Welcome to the new look walk diary in this the 38th edition of the Sefton Walking and Cycling Newsletter.

Walking Diary

Active Walks is Sefton's local accredited Walking for Health programme and has twenty six health walks on offer, including Pram Walks. The programme also has longer walks beyond Walking for Health, Challenging Walks and Nordic Walks, something for everybody. The walks vary in length and time with walks lasting from ten minutes to several hours and are available at meeting points all over the borough.

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

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.

Walk leaders: Billy and Marie
Time: 10.00am
Place: Feelgood Factory, Gloves 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.

Bus Numbers: 52, 52a, 53a, 55, 56, 57c, 58c, 122

Cycling team.

Walk leaders: Beryl, Sue and John
Time: 10.30am
Place: Crosby Library foyer, L22 OLO
Frequency: Second and fourth Monday of each month.

The Crosby walk is a medium walk, the group uses public transport and walks marked with require travel fare or pass. We leave the Library promptly at 10.30am where transport is involved, or you meet us at Waterloo Station for the 10.40am train.

Bus Numbers: 47, 54, 62, 111

Walk leaders: Stuart
Time: 10.30am
Place: St. Leonard's Youth and Community Centre, 60 Peel Road, Bootle, L20 4RW

The St. Leonard's walk is a medium walk and will last for a maximum of 60 minutes. The routes will vary each week and take in local parks and other local features. There will be an opportunity to have coffee and a natter back at St. Leonard’s Youth and Community Centre after the walk.

Bus Numbers: 47, 54, 62

Walk leaders: Alasdair and Paul
Time: 11.00am
Place: MeCycle Café (opposite Ainsdale Train Station), 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.

Bus Numbers: 49

PLEASE NOTE: NO WALKS ON BANK HOLIDAYS

4th January: 4 Bridges 2 Parks
11th January: Maghull passing Jubilee Woods
18th January: Edge Lane Farm
25th January: 5 Around Stand Park
1st February: Canal to Ormskirk Road
8th February: Copy Farm Park
15th February: The Criddle Estate (Merton Village)
22nd February: Rimrose Valley Country Park (The Wabbs)
29th February: The Wishing Well (near Sefton Church)
7th March: St Benet’s Benedictine Chapel
14th March: Canal to Mill Hill Road (Home of the Grand National)
21st March: The Barn Owl Route

PLEASE NOTE: NO WALKS ON BANK HOLIDAYS

Tuesday 29th March: Formby Path to Hightown*

PLEASE NOTE: NO WALKS ON BANK HOLIDAYS
TUESDAY

**Bootle Walks**
Walk leaders: Margaret, Helen, Delia, Anne and Sandra
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!

Please note Bootle walks are unsuitable for dogs.

12th January: Bootle Visited
Time & Place: 10.00am Park/Watts Lane or 10.15am Bootle Visited, Southport Line

19th January: Onmskiek
Time & Place: 9.30am Park/Watts Lane or 10.00am Orrell Park Train Station

26th January: Sefton Meadows
Time & Place: 9.30am Park/Watts Lane or 10.00am Marion Square

**Waterloo Walks**
Walk leaders: Alex and Ged
Time: 10.30am
Place: Inside Sefton Carers Centre, South Road, L22 5PE

The Carers Centre walk is a medium walk, the walks will take around 60 minutes to complete at a relaxed pace, the group will visit various points of interest within Sefton and beyond.

Bus Numbers: 33, 53a

5th January: Formby Loop
19th January: Otterspool
2nd February: Hightown and Hall Road
16th February: Ainsdale and Freshfield
1st March: Sefton Park
15th March: Southport

**Formby Pinewoods Walks**
Walk leader: Anne
Time: 10.30am
Place: In front of Pinewoods Pub on Wicks Green (off Harrington Road), 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.

Bus Numbers: 160, 161, 164, 165

2nd February: Lydiate Parish
Time & Place: 9.30am Park/Watts Lane or 10.15am Walton Vale (Rice Lane 300 Bus Stop)

9th February: Virgins Lane
Time & Place: 9.30am Park/Watts Lane or 10.00am Cooksons Bridge Bus Stop

16th February: Liverpool Locks
Time & Place: 9.30am Park/Watts Lane or 10.15am Hugh Baird College, Stanley Road

23rd February: Hall Road to Hightown
Time & Place: 10.00am Park/Watts Lane or 10.30am Bootle Strand Train Station Southport Line

Please note: Later time!

1st March: Pinewoods
Time & Place: 10.00am Park/Watts Lane or 10.30am Bootle Strand Train Station Southport Line

8th March: Historical Walk
Time & Place: 9.30am Park/Watts Lane

15th March: Anchors Away
Time & Place: 9.30am Park/Watts Lane or top of 9.45 Bailey Drive/Park Lane

22nd March: Rotten Row
Time & Place: 9.30am Park/Watts Lane or 10.00am Bootle Strand Train Station Southport Line

29th March: Stanley Park
Time & Place: 9.30am Park/Watts Lane or 9.45am corner of Bailey Drive/Crescent 56 Bus Stop

**Kew Walks**
Walk leaders: Sally and Peggy
Time: 11.00am
Place: Dobbies Garden Centre (top right of car park), PRB 4HX

The Kew walk is a short walk and will take around 30 minutes to complete at a gentle pace. There is also a 10 minute walk available within the 30 minutes. This walk is suitable for people who have not walked much before and are looking to be more active. The routes are on flat ground or gentle slopes with firm surfaces and no steps or stiles around the footpaths of Town Lane Woods.

Bus Numbers: 44

**Hesketh Park Walks**
Walk leader: Stuart
Time: 1.30pm
Place: Hesketh Park (corner of Albert Road/ Park Road entrance), PR9 9LN

The Hesketh Park walk is a short walk of 45 minutes in and around Hesketh Park, taking in views of the lake, wildlife and gardens.

Bus Numbers: 2/2x, 15, 110, 347, 348

**Netherton Walks**
Walk leaders: Lin and Sheila
Time: 10.30am
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. There are walks on the Wirral, Liverpool and closer to home in Crosby. The group enjoy lunch together on some of the walks.

13th January: Liverpool Museum/Pier Head
Place: Seaforth and Litherland Station, L21 3TE Walk to Liverpool Museum

20th January: Crosby Marina
Place: Seaforth and Litherland Station, L21 3TE 2–3 mile walk to Marina

27th January: Netherton Pub
Place: NAC, L30 3TL 2-3 mile walk to Netherton Pub, Pub Lunch

3rd February: Hightown
Place: Seaforth and Litherland Station, L21 3TE 2–3 mile walk around Hightown

10th February: Sefton Park
Place: Seaforth and Litherland Station, L21 3TE 2–3 mile walk around Sefton Park

17th February: Rimrose Valley
Place: NAC, L30 3TL 2–3 mile walk around Rimrose Valley

24th February: New Brighton
Place: Seaforth and Litherland Station, L21 3TE 2–3 mile walk along Prom, Pub Lunch

2nd March: Sefton Meadows
Place: NAC, L30 3TL 2–3 mile walk to Sefton Meadows

9th March: Formby Squirrel Reserve
Place: Seaforth and Litherland Station, L21 3TE 2–3 mile walk

16th March: Port Sunlight
Place: Seaforth and Litherland Station, L21 3TE 2–3 mile walk around Port Sunlight

23rd March: Blue Anchor
Place: NAC, L30 3TL 2–3 mile walk to Blue Anchor, Pub Lunch

30th March: Crosby Marina
Place: Seaforth and Litherland Station, L21 3TE 2–3 mile walk to Marina

Bus Numbers: 52, 52a, 53a, 55, 56, 57/c, 58c, 122
**LSP Walking Club**

Walk leaders: Alex, Ged and John  
Contact No.: 07866 597719  
Time: 9.45am  
Place: Seaforth and Litherland Station, L21 3TE  

The LSP Walking Club walks are some of the longest on the programme and will take around 120 minutes to complete at a steady pace, the group visits area’s throughout Sefton, Liverpool, Wirral and West Lancs.  

(5): denotes approx mileage  
Please note no dogs allowed on this walk.  
Please bring a packed lunch.  
Bus Numbers: 53/53a, 144/145

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**Sefton Trailblazers**

Walk leaders: Gill and Margaret  

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.  

Dates in BLACK start and finish at the same train station, dates in GREEN the walk ends at different station.  

13th January: Marine Lake & Promenade*  
Time & Place: 10.30am Waterloo Train Station  
20th January: Hightown to Formby*  
Time & Place: 10.35am Hightown Train Station  
27th January: Rimrose Valley Country Park  
Time & Place: 10.30am  
Seaforth & Litherland Train Station  

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**May Logan Health Walks**

Walk leaders: Debbie, Louise, Dot, Brenda & Cath  
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.  
14th January: Hatton Hill  
21st January: Derby Park  
28th January: Little Merton Hike  

Bus Numbers: 47, 54, 62, 52a, 53, 53a, 55, 57c, 58c, 300, x2

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**Formby Pool Walks**

Walk leaders: Hilary and Sue  
Time: 10.30am  
Place: Formby Pool, main reception area, 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.  
14th January: Ravenmeols Hills  
21st January: Nicotine Woods  
28th January: Golf Course

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**Ainsdale Sands 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 minutes 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, bogy paths.  
7th January  
21st January  
4th February  
18th February  
3rd March  
17th March  
31st March

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**L30 Health Walk**

Walk leader: Stuart  
Time: 10.30am  
Meet at L30 Community Centre, Stoneyfield, Netherton, L30 0QS  
The L30 walk is a short walk at a gentle pace and will last around 30–45 minutes, the group will walk along the canal or through the local parks rights of way or across Sefton Meadows on circular routes.  
4th February  
11th February: Lifeboat Lane  
18th February: Freshfield Walk  
(slightly longer walk)  
25th February: Cabin Hill  
3rd March: Wicks Wood  
10th March: Cornerstones  
17th March: Newby Woods  
24th March: Ainsdale Nature Reserve  
(Meet 10.30 at Freshfield Station large car park)  
31st March: Sheepfields

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News...

Thank you Anita for all your Wednesdays and more

There are no words that can express the thanks Anita deserves to match the amount of time, commitment and enthusiasm that she has given to the walks over the last 15 years. With group attendance numbers in the high thirties and forties for many years she has seen many people come and go on her walk.

“The biggest thank you to you Anita for being a fantastic volunteer for so many years, I don’t think in that time I’ve had to cover your walk, well maybe once or twice, but in 15 years that is remarkable. I first met you in 2001 and you have been a great support to me and the walk programme throughout those years. You were there when we officially launched the walk programme in October 2003 with the Mayor of Sefton and together with Lin you have worked hard to introduce new walk routes on a regular basis within Sefton and beyond. I will always remember the Christmas lunches at Clouds in Southport, I always looked forward to them catching up with everyone at the end of the year.”

Thank you again and see you soon.

Steph
Active Walks Co-ordinator

Volunteers Needed

Volunteer Walk Leaders Needed
Walking for Health wouldn’t exist without its fantastic volunteer walk leaders, who lead the health walks taking place around the country.

As a volunteer walk leader, you would be helping people in your community to get active and healthy. As well as ensuring walks are friendly, safe and well run, walk leaders are also ambassadors for walking, their scheme and Walking for Health – showing people that walking really can make a big difference to their lives.

Accredited training and support is provided.

Role responsibilities
As a walk leader, you would be responsible for:

> Reading walk health walk routes beforehand (“recce-ing”) to make sure you know them.
> Welcoming walkers to the walks, particularly new walkers.
> Giving a brief talk before the walk to make sure everyone is prepared.
> Making sure paperwork like registration forms and registers are completed.
> Leading and managing walks, usually jointly with other walk leaders (including “back marking” or “middle marking” as well as leading at the front).
> Making sure walks are welcoming, friendly, enjoyable and safe.
> Trouble shooting and dealing with problems on walks, with the support of your scheme coordinator.
> Providing information about other walks offered by the scheme and basic information about how to keep active.
> Attending occasional walk leaders’ meetings and refresher training.
> Staying in touch with the latest news and guidance from your scheme and Walking for Health.

In addition, depending on how your scheme is run, you could also be asked to help your scheme coordinator develop and risk assess new walking routes.

Skills needed
The main skill we need from our volunteer walk leaders is clearly demonstrated enthusiasm for walking and its benefits! In addition, we love our leaders to be:

> Friendly, welcoming and empowering with good communication skills.
> Observant and sensitive to the needs of others.
> Knowledgeable about the basics of the benefits of walking and physical activity.
> Reliable, punctual, honest and well organised.
> Able to work independently but with guidance and support.
> Confident at speaking in front of small groups.
> Able to take control and be assertive when needed.

Active Walks is Sefton’s Local Health Walk Programme and there will be a Walk Leaders Training in February 2016. If you are interested please contact the Active Walks Team on 0151 934 2824.

New Year’s Day Walk
Friday 1st January 2016
Meet at Freshfield Train Station, 2.00pm
4 miles circular walk
Through the Squirrel Reserve onto the beach.
Join us for a walk and a toast.

Beach Safety

Following on from our article in the Autumn newsletter regarding the Gormley’s Dot to Dot walk on Crosby beach, we would like to clarify that the walk was led by trained and qualified walk leaders who had planned and risk assessed the route before the day. They had walked the route a few times before the actual day and were aware of tide times and safe distances from the promenade. We only visited the Gormley statues that were safe to visit on the day.

Please remember:
> Read the beach information notice boards for news and safety information.
> Take your litter home.
> Where lifeguards operate you are required to follow their instructions and advice.
> Respect the beaches, coastline and other people using the area.
> Do not allow your dog or horse to foul the beaches.
> Care should be taken at all times when swimming in the sea.
> Check the tide times and the weather forecast before your visit and be aware of the beach access points.

At Crosby, RNLI Lifeguards are present all year, but please note Crosby beach is not a bathing beach and does not have a patrolled bathing area.

Tide times vary everyday throughout the year. Please check the tide website before you make your journey especially if you want to see the Antony Gormley statues.

Sefton Walking and Cycling Guide available
The new Sefton Walking and Cycling is now available. The colourful guide contains 16 of the area’s most popular walking and cycling routes to encourage you to get out and about in Sefton and discover it’s beauty and fascinating history.

To receive a copy please email cycling@sefton.gov.uk or call 0151 934 4638

Independent Walk Pack
With 24 walk routes to try, all mapped out with directions there is no excuse not to explore Sefton and squeeze in some minutes of physical activity.

To order a pack please email walking@sefton.gov.uk or call the Active Walks team on 0151 934 2824.

OUT NOW
All of the walks are free to join as long as you have completed the technique training course.

No booking required.
Nordic Walking uses poles in order to add two major benefits to walking:
• The use of the poles means the upper body muscles are used as well as the legs.
• The poles help propel the walker along—this means he/she works harder than usual yet the support given by the poles makes it feel easier.

Nordic Walking is a great way to lose weight and stay healthy as it strengthens your upper body and reduces stress on the joints. It’s all about technique!

PLEASE NOTE: NO WALKS ON BANK HOLIDAYS

Southport Central Walks
Walk leaders: Tony and Betty
Time: 10.30am
Place: Dunes Splash World, reception area, PRB 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.

Bus Numbers: 2/2x/x2, 15, 40, 47, 49, 110, 375, 385

Sefton Opera Health Walk
Walk leaders: Val and Anne
Time: 10.30am
Place: St Matthews Church/Sefton Opera, 410 Stanley Road, L20 5AE
The Sefton Opera walks are short walks and will last approximately 30–45 minutes, the group visit local parks and greenspaces with time at the end for a cup of tea and a chat.

Bus Numbers: 53, 53a, 55, 60, 62, 68, 68e, 81, 81a, 81b

Southport and Formby Macmillan Walking Group
Walk leaders: Sarah, Moira, Jean, Joan, Doreen and Steph
Time: 1.00pm
The Macmillan walks are medium length walks but most have a shorter option meaning walks can last for around 20 minutes for the short walks to 40 minutes for the medium walks. The walks take place on Friday and are for anybody affected by cancer. The first Friday of the month’s walk will take place at various locations around Sefton with the others meeting at Macmillan Information and Support Centre.

Southport and Formby Macmillan Walking Group
Walk leaders: Sarah, Moira, Jean, Joan, Doreen and Steph
Time: 1.00pm
The Macmillan walks are medium length walks but most have a shorter option meaning walks can last for around 20 minutes for the short walks to 40 minutes for the medium walks. The walks take place on Friday and are for anybody affected by cancer. The first Friday of the month’s walk will take place at various locations around Sefton with the others meeting at Macmillan Information and Support Centre.

Dune Walks
Walk leaders: Jean and Trevor
Time: 1.30pm
Place: Dunes Splash World, outside the main entrance by the seating, PRB 1RX
The Dunes walks are medium length walks at a good pace and walks last approximately 60–90 minutes. The group walk along the coast and enjoy eye-catching views of the Sefton coastline which include Victoria Park, the sea wall path, Velvet Trail, Marine Lake, Kings Gardens and Jubilee Trail.

Bus Numbers: 2/2x/x2, 15, 40, 47, 49, 110, 375, 385
**Kings Gardens Health Walks**

**Walk leader:** Steph  
**Time:** 10.30am  
**Place:** Carousel/Beginning of Pier, PR8 1QX

The Kings Gardens Walk is a short walk at a medium pace and will take around 30–40 minutes to complete.

This walk is ideal for anybody who would like to build up their physical activity levels gradually, at a gentle pace with the flexibility to increase if needed, the walk route stays within Kings Gardens. If you are coming by car park, at the Eco Centre and the park and ride bus. There is a bus stop outside the Ramada hotel which is only 100 steps away from the Carousel/Pier.

6th February  
20th February  
5th March  
19th March

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**Sunday Walks**

During the winter months these walks are fortuitous.

The Weekend Walks are longer walks at a medium pace, walks last no longer than 90 minutes and are planned so you just turn up and follow the leader.

**Place:** 10.30am  Please note: NEW TIME!

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**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.

Netherton Park  
**Tuesday mornings**  
**Walk leader:** Pauline  
**Time & Place:** 10.00am at Netherton Park Neighbourhood Centre, Chester Avenue, Bootle L30 1QW  
26th January  
2nd / 9th / 16th / 23rd February  
2nd / 9th / 16th / 23rd / 30th March

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**Parenting 2000**

**Tuesday mornings**  
**Walk leaders:** Kerry and Helen  
**Time & Place:** 10.30am at Parenting 2000 Centre, Mornington Road, Southport PR9 0TS  
26th January  
2nd / 9th / 16th / 23rd February  
2nd / 9th / 16th / 23rd / 30th March

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**Linaker Children’s Centre**

**Thursday mornings**  
**Walk leaders:** Steph  
**Time & Place:** 10.30am at Linaker Children’s Centre Linaker Street, Southport PR8 5DB  
(entrance is on Linaker Street)  
11th / 18th / 25th February  
3rd / 10th / 17th / 24th / 31st March

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**Freewheeling**

The scheme is free and offers Sefton residents (conditions apply) the opportunity to access bikes to enable them to include cycling as part of a healthier lifestyle or join our rides. Cycles are available from:  
- Ainsdale Discovery Centre 0151 934 2967  
- Bootle Leisure Centre 0151 330 3301  
- Dunes Splash World 01704 537160  
- Formby Pool 01704 879366  
- Litherland Sports Park 0151 288 6288  
- MeCycle Cafe Ainsdale 01704 579353 or emaillus@mecycle.co.uk

To join the scheme go along to any of the centres listed above and take along with you the following identification:  
- A Recent Utility bill (gas, water, electricity or telephone bill)  
- Any personal photographic identification (passport, drivers licence or travel pass with photo)

For general enquiries about the scheme call 0151 934 4638  
Email: cycling@sefton.gov.uk

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**Ditch those Stabilisers**

These sessions are always popular and with an amazing success rate. Children and parents benefit from advice and assistance from our enthusiastic staff. Once again there will be more sessions February half term.

Staff will be on hand to give practical advice and assistance to youngsters from the age of 4+ and their parents to give them the opportunity to learn to ride their bikes unaided without stabilisers. There will also be Scoot bikes and Buddy bars available to provide practical help during the sessions.

Sessions are free and take place at:  
- Litherland Sports Park  
- Booty Leisure Centre  
- Shoreside Primary School

Sessions are limited per session so register as soon as possible. To register a child’s place or for more information please contact the Highways Safety team on 0151 934 4638  
Email: cycling@sefton.gov.uk  
Website: www.activevelosefton.co.uk
Cycling Back to Health

Cycling Back to Health are led cycle rides which can help you get back on your bike even if you haven’t cycled for a while.

The weekly group rides are friendly, free, fun and one of the best ways of improving your general health and wellbeing and provides an excellent workout for your mind and body. The qualified ride leaders are on hand to encourage and support both beginners and the more serious cyclist or those who are returning to cycling after ill health.

The ride routes consist of mainly off road cycle routes and quiet roads around Sefton. Occasionally the groups venture further afield and include the Trans Pennine Trail, the Cheshire Lines or the further afield and include the Trans Pennine Trail, the Cheshire Lines or the

bike routes and quiet roads around Sefton coastal route and many more.

For general information and to register on the rides please contact:
Setfotn’s Highway Safety Team on 0151 934 4638 / Email: cycling@sefton.gov.uk

For more information contact: Ross Adams 0151 934 4576
Ross.adams@sefton.gov.uk

> L30 Community Centre, Stonyfield, Netherton L30 0QS
Wednesday 13th January
10.00am – 3.30pm
> Brunswick Youth and Community Centre, Marsh Lane, Bootle L20 4JQ
Friday 15th January
11.00am – 3.00pm

Bikes and cycle helmets are available for loan on the rides but need to be booked in advance.

There are regular weekly rides on Tuesdays and Fridays and a two monthly Saturday rides:
> Litherland Sports Park, Boundary Lane, Litherland L21 7LA
Tuesdays – 10am till 1.00pm
> McCycle Café, 59 Station Rd, Ainsdale PR8 3HH
Fridays 10am till 1.00pm
> McCycle Café, 59 Station Rd, Ainsdale PR8 3HH
10.00am till 1.00pm
Saturday 23rd January
Saturday 24th February
Saturday 19th March

For general information and to register on the rides please contact:
Setfotn’s Highway Safety Team on 0151 934 4638 / Email: cycling@sefton.gov.uk

Dr Bike will see you now

Due to access issues with some of our usual venues, there will be a limited Dr Bike service throughout January.

However if your trusty steed requires a service to keep the wheels in motion during the winter months, then feel free to pop along and receive your FREE bike health check and basic service.

Typical work we can carry out includes, full inspection, replace punctured inner tubes, replace worn tyres, replace worn brake pads (Non disc), correctly set up and adjust brakes and gears.

As we are a mobile service, not all repairs can be practically carried out, for major work, advice and guidance will be given as to how best to resolve the issue.

There will be free sets of bike lights for the first 5 to attend at each session and everyone who comes along with a bike will receive a reflective slap band and goodie bag, to help you ‘Be Safe, Be Seen’ through the darker months.

For more information on winter riding please see our Maximus Reflecticus article (below).

No booking is required but bikes will be mainly seen on a first come first served basis, priority is usually given to job club attendees but all bikes, new and old are welcome.

Rides for the over 50’s In partnership with Sefton Age Concern

The group are led by qualified and enthusiastic leaders and meet on every 1st and 3rd Thursday in the month. Although they don’t race as giving you a great workout.

The group stay together. to an easy pace and the group always stay together.

The group meet at either:
10.15am, Hesketh Centre on the corner of Albert Road/Park Road West, Southport.
Or
11.00am, Dunes Splash World, The Esplanade, Southport PR8 1RX
for start of local ride, distances to suit all riders.
7th / 21st January
4th / 18th February
3rd / 17th March

For more information please contact the group leader on 01704 383110
Email: cycling@sefton.gov.uk

Safe Cycling tips for the winter months.

Winter is the time of year when it’s more important than ever to keep your bike well maintained and during the dark mornings and evenings cyclists need to wear the appropriate clothing to make sure they are seen by the other road users.

Appropriate Clothing should be:
- Reflective.
- High Visibility jackets or tabards.
- Avoid loose fitting trousers round the ankles as they could get caught up in the chain.
- Slap wraps or trouser clips will keep trousers away from any moving parts.

Mazimus Reflecticus

Look after your bike and it will look after you

For more information contact:
Lou Henderson
07554 582501.

Formby Belles Cycling group

Regular Formby Belles rides continue throughout the Winter and are sociable, free and an ideal way of getting to know new cycling friends. The rides are friendly, free and an ideal way of getting to know new cycling friends. The rides are friendly, free and an ideal way of getting to know new cycling friends. The rides are friendly, free and an ideal way of getting to know new cycling friends. The rides are friendly, free and an ideal way of getting to know new cycling friends. The rides are friendly, free and an ideal way of getting to know new cycling friends. The rides are friendly, free and an ideal way of getting to know new cycling friends. The rides are friendly, free and an ideal way of getting to know new cycling friends. The rides are friendly, free and an ideal way of getting to know new cycling friends. The rides are friendly, free and an ideal way of getting to know new cycling friends. The rides are friendly, free and an ideal way of getting to know new cycling friends. 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Southport Cycle Hire

Did you know Southport Cycle Hire now has bikes at 10 different locations?

In addition to the two shops in Southport, there are also bikes available at Crosby Lakeside Adventure Centre. All 3 of these centres hold a selection of different bikes and provide bikes for all the family.

Opening times vary so please see the VISIT website for details www.visitseftonandwestlancs.co.uk

In addition to the shops, bikes can be hired 24hrs a day/7 days a week from one of the automated docking stations. Located in Southport, Ormskirk, Lathom and Banks, these stations provide adult only bikes and can be hired either by registering beforehand or by using your phone and payment card when you arrive at the station of your choice. Details for all the centres including opening times and costs are available on the VISIT website so why not take a look?

Leisure Cycle Routes

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

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 copies through the contact form.

Active Travel Website

We are pleased to announce that the new and improved Sefton Active Travel website is now fully live.

The new website is packed with a variety of information on all you need to know about walking and cycling activities in Sefton, and how you can get involved. For example, take a look at our new events section, which gives a handy online calendar of the walks and rides listed in this newsletter, together with up to date information on all events and activities on offer.

One of the new sections also showcases our new ‘Business Engagement’ section which offers practical and innovative solutions to encourage staff to make sustainable and active travel choices when travelling to work, as well as for leisure or other journeys. With a range of resources and equipment, including smoothie bikes, a portable cycle skills track and a virtual cycle race computrainer, bespoke, tailored programmes can be delivered. Services are offered free to Sefton businesses, and also include advice on personal journey planning, cycle training for complete beginners to on road training, cycle maintenance courses and workplace walks.

Please visit: www.activetravelsefton.co.uk

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

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