Brush off the Winter blues with this season’s walks and rides.
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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.

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.

Introduction

This Winter keep active outside, don’t make excuses about the weather, yes it’s cold, yes it rains and yes there is a chance of snow but sometimes Winter can give us the most beautiful days.

Enjoy a walk on a fresh, crisp morning along the promenade at Crosby, from Hall Road end to Marine Lake end is 4 miles or cycle up or down the Cheshire Lines through the wintery farmland. How about walking from Freshfield to Ainsdale through the sand dunes, then get up high and wonder at the panoramic view. Maybe a cycle along the seafront at Southport, from the Pier to Crossens roundabout is 8 miles there and back.

Walking and cycling regularly is a great way of keeping fit and healthy and works for people at any level of fitness. Remember all adults should aim for at least 150 minutes of physical activity every week.
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.

Netherton Feelgood Factory Health Walks
Walk leader: Billy
Time: 10.00am
Place: Feelgood Factory, Grovers 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.

St. Leonard’s Health Walks
Walk leader: Steph
Time: 10.00am
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 uses 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 10.40 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.
**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.  

Don’t forget travel fare or pass!  

**NB: Bootle walks are unsuitable for dogs.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td>10th Jan</td>
<td>Ormskirk</td>
<td>9.30am</td>
<td>Park/Watts Lane, 10.00am</td>
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<td>17th Jan</td>
<td>Netherton Canal</td>
<td>9.30am</td>
<td>Park/Watts Lane, 10.00am</td>
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<td>24th Jan</td>
<td>Eastham Country Park</td>
<td>9.30am</td>
<td>Park/Watts Lane, 10.00am</td>
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<td>31st Jan</td>
<td>Virgins Square</td>
<td>9.30am</td>
<td>Park/Watts Lane, 10.00am</td>
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<td>7th Feb</td>
<td>Ladygreen Lap</td>
<td>9.30am</td>
<td>Park/Watts Lane, 10.00am</td>
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**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.

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**Box Tree Health Walks**

NEW VENUE/NEW VENUE  
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.

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**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.

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**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.

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**Booth 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.

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**New Brighton 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.

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**New Brighton 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.

---

**New Brighton 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.

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**New Brighton 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.
**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.

- **4th Jan:** Birkdale via Eco Centre
  **Place:** The Atkinson
- **11th Jan:** Hesketh Park
  **Place:** The Atkinson
- **18th Jan:** Churchtown via Hesketh Park
  **Place:** The Atkinson
- **25th Jan:** Liverpool World Museum
  **Time/Place:** S’port Stn to catch 10.13am train
  **1st Feb:** Marine Lake
  **Place:** The Atkinson

**Netherton Health Walks**

**Walk leader:** Lin

**Time:** 10.30am (unless otherwise stated)

**Place:** Meeting points vary – see listings

The Netherton walk is a medium walk at a steady pace and will last for around 60 minutes. It’s a great walk for those who wish to explore parts of Sefton and beyond whilst increasing your physical activity levels for the week. There are walks on the Wirral, Liverpool and closer to home in Crosby. The group enjoy lunch together on some of the walks.

**NB:** All walks are 2–3 miles long unless otherwise stated.

- **4th Jan:** Liverpool Museum
  **Place:** Seaforth Train Station
- **11th Jan:** Formby Squirrel Reserve
  **Place:** Seaforth Train Station
- **18th Jan:** Formby Squirrel Reserve
  **Place:** Seaforth Train Station
- **25th Jan:** Burscough Bridge
  **Place:** Seaforth Train Station

**Sefton Trailblazers**

**Walk leaders:** Gill and Margaret

**Time:** Meeting times 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.

**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.

- **11th Jan:** Liverpool Waterfront*
  **Time/Place:** 10.30am Moorfields Train Stn finish at St Michael’s Train Stn
- **18th Jan:** Hightown Meadows & Dunes*
  **Time/Place:** 10.35am Hightown Train Stn
- **25th Jan:** Lydiate Circular*
  **Time/Place:** 10.55am Town Green Stn
- **1st Feb:** Parks & Gardens*
  **Time/Place:** 10.30am Waterloo Train Stn
- **22nd Feb:** Shrimp Route*
  **Time/Place:** 10.30am Ainsdale Train Stn finish at Freshfield Train Stn
- **29th Mar:** Burscough Bridge
  **Meeting place will be Southport Train Stn. Leaders will advise nearer the time.**

(*) 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.

12th Jan: Derby Park
19th Jan: Hatton Hill
26th Jan: Little Merton Hike
2nd Feb: Rimrose Valley
9th Feb: 3 Park Loop
16th Feb: Hatton Hill
23rd Feb: Derby Park
2nd Mar: 3 Park Loop
16th Mar: Little Merton Hike
23rd Mar: Hatton Hill
30th Mar: Crosby Marina

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.

12th Jan: Golf Course
19th Jan: Blundell Wood
26th Jan: Ravenmeols Hills
2nd Feb: Cabin Hill via Coastal Path
9th Feb: Fishermans Path
Slightly longer walk
16th Feb: Old Asparagus Fields
23rd Feb: Devil’s Hole
2nd Mar: Cornerstone Path
9th Mar: Old Lifeboat Stn
16th Mar: Ainsdale Nature Reserve
(Meet 10.30am at Freshfield Train Stn, bottom of large car park)
23rd Mar: Wicks Wood
30th Mar: Mystery Walk

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.

12th Jan: Victoria Park
26th Jan: Victoria Park
2nd Feb: Kew woods
9th Feb: Kings Gardens/ Marine Lake
16th Feb: Kew Woods Circular
23rd Feb: Rotten Row/ Victoria Park
2nd Mar: Seafront
9th Mar: Kew Woods
16th Mar: Woodland Trail
Meet at Birkdale Train Stn, 10.30am. Bring packed lunch. Back at Birkdale at 1pm approx.
23rd Mar: Kings Gardens and Pier
30th Mar: Kew Woods

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 Childrens' Centre
Thursday mornings
Walk leaders: Steph and Sally
Time: 10.30am
(unless otherwise stated).
Place: Linaker Childrens Centre, Linaker St, Sport PR8 5DB (entrance),
(unless otherwise stated).

NEW MONDAY PRAM WALK ADDED
Monday mornings
Walk Leader: Kerry
Time: 10.00am
Place: The Atkinson
Jan: 23rd | 30th
Feb: 6th | 13th | 20th | 27th
Mar: 6th | 13th | 20th | 27th
Shine Walk
by Marie Jones

Marie Jones has been walking with the Active Walks programme for over 10 years, she recently took part in a half marathon night walk. Shine is Cancer Research UK’s marathon night walk and participants can sign up to walking a half marathon or full marathon. Marie kept a diary in the run up to the walk as she needed to build up her distance from 2–4 miles to 13.1 miles and here is a summary.

8th May 2016
On my way to walking 13.1 miles in London on the 24th September 2016

I won’t be on my own I am walking with members of my family including my daughter in law and granddaughter.

I’ve got myself new walking shoes, got a tracker that gives me miles, steps and calories, so I’m ready to start walking. I’m walking Monday, Tuesday, Wednesday and Friday every week, doing about 4 – 6 miles, start slow and build up the miles each week.

21st May
I’m up to 8 miles now.
Away on holiday for a week, going to Great Yarmouth.
The weather was cold with a strong wind, had to buy a fleece top, had it on all week, did lots of walking, in all I did 11 miles.
Back home, still walking four days a week.

5th June
Walked to Waterloo, got the train back, did 7 miles.

16th June
Walked from Formby to Waterloo and back to Formby, 13.1 miles, so I know I can do it, took me 6 hours.
I am so enjoying the challenge.
Had a bit of a break with a summer cold and cough for two weeks, only did two walks.

23rd July
Back on track.

Went to the Lake District for the weekend with my family, got three walks in, altogether we did 20 miles.
Had a great time, my grandchildren walked with me, Isabelle, 8 and Lewis, 4, they want to walk with me in London.

5 weeks to go
On holiday for a week, going to Isle of Wight, Shanklin. Got some walking in, 18 miles.
Back home and walked 12.98 miles with my husband in four hours 5 minutes. Had a long soak in bath with lots of bubbles and feel fine.
Three weeks to go and walking five times a week, until the big day, looking forward to it, doing really well with my sponsors, my family and friends are so kind.

21st September
Last walk before London leaving for London on Friday, big walk on Saturday night, so excited, hope I make it (I will make it).

23rd September
Off to London.
We all met up at Formby Train Station and made our way to Lime Street to get the train to London, Champagne breakfast.

Saturday – THE DAY
Got ready about 5.00pm, face and hands painted in neon paint. We all had glow sticks we made them in to belts, bracelets, necklaces and glasses. There were 17,000 people taking part, the atmosphere was amazing. 8.30pm and we are off, people lining the park, children singing, it was wonderful. We had three stops at 4, 8 and 12 miles. The walk took us past Tower Bridge, Tower of London, The London Eye, Houses of Parliament and Downing Street to name but a few. Because it was a night walk we almost felt we were the only ones in London. We got to Old Billingsgate, now 2.30am and there is red carpet, music and photos. We got our medals, can’t stop looking at it, I DID IT, such a wonderful feeling. Back to the hotel, champagne, nibbles and photos, bath and bed.

It is now 4.30am, what a journey, it was wonderful. I am so happy – I wore my medal all the way home.

Before I finish I would like to thank everyone for their support and family and friends for sponsoring me, you gave me £287.00 for Cancer.

Thank you all,
love Marie

Over four and a half months Marie gradually built up her distance by walking regularly every week, therefore preparing her body for the challenge of 13.1 miles. Regular walking is a great way to improve your health and fitness and you will recognise and feel the benefits.

Next Shine Walk:
Saturday 23rd September 2017
www.cancerresearchuk.org/support-us/find-an-event/charity-walks/shine-night-walk
Or contact: 0300 123 6624 for more info.

Joining in with the Countryfile Ramble for Children in Need

Some of our regular nordic walkers joined Georgina Morton, our very own Nordic Walking UK Instructor on a Nordic walk in Southport to raise money for Children in Need. They raised £122 from walkers and some people sent donations with the walkers. They saw a stunning sunset and the double rainbow on their 2 hour Sunday evening walk.
A new beginning
Back in the summer of 2016 we launched a new beginner’s ride from MeCycle in Ainsdale; the undoubted success of our Friday morning ride has meant that regular riders attending this ride were getting fitter and wanting to ride slightly further and faster, this resulted in slightly longer routes being ridden and whilst fantastic news for the established group, it meant that new riders joining, who were perhaps not at this level, could feel they were holding the group up – not what we want! So the simple answer was: develop a beginners ride on a Friday afternoon from MeCycle; numbers are growing and riders confidence and fitness are improving, with the Friday morning ride continuing, there is a perfect group ready made to feed riders into.

Following the same model, we are now looking into the development of a new shorter ride from Litherland Sports Park to complement the established rides that currently meet there. If you’re looking to take up cycling or get back on the bike after some time, then get in touch now to express an interest in a new ‘Easy Riders’ cycling group; If numbers are sufficient we will add it to our cycling diary.

Gear up for 2017
Do your New Year resolutions a favour and don’t set a goal you can’t reach; instead get yourself a bike and rediscover the joys that cycling can offer.
Whether it’s a family ride at the weekend, a chance to shed a few pounds after the festive excess, destress after a tough day or save money on journeys, the bike can be the answer to all of these and more. Sefton is a great place to cycle, offering varied landscapes and vistas, miles of mapped and signposted, traffic free routes, bike loan schemes and hire bikes, cycle training opportunities, group rides, promotional material and websites to offer information and a wealth of places to buy a bike to help you explore further. So if you’re feeling inspired and looking for a new bike, then look no further than two local charities.
Tyred Rides and MeCycle offer refurbished bikes that have been fully serviced by experienced mechanics at an affordable cost, many bikes starting at just £20. They also accept unwanted bikes as donations to refurbish and pass on to new homes.

Challenge Walk 2016: Sand to Tracks
We had 27 people on our 10 mile challenge walk in November, many of the participants were glad to see it back as we haven’t had one since 2015.
The walk started at Freshfield Train Station and we made our way down the Fisherman’s Path. Just before we got to the beach we turned right off the path and walked along the Dunes Path North and headed to Ainsdale. We had our lunch stop on the picnic benches at Ainsdale beach then made our way over to the Sands Hotel, a big thank you from all the walkers for their kind hospitality. We walked through the woods and dunes alongside the coastal road towards the Formby By-Pass.

Challenge Walk 2017: Ancient Monuments
18 miles – Two walks
This walk is divided into two legs, the first leg will be on Tuesday 14th March and the second will be Tuesday 21st March.
The route took us along Plex Moss Lane until we reached the turning on to the Cheshire Lines, the old railway line that closed to passengers in 1952. We left the Cheshire Lines at Moss Lane/Downholland Moss Lane and returned in to Formby, over the Formby By-Pass and through Deansgate Playing Field and back to the station. Good Walk, good company and 10.5 miles walked in the end as the route was extended for our lunch stop. See you on the next challenge in March (see below).

First Part: 8 miles
Tuesday 14th March
Meet: Hightown Train Stn
Finish: Blundellsands Train Stn

Second Part: 10 miles
Tuesday 21st March
Meet: Maghull Train Stn
Finish: Waterloo Train Stn

The route took us through Formby and over the Formby By-Pass before returning to the station. Good Walk, good company and 18.5 miles walked in the end. See you on the next challenge in March (see below).
News...

Torch Walks
Thank you to the 30 people who took part in the Torch walks through October and November.

Although it wasn’t that dark on the walks in October we manged to use our torches over the last 10 minutes or so and we saw a beautiful sunset from Formby beach. On the November walks we definitely needed our torches, pitch darkness, with the first walk through Ainsdale sand dunes. We all had to concentrate as we made our way along the narrow sandy paths and along the board walk under the trees. With so many other paths to choose from the Walk Leader needed to be aware of her route at all times. With the second walk in Formby, the route had to change as it had rained heavily the last few days and the Fisherman’s Path and the track alongside the railway leading from Freshfield Train Station were waterlogged and in places muddy and slippery. We walked through the Squirrel Reserve and followed part of the Asparagus trail, pitch black as we made our way through the woods. It was so very quiet, a little eerie at times in the darkenss. As we made our way to the edge of the woods we could see the twinkling street lights through the branches of the trees, the end of the walk was near. We had walked just under 5 miles on the final torch walk of the year.

Congratulations to the 6 walkers who attended all 4 torch walks, they received a special goody bag for their commitment. There will be more torch walks next year.

Basic Cycle Maintenance Training
To complement our Community Dr Bike programme, we are pleased to announce we are also running a two week free Basic Bike Maintenance Course.

The course will include explaining parts of a bike and the M-check, cleaning and lubrication, puncture repair and wheel removal/replacement, brake replacement and tuning and gear tuning.

The sessions will be ‘hands on’ and there will be an opportunity to work on your own bike as part of the sessions. There will be free resources to take away for all participants too, including our new Basic Bike Maintenance Toolkit.

For further details and to book a place, see page 31.

Savio Cycle Recycling
Sefton’s Cycle Team and its Community Cycle Clubs programme has once again been working closely with Savio Salesian College in Bootle to restore recovered stolen bikes, or bikes seized as proceeds of crime. The bikes are kindly donated from Merseyside Police and are then assessed by the pupils under the guidance of Seftons Cycling Development Officer; this is the first step in a 7 week programme to take the bikes from an un-roadworthy condition to ‘ride ready’ cycles.

We have just completed the third series of work programmes, two involving the pupils who have been excluded from mainstream education and one that involved pupils completing their Duke of Edinburgh award.

For the excluded pupils, the sessions provide a diversionary exercise to help engage them in alternative methods of learning, providing an opportunity to work in a hands on manner, the sessions have helped improve attendance, attainment and cooperation amongst the pupils and have also helped some of the students reintegrate back in to mainstream school.

Once the bikes are fully serviced and repaired we seek ways to put them back into the community, the first series of bikes were donated to Tyred Rides in Southport, a bike recycling social enterprise that forms part of the charity Parenting 2000, the second fleet of bikes were ridden 217 miles from Tanzania to Kenya, raising money for Cafod and the Medaille Trust, at the journeys end the bikes were donated to one of the communities to provide transport within the village.

This latest round of repairs has culminated in the bikes being ridden by the students from Savio to a Cafod supported safe house in Cheshire that supports victims of people trafficking, where they will be donated to the residents placed there, enabling much needed transport for the protected community.
Nordic Walks

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

Nordic Technique Training Courses

Crosby course
Sat 18th and Sun 19th Mar, 11am-1pm at Crosby Leisure Centre.

Southport course
Tue 28th and Wed 29th Mar 1-3pm at Dunes Splash World.

Places are limited, please contact the team on 0151 934 2824 or walking@sefton.gov.uk

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
   Starts: 16th Jan

Wednesday afternoons
> 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
   Starts: 11th Jan

Monday evenings
> Maghull:
   weekly – 60 mins
   Walk leaders: Ian, Brenda and John
   Time/Place: 6.30pm at Maghull Baptist Church, Hall Lane Maghull L31 3DY
   Starts: 16th Jan

Wednesday afternoons
> Southport:
   weekly – 60 mins
   Walk leaders: Georgina, John and Steph
   Time/Place: 2.00pm at Dunes Splash World, Esplanade, S’port PR8 1RX
   Starts: 18th Jan

Tuesday evenings
> Freshfield:
   weekly – 60 mins
   Walk leaders: Steph and Maggie
   Time/Place: 6.00pm at Freshfield Pub car park, Massam’s Lane, Formby L37 7BD
   Starts: 17th Jan

Thursday mornings
> Winter Break

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
   Starts: 20th Jan

Saturday mornings
> Formby:
   fortnightly – 90 mins
   Walk leaders: Angela
   Time/Place: Sat 18th and Sun 19th Mar, 11am-1pm at Crosby Leisure Centre.

Southport:
fortnightly – 60 mins
Walk leaders: Steph
Time/Place: 10.30am at Formby Library, Duke St, Formby L37 4AN
14th Jan: Bill Taskers Trail
28th Jan: The Quiet Wood
11th Feb: Old Asparagus Fields
25th Feb: ‘The Big One’ and Beach Walk
11th Mar: A Ramble in the Rough
25th Mar: The Blitz Beach (Hightown)
   Longer walk, return by train.

Crosby:
fortnightly – 90 mins
Walk leaders: Liz and Peter
Time/Place: 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX
Jan: 7th | 21st
Feb: 4th | 18th
Mar: 4th
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 Street, S’port PR9 0BY
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 anybody 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.

Jan: 13th | 20th | 27th
Feb: 3rd | 10th | 17th | 24th
Mar: 3rd | 10th | 17th | 24th

Jan: 13th | 20th | 27th
Feb: 3rd | 10th | 17th | 24th
Mar: 3rd | 10th | 17th | 24th

Jan: 13th | 27th
Feb: 10th | 24th
Mar: 10th | 24th

Jan: 13th | 27th
Feb: 10th | 24th
Mar: 10th | 24th

6th Jan: Dobbies Dawdle
Time/Place: 1.00pm, outside Dobbies Garden Centre
3rd Feb: Ainsdale Boardwalk Trail
Time/Place: 1.00pm, Ainsdale Train Stn, outside MeCycle Café
3rd Mar: Hillside Train Stn
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.

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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.

- **22nd Jan:** Winter Beach Trail  
  **Time/Place:** 2.00pm at Formby Train Stn
- **5th Feb:** Crosby Prom  
  **Time/Place:** 2.00pm at Blundellsands & Crosby Train Stn (car park side)
- **19th Feb:** Ainsdale Sands  
  **Time/Place:** 2.00pm at Ainsdale Train Stn
- **5th Mar:** Lydiate Fields  
  **Time/Place:** 10.30am at Hall Lane, Lydiate
- **19th Mar:** Hightown to Formby Linear  
  **Time/Place:** 2.00pm at Hightown Train Stn  
  Walk finishes at Formby Train Stn

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Cycling Diary

**After the excesses of the festive period what better way to kick start those New Year resolutions than to join in with our cycling activities.**

We all know how those resolutions can become dim and distant, well meant promises after a few weeks, however by joining one or more of our led rides we are sure you will find yourself sticking with and possibly increasing your cycling as a result.  

We know that cycling during the winter months can be a challenge, however joining in with a group ride and sharing your time with like-minded individuals can make the miles zip by without you realising; so rather than moth-balling your trusty steed for the winter, why not keep it rolling and join in with our led ride programme throughout January, February and March; we can guarantee you will feel fitter, healthier and meet some fantastic people!  

As an added incentive, we are offering a free gift of either, a set of lights, a water bottle, pump, bell or chain lubricant to any new riders who attend one of our rides during January, February or March. We will also provide a gift to any of our current riders who bring a friend along to one of our rides.  

So what’s stopping you?  
All that remains to say is thank you to all our volunteers and participants for making 2016 a great year and here’s to an even better 2017.
Pedal Away

As Alfred Wainwright once said ‘There's no such thing as bad weather, only unsuitable clothing.’ So don’t let the winter months get the better of you, swap the jingle bells of Santa’s sleigh for your own cycle bell and keep those pedals turning as the New Year rolls in.

Our longest standing led rides have grown and evolved along the years and now boast a ‘beginners’ ride to act as a spring board for either, new riders, riders returning to cycling after some years or riders just seeking a shorter ride, being just an hour in length.

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.

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 speed of the ride is always kept to an easy pace and we never leave anyone behind.

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.
Tour de Friends

What better way to reinvigorate yourself heading into the New Year than to get out for a spin on the bike, with the gentle breeze in your face and the winter sun looking down, those crisp mornings are just perfect for a group cycle ride.

With 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 steer 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 for the Community Lunch and a chance to chat over a 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

After the mince pie and turkey overload, why not join the ‘Gang’ and head out into the countryside and discover good company and great scenery on board your bike.

Racking up a distance of about 20 miles ridden at a gentle pace, the ride always incorporates a lunch stop around half way and returns 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.
Jan: 5th | 19th
Feb: 2nd | 16th
Mar: 2nd | 16th

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
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.

2017 sessions commence on Tuesday 7th February and Wednesday 8th February, organised group sessions run at:

> Litherland Sports Park
  Boundary Lane, Litherland L21 7LA
  Tuesdays: from 12.00pm to 3.00pm
  Wednesdays: from 10.00am to 3.00pm

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 (Over16/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

Ditch your Stabilisers

This ever popular activity is proving to be the ideal way for families to get their children riding.

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.

Winter sessions from 9am – 12pm:
> Tuesday 14th Feb
  Litherland Sports Park
  Boundary Lane, Litherland L21 7LA
> Thursday 16th Feb
  Shoreside Primary School
  Westminster Drive, Ainsdale PR8 2QZ

Booking is essential, to book
Tel. 0345 1400845
Dr Bike – Free Bicycle Maintenance

Dr Bike is back and open for ‘patients’ needing a cycle MOT. Operating out of community venues across South Sefton the bike doctor can breathe new life into your old steed.

So if your bike has seen plenty of use over the Autumn months then it could be the perfect time to give it a health check to make sure it’s gears are running smoothly and brakes are working effectively.

Equally, if you have decided to dig your old bike out and get back into cycling or you’ve just got yourself a new bike, then come along and get it checked out.

No booking is required; however the sessions can be popular and quite busy, so a short wait may be necessary.

Work generally undertaken includes:

- Replacing inner tubes
- Replacing gear and brake cables
- Replacing brake blocks
- Adjusting brakes
- Tuning/servicing gears

As this is a mobile service, we may not be able to fix all repairs, if this is the case we will provide you with advice on where to take your bike for the work to be completed.

All sessions are 10.00am – 1.00pm

- Tuesday 31st January
  Waterloo Community Centre
  Old School Building, Great Georges Road, Waterloo L22 1RD
- Wednesday 1st February
  Litherland Youth and Community Centre
  41 Sefton Rd, Litherland L21 9HD
  Weather Permitting
- Friday 3rd February
  Venus Centre
  215 Linacre Lane, Bootle L20 6AD
- Wednesday 8th February
  L30 Community Centre
  Stonyfield, Netherton L30 0QS
- Friday 10th February
  Brunswick Youth and Community Centre
  Marsh Lane, Bootle L20 4JQ

Basic Bike Maintenance Course

- Tuesday 21st and 28th February
  10.00am – 12.00pm
  Waterloo Community Centre
  Old School Building, Great Georges Road, Waterloo L22 1RD

Do you know your spokes from your sprockets or your cranks from your cables? If not, then sign up for our two week free basic bike maintenance course. We’ll be covering many aspects of bike servicing to help you keep your wheels turning or get that forgotten bike back up and spinning again.

The hands on course will cover:
- Parts of a bike
- M–check
- Puncture repair and wheel removal
- Replacing brake blocks and cables/tuning brakes
- Replacing gear cables and tuning gears
- Cleaning

We encourage you to bring along your own bike to work on, however bikes can be provided.

BOOKING is required, contact Ross on: Tel. 0151 934 4576

Keeping the wheels turning

We are very pleased to announce the completion of our new Basic Bike Maintenance toolkit, this handy step by step guide has been produced to enable the budding home mechanic to keep their bike in good working order, enabling them to continue cycling rather hanging up their bike due to a minor issue or continuing to ride an unsafe bike.

The toolkit can be downloaded from our Active Travel website, http://activetravelsefton.co.uk/downloadssection/ or you can contact the team for a hard copy.
Spring Newsletter out March 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 1400 845.

This newsletter has been developed by Sefton Council. The newsletter details the different activities organised and promoted by the Walking & Cycling Team throughout the Winter, including how to get involved.

**For general enquiries**
Sefton Plus on 0345 1400 845
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

For help planning your journey:

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

Or use the Merseytravel website to plan your journey www.merseytravel.gov.uk – for bus timetables/routes and train timetables. Download the Merseytravel App to your smart phone. Or contact Traveline on 0151 236 7676.