

# Sefton's Autumn **Walking & Cycling** Booklet

Issue 73 / Oct - Dec 2025

ALL OUR  
**Walks  
& Rides**  
ARE FREE



**active travel**



Sefton Council 

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## Introduction

**Welcome to the Autumn Walking and Cycling booklet. Autumn is a wonderful time to get outside and get more active.**

The days become cooler and shorter; nature treats us to a golden display of vivid bronze and russet colour. It is such a pleasure to put on extra layers and get outside. Sefton offers a vast variety of free, guided walks and cycle rides to make the most of the Sefton coast and countryside. You can simply put on your walking shoes or get on your bike and turn up at one of our walks or bike rides. You will be warmly welcomed. They start at community venues throughout the Borough.

Our experienced walk and bike leaders will have planned the route thoroughly so you can make the most of being outdoors this Autumn and enjoy the crisp leaves underfoot, whilst enjoying the views on offer.



## Walking Diary

**Active Walks Sefton, your local Ramblers Wellbeing Walks programme offers a great number of regular walks across the borough. The walks continue throughout the year and are led by volunteers.**

The wellbeing walks range from short walks of 30 minutes up to 90 minutes. There are also progression walks, they are longer, from 90 minutes to 150 minutes.

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

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

**To assist you the walks are graded:**

**Grade 1:** suitable for people who have not walked much before.

**Grade 2:** suitable for people who are looking to increase their activity levels.

**Grade 3:** for people looking for more challenging walks.

**Progressional walks:** for people who have undertaken wellbeing walks and are now looking to take their next steps.

**Please note: Progressional Walks are: brisk pace, varied terrain, can include stiles/steps/gradients and uneven surfaces.**

**Guide dogs are allowed on all wellbeing walks.**

## Active Walks Key

### Walking Grades



**Grade 1**  
Short  
10–30 mins



**Grade 2**  
Medium  
30–60 mins



**Grade 3**  
Longer  
60–90 mins



**Progressional**  
90 mins  
and over

### Frequency and length of walks



**Weekly,**  
Fortnightly, Monthly  
Walks



30/45/60/75/90/120  
Minute Walks

### Terrain and accessibility to all



Maybe  
Muddy



Inclines &  
Declines



Uneven  
Ground



Tree  
Roots



Sandy  
Paths



Wheelchair  
Accessible



Family  
Friendly

### Other types of walks



Special  
Interest



Baby & Pram  
Walks



Toilets  
Available



Rest  
Opportunities



Refreshment  
Stops



Accessible via  
Public Transport



Parking  
Available

## Crosby Wellbeing Walks

**Walk leader:** Margaret

**Time:** 10.30am | **Frequency:** Fortnightly

**Meet:** Crosby Library Crosby Rd North, Crosby L22 0LQ (in the foyer).

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



**Oct: 6th | 20th**

**Nov: 3rd | 17th**

**Dec: 1st**



## Maghull Wellbeing Walks

**Walk leaders:** Sheila, Chris, Sue and Veronica

**Time:** 10.00am

**Frequency:** 1st and 3rd Monday

**Meet:** Maghull Health Centre L31 0DJ (outside the rear of the centre).

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

The Maghull walks will take around 90 minutes to complete.

The walks are based around the rural areas of Maghull/Sefton and Lydiate so suitable clothing and footwear will be required. The group use local cafes to have a tea/coffee stop and a chat.

**6th Oct:** Sefton Meadows

**20th Oct:** Scotch Piper

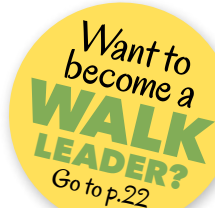
**3rd Nov:** Hartley's

**17th Nov:** Coffee Carriage or Bernie's

**1st Dec:** Mocha

**8th Dec:** Christmas lunch (TBC)

**15th Dec:** Nourish



## Netherton Feelgood Factory Wellbeing Walks



**Oct: 6th | 13th | 20th | 27th**

**Nov: 3rd | 10th | 17th | 24th**

**Dec: 1st | 8th**

**Walk leader:** Tony

**Time:** 10.00am | **Frequency:** Weekly

**Meet:** Feelgood Factory, Glovers Lane, Netherton L30 5QW

The group take between 60–90 minutes on their walk every week, they set the pace and enjoy walking together.

The walking routes vary each week taking in local parks and The Leeds Liverpool Canal.

All our walks start and finish at same location.



## Torch Walk

**Walk leader:**

**Date:** 10th Nov

**Time:** 6.00pm | **Duration:** 90 mins

**Meet:** Freshfield train stn

The only torch walk this year, will be on a Monday for the first time.

We will be walking along the Fisherman's Path and into the woods, twisting and turning along the woodland paths before returning to the main track alongside the railway and back to the station.

Please bring a torch with you and a head lamp if you have one.





## Bootle Wellbeing Walks

**Walk leaders:** Delia, Helen, Sandra, Linda, Mary and Noreen

**Time:** See listings | **Frequency:** Weekly

**Meet:** Meeting points vary – see listings  
The Bootle walks are a medium walk and the group will cover distances of between 2–4 miles each week depending on location and enjoy a variety of routes across Sefton and beyond.

Don't forget travel fare or pass!

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

**7th Oct: Wavertree Park (The Mystery)**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle or 10am Bootle New Strand 68 bus stop

**14th Oct: Frankby**

**Time/Place:** 9.30am Corner Watts/Park Lane or 10.15am Sir Thomas St Liverpool

**21st Oct: 5 Lamps Marina**

**Time/Place:** 9.30am St Robert Bellamine Church car park or 10am Red Lion pub Litherland

**28th Oct: Southern Grasslands**

**Time/Place:** 9.30am Watts/Park Lane or 10am Bootle New Strand train stn (Liverpool Platform)



**4th Nov: Hillside**

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

**11th Nov: Stanley Park**

**Time/Place:** 9.30am Watts/Park Lane or 10am Bootle New Strand 68 bus stop

**18th Nov: Dobbies**

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

**25th Nov: Ladygreen Lap**

**Time/Place:** 9.30am Watts/Park Lane or 10am 47 bus stop, North Park

**2nd Dec: Christmas Lunch**

**\*First Walk Date for 2026\***

**13th Jan: West Kirby**

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



## Brunswick Wellbeing Walks

**Walk leader:** Karen

**Time:** 11.00am | **Frequency:** Weekly

**Duration:** 45–60 mins

**Meet:** Brunswick Youth & Community Centre, 104 Marsh Lane, Bootle L20 4JQ

We start out from the centre every week and walk a variety of routes locally, including the Leeds and Liverpool Canal, Mellanear Park and North Park. We return to the centre for a cuppa and chat after our walk.

**Oct: 7th | 14th | 21st | 28th**

**Nov: 4th | 11th | 18th | 25th**

**Dec: 2nd | 9th**



## Churchtown Wellbeing Walks

**Walk leader:** Sally

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

**Meet:** \*NEW MEETING POINT\*

Bold Arms car park on Cambridge Rd by the outdoor pub benches (see photo)

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

**Oct: 7th | 14th | 21st | 28th**

**Nov: 4th | 11th | 18th | 25th**

**Dec: 2nd | 9th**







## Atkinson Wellbeing Walks

**Walk leader:** Helen

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

**Meet:** The Atkinson, Lord St, Southport PR8 1DB (unless otherwise stated).

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



**Oct:** 1st | 8th | 15th | 22nd | 29th  
**Nov:** 5th | 12th | 19th | 26th  
**Dec:** 3rd | 10th



## Seaforth Wellbeing Walks

**Walk leader:** Lin

**Time:** 10.15am | **Frequency:** Weekly

**Meet:** Seaforth & Litherland train stn (platform)

*All walks are 2–3 miles long.*

This is a gentle paced walk and enjoys a 60 minute walk in different areas of Sefton.

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

**1st Oct:** Garden Festival  
**8th Oct:** Southport Lake  
**15th Oct:** New Brighton  
**22nd Oct:** Crosby Marina  
**29th Oct:** Blundellsands  
**5th Nov:** Port Sunlight  
**12th Nov:** Botanic Gardens  
**19th Nov:** Sefton Park  
**26th Nov:** Aigburth/Cressington  
**3rd Dec:** Crosby Marina  
**10th Dec:** Christmas Lunch



## Sefton Trails Wellbeing Walks

**Walk leader:** Tony

**Time:** 10.30am | **Frequency:** Fortnightly

**Duration:** 90 mins

**Meet:** Various meeting points

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

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

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

♫ **MUSIC WALKS** ♫ – after the walk the group head to Christ Church on Lord Street for a free music concert

**1st Oct:** ♫ **MUSIC WALK** ♫

Hillside – Southport

**Meet:** Hillside train stn

**15th Oct:** Pygons Hill

**Meet:** Town Green train stn

**29th Oct:** ♫ **MUSIC WALK** ♫

Southport Meander

**Meet:** Southport train stn

(by ticket barriers)

**12th Nov:** Seaforth to Hall Road

**Meet:** Seaforth train stn

**26th Nov:** ♫ **MUSIC WALK** ♫

Hillside – Southport

**Meet:** Hillside train stn

**10th Dec:** Formby Walk

**Meet:** Formby train stn

**\*First Walk Date for 2026\***

**7th Jan 2026:** Freshfield Walk

**Meet:** Freshfield train stn



## \*LONGER WALKS\*

### Litherland Sports Park Walking Club

**Walk leaders:** Joe (07930 667 874), Tony (07548 799036), Isobel (07722 376 505) and Cathy (07986 736 114)

**Time:** 9.55am

**Frequency:** Weekly

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

**PLEASE BRING A PACKED LUNCH ALONG**

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

(0) denotes approximate mileage of each walk

**1st Oct: Badgers Rake (7)**

**Journey to:** Liverpool Central then on to Hooton

**8th Oct: Ruff Wood (7)**

**Journey to:** Sandhills then on to Ormskirk

**15th Oct: Cressington to Brunswick (6)**

**Journey to:** Liverpool Central then on to Cressington

**22nd Oct: Ness Point (6)**

**Journey to:** Liverpool Central on to Sir Thomas Street, then 487 bus to Neston

**29th Oct: Aughton to Haskayne (6.5)**

**Journey to:** Sandhills then on to Aughton Park

**5th Nov: Leasowe to Seacombe (7.5)**

**Journey to:** Liverpool Central on to Leasowe

**12th Nov: Hall Road to Maghull (8)**

**Journey to:** Hall Road

**19th Nov: Bache to Chester (8.5)**

**Journey to:** Liverpool Central then on to Bache

**26th Nov: Seaforth to Liverpool – canal walk to Liverpool (8)**

**3rd Dec: Port Sunlight to Rock Ferry (6.5)**

**Journey to:** Liverpool Central then on to Port Sunlight

**10th Dec: Liverpool Two Parks & Granby Street (7)**

**Journey to:** Liverpool Central then on to St. Michaels

**\*First Walk Date for 2026\***

**7th Jan: Ormskirk to Lathom (7.5)**

**Journey to:** Sandhills then on to Ormskirk



## Ainsdale Sands & Sea Wellbeing Walks

**Walk leaders:** Margaret and Pauline

**Time:** 10.30am

**Frequency:** Fortnightly

**Duration:** 60–90 mins

**Meet:** MeCycle Café (next to Ainsdale train stn), PR8 3HH  
Ainsdale Sands & Sea Wellbeing Walks set a steady pace, walking between 60–90 minutes and take place fortnightly. Some of the walks will include small hills in the sand dunes. These walks offer a variety of routes along the coast, through pinewoods, sand dunes and along the beach.

If you wish to join the group, please wear sensible footwear for coastal trails and paths.

**Oct: 2nd | 16th | 30th**

**Nov: 13th | 27th**

**Dec: 11th**



## Formby Wellbeing Walks

**Walk leaders:** Sue and Tony (07752 927092)

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

**Duration:** 90 mins

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

\*Last Thursday of each month we meet at Freshfield train stn

This is a longer walk at a quick pace and will take around 90 minutes to complete. There are routes to suit everybody and include Cabin Hill Nature Reserve, National Trust Nature Reserve and Natural England Nature Reserve.

**Oct: 2nd | 9th | 16th | 23rd | 30th\***

**Nov: 6th | 13th | 20th | 27th\***

**Dec: 4th | 11th**

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





## Walking for Health in Hesketh Park Wellbeing Walks

**Walk leader:** June

**Time:** 1.30pm | **Frequency:** Weekly

**Duration:** 30–45 mins

**Meet:** Hesketh Park Cafe  
(in the park), PR9 9NW

This walk is ideal for anyone wanting to increase their activity levels. The walk provides the perfect opportunity to chat to others whilst keeping active.



Oct: 2nd | 9th | 16th | 23rd | 30th  
Nov: 6th | 13th | 20th | 27th  
Dec: 4th | 11th



## May Logan 'Walk & Talk' Wellbeing Walks



**Walk leaders:** Debbie, Louise, Brenda, Sue and Lesley

**Time:** 10.00am | **Frequency:** Weekly

**Duration:** 60 mins

**Meet:** Walks start at May Logan Centre reception, with the exception of Crosby Marina\* walks where we meet outside Waterloo train station. All walks start at 10.00am till approximately 12.00pm.

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

**2nd Oct:** Hatton Hill

**9th Oct:** Crosby Marina\*

**16th Oct:** Derby Park

**23rd Oct:** 3 Park Loop

**30th Oct:** Hatton Hill

**6th Nov:** Derby Park

**13th Nov:** Crosby Marina\*

**20th Nov:** Hatton Hill

**27th Nov:** Little Merton Hike

**4th Dec:** Derby Park

**11th Dec:** Crosby Marina\*

**18th Dec:** Little Merton Hike

**\*First Walk Date for 2026\***

**8th Jan:** Derby Park



Want to  
become a  
**WALK  
LEADER?**  
Go to p.22

## Dunes Weekly Wellbeing Walks

**Walk leader:** Jean

**Time:** 1.30pm | **Frequency:** Weekly

**Duration:** 75 mins

**Meet:** Dunes Splash World,  
(outside the main entrance by the  
seating), Southport PR8 1RX

The Dunes Weekly Walks are approximately 75 minutes long and at a good pace. The group walk along the coast and enjoy views of the Sefton coastline, which include the sea wall path, Velvet Trail, Marine Lake, Jubilee Trail, Kings Gardens and Victoria Park.

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

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

Dec: 5th | 12th



## Emily's Wellbeing Walks

**Walk leader:** Steph

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

**Duration:** 30 mins

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

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

Oct: 3rd | 10th | 17th |  
24th \*NO WALK\* |  
31st \*NO WALK\*

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

Dec: 5th | 12th





## Further Afield Friday Wellbeing Walks

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

**Time:** 1.00pm | **Frequency:** Monthly

**Duration:** 90 mins

**Meet:** Various meeting points (see individual listings for details)

This walking group is for people affected by cancer, their families and friends.

The walks will start in different locations each month. The walks are between 1 to 4 miles long although there is always a shorter route option on the day to suit all abilities and preferences

**PLUS** we always stop for a cuppa after our walks.

**31st Oct: Dobbies Walk**

**Meet:** outside Dobbies Garden Centre

**28th Nov: Botanic Gardens Walk**

**Meet:** by main gates on Botanic Rd

**12th Dec: \*EARLIER DATE\***

**Hesketh Park Walk**

**Meet:** at Albert Rd entrance, followed by 'Walkers Christmas Meal' at The Mount \*booking is essential\*. For details and to book call Southport Macmillan Centre, 01704 533 024.



## Southport Central Wellbeing Walks

**Walk leader:** Annette

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

**Duration:** 30–45 mins

**Meet:** Dunes Splash World (reception area), Southport PR8 1RX

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

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

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

**Dec: 5th | 12th**



## Sefton OPERA Wellbeing Walks (Age 50+)



**Walk leaders:** Vikki, Lynn, Stacy, Peter and Patrick

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

**Duration:** 30–90 mins

**Meet:** St. Matthew's Church/Sefton Opera, 410 Stanley Rd, L20 5AE (Press buzzer, mention walk, 1st floor) – unless otherwise stated.

For more details on these wellbeing walks please contact Sefton Opera on 0151 330 0479.

The group meet at various locations to enjoy walks in different areas of Sefton, most of the walks are in South Sefton.

**Please contact the walk leader in bad weather, as there maybe changes to the walk route, 07452 867 648.**

The Sefton Opera walks will last 30–90 minutes, the group visit local parks and green spaces with time at the end for a cup of tea or coffee and a chat.

**\*\*MUSEUM WALKS WILL BE ADDED IN BAD WEATHER\*\***

**3rd Oct: Mini bus trip**

**Meet:** Sefton OPERA office

**10th Oct: Thornton walk Virgins Lane**

**Meet:** outside Aldi on Moor Ln, L23 4TW, walk along Virgins Lane and Brick Wall

**17th Oct: Fisherman's Walk**

**Meet:** Freshfields train stn, walk along Fisherman's Path to Ainsdale train stn

**24th Oct: Crosby Marina Gardens and Lake**

**Meet:** Café between the gardens

**31st Oct: \*SHORT WALK\***

**Rimrose Valley & Canal walk**

**Meet:** Tesco Bridge (Red Lion pub), walk along the canal and through Rimrose Valley

**7th Nov: Hall Road to Marina**

**Meeting at Hall Rd train stn**

**14th Nov: Cooksons Bridge Canal Walk**

**Meet:** Cooksons Bridge Pub, walk along canal to Arthurs Bridge and Marian Square

**21st Nov: Hesketh Park**

**Meet:** New Strand Bootle train stn to get 9.47am train to Southport

**28th Nov: \*SHORT WALK\***

**Tesco Bridge Canal Walk**

**Meet:** Tesco Bridge (Red Lion pub)

**5th Dec: Netherton 'Hearts of Gold' Heritage Walk**

**Meet:** NAC Gym, Gorsey Lane, Netherton



## Autumn Amble in 5

**Date:** Saturday 8th November, 10.30am

**Walk leader:** Steph | **Time:** 10.30am

**Start/Finish:** Formby train stn

This 5 mile walk explores the coast surrounding Lifeboat Road in Formby, following dune and woodland paths as they zig zag through the sand and under the pine trees. We will make our way from Formby train station towards the Altcar Rifle Range perimeter fence before turning right and heading towards Lifeboat Road through the sand dunes. We will walk to Blundell Avenue and through the woods before returning to Formby train station. We will be walking through sand and there will be some inclines throughout the route.

## Kings Gardens Wellbeing Walks

**Walk leaders:** Anne and Steph

**Time:** 10.30am | **Frequency:** Fortnightly

**Duration:** 45 mins

**Meet:** Carousel/beginning of Pier, Southport PR8 1QX

The Kings Gardens walk is a short walk at a medium pace and will take around 45 minutes to complete.

This walk is ideal for anybody who would like to build up their physical activity levels gradually. A gentle pace with the flexibility to increase if needed, the walk route stays within Kings Gardens for the main part and sometimes includes the promenade and seafront.

**Oct:** 4th \*NO WALK\* | 18th

**Nov:** 1st | 15th | 29th

**Dec:** 13th



## Sunday Sefton Wellbeing Walks

**Walk leaders:** Steph, Tony and Hannah

**Time:** 2.00pm | **Frequency:** Fortnightly

**Duration:** 90 mins

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

The Sefton Sunday Wellbeing Walks take place every week in different areas of Sefton.

These 90 minute walks take in our wonderful coastline and our beautiful countryside, from trekking through the sand dunes near Cabin Hill Nature Reserve in Formby to winding along the Leeds and Liverpool canal towpath in Lydiate, there are so many different routes to enjoy.

**19th Oct:** Freshfield Coast

**Meet:** Freshfield train stn

**2nd Nov:** Coast between Crosby and Hightown

**Meet:** Hall Road train stn

**16th Nov:** Hillside

**Meet:** Hillside train stn (outside main entrance)

**30th Nov:** Fisherman's Path and beach, Freshfield

**Meet:** Freshfield train stn

**14th Dec:** Formby

**Meet:** Formby train stn

**\*First Walk Date for 2026\***

**18th Jan:** Ainsdale Coast

**Meet:** Ainsdale train stn



**\*NEW WALK\***

## Blundellsands Wellbeing Walk

**Walk leader:** Jules

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

**Duration:** 60–90 mins

**Meet:** Blundellsands & Crosby train stn (by the bench at the top of the subway on The Serpentine South)

Brand new to the programme, this walk starts from Blundellsands and Crosby Train Station, and will enjoy routes along the coast, so much on offer, the beach, the promenade, Marine Lake, and a choice of local parks.

**Oct:** 12th | 19th | 26th

**Nov:** 2nd | 9th | 16th | 23rd | 30th

**Dec:** 7th | 14th







## Join one of our Nordic walks, available every week throughout the year.

Nordic Walking is a great way to lose weight and stay healthy, as it strengthens your upper body and reduces stress on your joints. The Nordic Walking poles are adjustable to your height and they propel you forward, you are working harder and walking faster with the support of the poles.

**Anyone wishing to join a Nordic walking group must first complete a 'Nordic Walking Technique' training course.**

There will be training courses taking place soon, please contact Active Walks on 0151 934 2824 or email [walking@sefton.gov.uk](mailto:walking@sefton.gov.uk) for more information.



### Monday mornings

#### > MAGHULL:

**weekly – 60 mins**

**Walk Leaders:** Margaret and Dave

**Time/Place:** 10.00am  
at Meadows Leisure Centre,  
Hall Ln, Maghull L31 7BB

### Monday afternoons

#### > FORMBY:

**weekly – 90 mins**

**Walk Leaders:** Peter

**Time/Place:** 1.00pm  
at 17D Duke St, Formby  
L37 4AN

### Tuesday mornings

#### > LYDIATE:

**weekly – 90 mins**

**Walk leader:** Brenda,  
M: 07900 525222  
John, Ann and Dave

**Time/Place:** 10.40am  
at Lydiate Parish Hall,  
288 Southport Rd,  
Lydiate L31 4EQ

**PLEASE NOTE:** If new  
to walk contact walk leader  
to check meeting time.

### Tuesday evenings

#### > FRESHFIELD:

**weekly – 60 mins**

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

**PLEASE NOTE: \*No Walk\***  
on Tue 28th Oct

### Wednesday mornings

#### > WATERLOO:

**weekly – 60 mins**

**Walk leaders:** Peter, Pat,  
Tony, Howard and Karl

**Time/Place:** 10.30am  
at Crosby Lakeside  
Adventure Centre, Cambridge  
Rd, Waterloo L22 1RR  
(waterside car park)

**PLEASE NOTE:** On 30th  
Oct/26th Nov our Wed  
morning walks are longer  
and start at an earlier time  
and different location. See  
'**LAST WED OF EACH  
MONTH**' details below.

**LAST WEDNESDAY  
OF EACH MONTH**

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

**30th Oct and 26th Nov**

**Time/Place:** 10.00am  
prompt at Waterloo  
Community Centre,  
26 Great Georges Rd,  
Waterloo L22 1RD

Mixed ability walkers  
will be catered for.

### Wednesday afternoons

#### > SOUTHPORT:

**weekly – 60 mins**

**Walk leader:** Steph  
and Georgina

**Time/Place:** 1.30pm  
at Dunes Splash World,  
Esplanade PR8 1RX

**PLEASE NOTE: \*No Walk\***  
on Wed 29th Oct

### Friday mornings

#### > CROSBY:

**weekly – 60 mins**

**Walk leader:** Linda  
and Joyce

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

### Saturday mornings

#### > CROSBY:

**fortnightly – 90 mins**

**Walk leaders:** Peter

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

**Oct: 11th | 25th**

**Nov: 8th | 22nd**

**Dec: 6th**

#### > FORMBY:

**fortnightly – 90 mins**

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

**Oct: 4th | 18th**

**Nov: 1st | 15th | 29th**

**Dec: 13th**



## Interested in becoming a volunteer walk leader?

Want to  
become a  
**WALK  
LEADER?**

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

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

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

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

**Contact the Active Sefton Walks Co-ordinator for more information and to discuss the walks on 0151 934 2824 or email [walking@sefton.gov.uk](mailto:walking@sefton.gov.uk)**

## 5 WAYS TO WELLBEING

5 ways you can help yourself feel better



### Keep Learning

Try something new.  
Sign up for that course.

### Connect

with others –  
your family, your friends  
and your community.

### Give

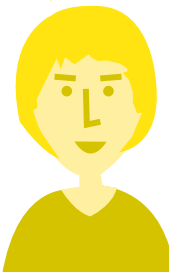
your time,  
your presence and  
your appreciation.

### Be Active

Exercise, Dance, Play.  
Move your mood.

### Take Notice

Be curious.  
Be aware of what  
is going on  
around you.



ALL OUR  
**Rides**  
ARE FREE

# Cycling Diary

## Pedal Away

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



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

### Tuesdays:

#### Intermediate Riders

- > **MeCycle Café**  
59 Station Rd, Ainsdale PR8 3HH  
10.30am – approx 12.30pm

### Fridays:

#### Intermediate Riders

- > **MeCycle Café**  
59 Station Rd, Ainsdale PR8 3HH  
10.30am – approx 12.30pm

## Dover Cycling Fellowship (DCF)

This fellowship meets every Tuesday at Lydiate Parish Hall where cyclists from all over the North West get together for a chat and an informal meeting.

There is also an organised cycle ride to the DCF, every Tuesday leaving Dunes Splash World in Southport (see information on right for details).

**Every Tuesday – Lydiate:**  
11.00am – 1.00pm  
(Formal meeting 12.30pm – 1.00pm)

- > **Lydiate Parish Hall**  
288 Southport Rd, Lydiate L31 4EQ

**Every Tuesday – Southport:**  
10.00am – 3.00pm

- > **Dunes Splash World**  
Esplanade, Southport PR8 1RX



## Litherland Sports Park Wheels for All

**Wheels for All is the largest programme of inclusive cycling in the UK, providing cycling opportunities for all ages, needs and abilities. We have an extensive range of adapted cycles for participants to use, including hand cycles, trikes, recumbents and wheelchair transporters.**

Litherland Sports Park is a brilliant location for inclusive cycling, with an enclosed, safe, 1.5km cycle track suitable for participants of all needs and abilities.

### Every Wednesday –

- > **Litherland Sports Park**  
Boundary Lane, Litherland L21 7LA  
We are open 12pm to 4pm

### PLEASE NOTE:

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

### HOW TO BOOK:

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





## Tour de Friends

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

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

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

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

### Thursday Sessions –

10.00am – 12.00pm

> **Waterloo Community Centre**

Old School Buildings,  
Great Georges Rd,  
Waterloo L22 1RD

To find out more please contact  
Bill Cowley.

Email: [billcowley@blueyonder.co.uk](mailto:billcowley@blueyonder.co.uk)

Tel: **07948 013618**

Join our Facebook group –

**Tour de Friends (AKA Bike Gone Daze)**

*Tour de Friends is a Waterloo  
Community Association project*

## The Chain Gang Rides for the over 50's

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

The group cycle at a steady pace and you will see how easy and rewarding it can be to increase your mileage. We incorporate a lunch stop around halfway before returning to Southport by 3pm. With a wealth of ride leaders and experienced cyclists in the group, any new participants will be in good hands. Don't worry about expensive cycling kit, come along in appropriate, comfortable clothing (helmets recommended) and a serviceable bike and you'll be pleasantly surprised at what you can achieve.

For more information contact:  
Judy Alderson on 01704 553739  
or Kay Sutton on 07840 724451

### Thursday Sessions –

From 10.00am

> **Dunes Splash World**

Esplanade, Southport PR8 1RX

Oct: 2nd | 16th

Nov: 6th | 20th

Dec: 4th



Living Well Sefton is a FREE service open to all residents of Sefton or those registered with a Sefton GP.

They can help you with a range of issues that may be affecting your health.

Help with:

- debt and benefits
- improving your wellbeing
- exercising more
- cooking and eating better
- Coping better and enjoying life more

Call **0300 323 0181** or complete an online form at [livingwellsefton.org.uk](http://livingwellsefton.org.uk) and they will call you back.



**The Weigh Forward course is designed to reduce the confusion surrounding weight loss and fast track you to the results you really want.**

**It offers you:**

- Individual and realistic approaches on how to lose weight with confidence
- Reduce the confusion and stress about weight loss
- Practical ways to apply weight loss tips to your everyday life
- Support every step of the way

FREE weight management programme

Call: 0151 934 2352 | Email: [active.lifestyles@sefton.gov.uk](mailto:active.lifestyles@sefton.gov.uk)

Website: [activelifestyles-sefton.co.uk/weigh-forward](http://activelifestyles-sefton.co.uk/weigh-forward)




# Winter Booklet out December 2025


For great walks and rides throughout Sefton and beyond, pick up Sefton's Walking & Cycling Booklet from libraries, leisure centres and other community venues. They are also available in cafés throughout Sefton. You can find all the walking and cycling information on the Sefton Council website, **[www.sefton.gov.uk](http://www.sefton.gov.uk)**




## Tell us about your walking and cycling experiences

We would love to hear about your experiences, if you have enjoyed a group led walk, ride or followed one or more of our walking or cycling routes please give us your feedback.

 **post a photo and comment using #ActiveTravelSefton on Instagram, Facebook or Twitter**

 **Email:** [walking@sefton.gov.uk](mailto:walking@sefton.gov.uk)

 **Call:** 0151 934 2824

## We look forward to hearing from you

Picture credits:

busy\_mrsb, via Instagram: Crosby beach.

Annette Dutton, via Facebook: Friday Southport Central Walks – group led walk.

Jane Hart, via Instagram: Ince Woods Wander – Independent Walk Routes.

**Been on one of our Walks or Rides?**

*We'd love to hear from you.*



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

**For general enquiries call –**

Sefton Plus on 0345 1400845

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

**For Walking enquiries:**

[walking@sefton.gov.uk](mailto:walking@sefton.gov.uk)

0151 934 2824

 **@SeftonTravel**

 **@activewalkssefton**

 **#activewalkssefton**

[www.sefton.gov.uk](http://www.sefton.gov.uk)



**active travel**