comes to increasing and promoting cycling in Sefton.

The next Sefton Cycle Chat is scheduled for Wednesday 3rd May, 6pm–8pm at Mecycle Café.

**Places are limited but if you are interested in attending please contact us to book a place:**

Call: 0151 934 4576
Email: activetravel@sefton.gov.uk
Nordic Walks

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

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 walking speed and work the upper body.

To join these walks you must first complete the Nordic Walking UK Training Course ‘Learn to Nordic’

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**Monday afternoons**

- **Formby:**
  - Weekly – 90 mins
  - Walk leader: Angela and Gill
  - Support: Barbara
  - **Time/Place:** 1.00pm at Formby Library, Duke St, Formby L37 4AN

---

**Monday evenings**

- **Crosby:**
  - Weekly – 90 mins
  - Walk leaders: Liz and Peter
  - **Time/Place:** 6.00pm at Crosby Leisure Centre (swimming baths), Mariners Rd, Crosby L23 6SX

---

**Tuesday evenings**

- **Lydiate/Maghull:**
  - Weekly – 90 mins
  - Walk leaders: Ian, Brenda and John
  - **Time/Place:** 6.30pm at Lydiate Parish Hall 288 Southport Rd, Lydiate L31 4EQ

---

**Wednesday mornings**

- **Waterloo:**
  - Weekly – 60 mins
  - Walk leaders: Pat, Peter, Liz, Ally and Howard
  - **Time/Place:** 10.30am at Crosby Lakeside Adventure Centre (Bistro side), Cambridge Rd, Waterloo L22 1RR

---

**Wednesday afternoons**

- **Southport:**
  - Weekly – 60 mins
  - Walk leaders: Georgina, John and Steph
  - **Time/Place:** 2.00pm at Dunes Splash World, Esplanade, Southport PR8 1RX

---

**Friday mornings**

- **Crosby:**
  - Weekly – 60 mins
  - Walk leaders: Linda, Joyce, Ian and Sandra
  - **Time & Place:** 10.30am at Crosby Leisure Centre (swimming baths), Mariners Rd, Crosby L23 6SX

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**Friday afternoons**

- **NEW TIME**
  - **Southport:**
    - Fortnightly – 60 mins
    - Walk leaders: Steph and Maggie
    - **Time/Place:** 6.00pm at Freshfield Pub car park, Massam’s Lane, Formby L37 7BD

---

**Saturday mornings**

- **Formby:**
  - Fortnightly – 90 mins
  - Walk leaders: Angela
  - **Time/Place:** 10.30am at Formby Library, Duke St, Formby L37 4AN
  - **8th Apr:** Observation Deck and Beach
  - **22nd Apr:** Formby to Ainsdale, linear walk

---

**Sunday evenings**

- **Crosby:**
  - Fortnightly – 90 mins
  - Walk leaders: Linda, Joyce, Ian and Sandra
  - **Time/Place:** 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX

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**NEW TIME**

- **Southport:**
  - Fortnightly – 60 mins
  - Walk leaders: Steph
  - **Time/Place:** 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX
  - **Apr:** 1st | 15th | 29th
  - **May:** 13th | 27th
  - **Jun:** 10th | 24th

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**NEW TIME**

- **Crosby:**
  - Fortnightly – 90 mins
  - Walk leaders: Steph
  - **Time/Place:** 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX
  - **Apr:** 21st
  - **May:** 12th | 26th
  - **Jun:** 9th | 23rd
Southport Central Health Walks
Walk leaders: Betty, Peggy and Tony
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.

Sefton Opera Health Walks
Walk leaders: Val and Anne
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.

Southport Promenade Health Walks
Walk leaders: Steve, Pat and Steph
Time: 1.00pm
Place: Macmillan Information & Support Centre, 20 Stanley St, S’port PR9 0BY (off Nevill Street)
This walk is open to everybody.
The Promenade walks will take around 60 minutes and circle the prom, parks and gardens close by. This is a medium walk and is ideal for people who would like to increase their physical activity levels gradually.

Southport & Formby Macmillan Health Walks
Walk leaders: Jean, Moira, Joan, Jo, Stephen, Pat and Steph
Time: 1.00pm
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 a Friday and are for anyone affected by cancer. The first Friday of each month, the walk will take place at various locations around Sefton and West Lancs.

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 90 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.

PLEASE NOTE: NO WALK ON GOOD FRIDAY

PLEASE NOTE: NO WALK ON GOOD FRIDAY
**Kings Gardens Health Walks**

**Walk leader:** Steph  
**Time:** 10.30am  
**Place:** Carousel/beginning of Pier, S’port PR8 1QX

The Kings Garden 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 Garden for the main part and sometimes includes the Pier and sea wall.

**PLEASE NOTE: NO WALK ON 15TH APRIL**

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**Sunday Health Walks**

**Walk leaders:** Margaret, Brenda and Steph  
**Time:** 10.30am or 2.00pm  
**NB: AFTERNOON WALKS ADDED!**

The walks will continue to be fortnightly throughout the Autumn months, please make a note of the start time on each walk. The walks last no longer than 90 mins and are a medium pace walk.

Walks in **GREY** start at 10.30am, Walks in **BLACK** start at 2.00pm.

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**Cycling Diary**

With a definite feel of spring in the air and hopefully a spring in your step, we emerge from shorter days, colder temperatures and less inclement weather ready to embrace the outdoors and embark on some cycle rides.

We have approximately 18 led cycle rides per month, ranging from our ‘Easy Riders’ on a Friday morning from Mecycle to our Age Concern rides on the first and third Thursday of each month, covering anything up to 20 miles.

All of the rides are very social and the participants and ride leaders will make you feel welcome, part of the group and help you out with any questions. We even have bikes available for use if you don't have access to one or your own or it is in need of repair.

If you do have a neglected bike, that’s spent too long in the garage or being engulfed by the garden, we have several opportunities during the spring months to get your bike back in tip top condition, all under the banner of the ‘Big Bike Revival’. See page 13 for more details.

If you’ve attended some of our led rides or had your bike serviced, and are now ready to ride, why not join us for the launch of our Sefton Circular cycle ride (21st May). The brand new mapped cycle route circumnavigates a large area of the borough. At 24 miles long, flat and predominately traffic free, the route can be ridden by most and is a very enjoyable and picturesque ride; so come and book on for what proves to be a great day. See page 28 for more details.
Pedal Away

Our longest standing led rides have grown and evolved along the years and now boast a ‘Easy Riders’ group to act as a spring board for either, newer riders, riders returning to cycling after some years or riders just seeking a shorter/slower ride.

As with all of our led rides within our Community Cycle Clubs programme, these rides 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.

Tuesday sessions – 10.00am – approx 12.00pm
> Litherland Sports Park
  Boundary Lane, Litherland L21 7LA

Friday sessions – 10.00am – approx 13.00pm
> MeCycle Café
  59 Station Rd, Ainsdale PR8 3HH

And

Easy Riders sessions – 10.00am – approx 12.00pm
> MeCycle Café
  59 Station Rd, Ainsdale PR8 3HH

Bikes and helmets are available for loan – advanced booking required.
Tel: 0151 934 4576
Email: cycling@sefton.gov.uk

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 destress at the same time.

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

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 please contact Tony, the group leader, on
Tel: 01704 383110

Ride Programme
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.

Feedback from participants has been very positive, providing an incentive to take part and be involved in some gentle exercise.

Some bikes are available for use if required.

For more information, contact:
Lucy Holmes – Active Lifestyles
Email: lucy.holmes@sefton.gov.uk
Tel: 0151 934 2352
Tour de Friends

With spring firmly in the air, this Thursday morning ride is a great way to break up your week, get some enjoyable exercise into your routine and share a chat and a smile with fellow riders.

As the name suggests, we place as much emphasis on the social side as on the cycling, these rides are the perfect way to get back into cycling after time off the bike, make new friends or simply increase your cycling with a great bunch of people!

The rides last 2 hours and are ridden at a leisurely pace, no one is left behind and the routes steers clear of busy roads and built up areas, concentrating instead on the wealth of cycle routes Sefton has to offer. After the ride, it’s all back to Waterloo Community Centre, with the option of staying for the Community Lunch and a further chance to chat over an affordable hearty meal.

Thursday Sessions –
10.00am – 12.00pm
> Waterloo Community Centre
Old School Buildings,
Great Georges Rd,
Waterloo L22 1RD
Contact: Bill Cowley
Email: billcowley@blueyonder.co.uk
Tel: 07948 013618

“The Chain Gang”
Rides for the over 50’s

With the sun on your back and the birds in full song why not join the ‘Gang’ and head out into the countryside and discover good company and great scenery on board your bike.

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 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 2pm. 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.
Apr: 6th | 20th
May: 4th | 18th
Jun: 1st | 15th

For more information contact:
Dawn at Southport Age Concern – 01704 542993 or visit the Age Concern office at 8 Hoghton Street, S’port PR9 0TF
Dr Bike – Free Bicycle Maintenance

With the launch of the Sefton Circular route just around the corner, we’ve conveniently put on the spring series of Dr Bikes just in time to get your bike back in action and join in on the ride.

Operating out of community venues takes in many miles of the coastal path, before heading inland towards Maghull and eventually the Leeds Liverpool canal, bringing you back to Crosby Lakeside via Rimrose Valley.

The theme of the day is participation, therefore we are encouraging riders to cycle the entire route, however if you only want to ride a section before returning by bike or train then the choice is yours. One of the great things about this route is how accessible it is from many points within Sefton, making it the ideal way to access different parts of the borough on predominately traffic free routes, whilst enjoying the most scenic parts of Sefton.

The launch of the route coincides with ‘2017 the year of Sefton’s Coast’, a celebration campaign to recognise, promote and enjoy the superb Sefton Coastline; the Sefton Circular route takes in many miles of the coastal path, before heading inland towards Maghull and eventually the Leeds Liverpool canal, bringing you back to Crosby Lakeside via Rimrose Valley.

Although the ride will be self-led, all riders when setting off will receive a map of the route, including turn by turn directions, there will be directional markers along the route and we will have some cycling marshals patrolling the route too.

Dr Bike dates:

- **Wednesday 10th May**
  - Location: L30 Community Centre
  - Stonyfield, Netherton L30 0QS

- **Friday 12th May**
  - Location: Venus Centre
  - 215 Linacre Lane, Bootle L20 6AD
  - Weather Permitting

- **Tuesday 16th May**
  - Location: Waterloo Community Centre
  - Old School Building, Great Georges Road, Waterloo L22 1RD
  - Weather Permitting

- **Wednesday 17th May**
  - Location: Litherland Youth and Community Centre
  - 41 Sefton Rd, Litherland L21 9HD

- **Friday 19th May**
  - Location: Brunswick Youth and Community Centre
  - Marsh Lane, Bootle L20 4JQ

Leisure Cycle Routes

**Sefton and the surrounding areas are full of cycling routes ideal for leisure cycling.**

The Sefton Circular is the newest edition to these maps, from our original Owl and Marram routes located in Southport, we now have routes in Maghull, Crosby, Burscough and Ormskirk in addition to one which goes all the way to Wigan.

Ranging from 3 miles right through to our Churches and Monuments Route which is 35 miles long, there is bound to be something to suit everyone.

Why not give them a try, all the routes are available on the ‘VISIT’ website for download, www.visitseftonandwestlancs.co.uk or you can request a hard copy via the contact form.

#### All sessions are 10.00am – 1.00pm

- **Wednesday 10th May**
  - Location: L30 Community Centre
  - Stonyfield, Netherton L30 0QS

- **Friday 12th May**
  - Location: Venus Centre
  - 215 Linacre Lane, Bootle L20 6AD
  - Weather Permitting

- **Tuesday 16th May**
  - Location: Waterloo Community Centre
  - Old School Building, Great Georges Road, Waterloo L22 1RD

- **Wednesday 17th May**
  - Location: Litherland Youth and Community Centre
  - 41 Sefton Rd, Litherland L21 9HD
  - Weather Permitting

- **Friday 19th May**
  - Location: Brunswick Youth and Community Centre
  - Marsh Lane, Bootle L20 4JQ
Tyred Rides
Being part of Alchemy Youth programme, Tyred Rides takes busted bikes and turns them into brilliant bikes. Working with young people to service and repair the bikes, they provide skills training and increase knowledge to participants in a ‘hands on’ fashion, the sessions are every Wednesday evening 5pm–7pm 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. 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 Emma or Paul on 01704 380047. Or go along any Wednesday, 5pm–7pm, Alchemy Hall (rear of the Parenting 2000, Mornington Rd, S’port).

Ditch your Stabilisers
We have four sessions of these extremely popular activities available during this Spring quarter; proving to be the ideal way for families to get their children riding and with a fantastic success rate, these hands on sessions for families offer the perfect opportunity to give your children a head start with their cycling.

With support, advice and guidance from our enthusiastic and knowledgeable staff, we provide you with the tools to get your children riding independently without stabilisers and achieve that real landmark moment in their lives that they’ll remember for years to come.

Great News! We’ve partnered up with Sefton Children’s University, so by attending one of our sessions your child can now gain a stamp for their passport. Don’t forget to bring passports on the day!

Easter sessions from 9am – 12pm:
> Thursday 6th April
  Shoreside Primary School
  Westminster Drive,
  Ainsdale PR8 2QZ
> Tuesday 11th April
  Litherland Sports Park
  Boundary Lane,
  Litherland L21 7LA
Spring sessions from 9am – 12pm:
> Tuesday 30th May
  Litherland Sports Park
  Boundary Lane,
  Litherland L21 7LA
> Thursday 1st June
  Shoreside Primary School
  Westminster Drive,
  Ainsdale PR8 2QZ

BOOKING IS ESSENTIAL
To book, tel: 0345 1400845

Wheels for All
Wheels for All is a nationally recognised programme that enables children and adults with disabilities and differing needs to engage in a quality cycling activity.

Sefton’s centres are equipped with a range of specially adapted cycles and welcomes individuals, groups and families to be involved, subject to appropriate training.

We have two organised sessions operating at our main centre in Litherland and open access sessions at Dunes Splash World, organised group sessions run at:
> Litherland Sports Park
  Boundary Lane, Litherland L21 7LA

Great News!
We’ve partnered up with Sefton Children’s University, so by attending one of our sessions your child can now gain a stamp for their passport.

BOOKING IS ESSENTIAL, call:
Cycling Projects on 01925 234213
or Sefton Active Travel on 0151 934 4576 to book a place.

Cycles are also available for hire at other times and also at Dunes Splash World, Esplanade, Southport PR8 1RX (subject to conditions).

For more information about the scheme please:
Email: cycling@sefton.gov.uk
Tel: 0151 934 4576
www.activetravelsefton.gov.uk

Freewheeling
As the title suggests, the scheme is free and offers Sefton residents Over 16 (conditions apply) the opportunity to access bikes in order to make cycling a part of their active lifestyle or, indeed join us on one of our led rides.

Bikes can be loaned for a full or part day, during centre opening times.

To join the scheme, go along to any of the centres listed and take with you the following identification:
• A recent utility bill (Gas, water, electricity or telephone)
• Any personal photographic identification (Passport, driver’s licence or travel pass)

Cycles are available from:
> Dunes Splash World
  01704 537 160
> Formby Pool
  01704 879 366
> Litherland Sports Park
  0151 288 6288
> MeCycle Café, Ainsdale
  01704 579 353

Email: emailus@mecycle.co.uk
For general enquiries about the scheme:
Tel. 0151 934 4576
Email: activetravel@sefton.gov.uk
Summer Newsletter out June 2017

For great walks and rides throughout Sefton and beyond, pick up Sefton’s Walking and Cycling Newsletter from your GP surgery, Library and Leisure Centre and other community venues, download a copy at www.activetravelsefton.co.uk or for more information contact Sefton’s Highway Safety Team on 0345 1400845.

For help planning your journey:

For help planning your journey to attend one of our walks, rides or other activities download our ‘Sefton Travel’ App – available for free on iOS and Android.

For general enquiries call – Sefton Plus on 0345 1400845
Calls cost 2p per minute plus your telephone company’s access charge.

stephanie.boote@sefton.gov.uk
0151 934 2824
ross.adams@sefton.gov.uk
0151 934 4576

General enquiries:
cycling@sefton.gov.uk

Further information is available at:
www.activetravelsefton.co.uk
www.sefton.gov.uk
www.visitseftonandwestlancs.co.uk
www.merseytravel.gov.uk