

Sefton's Walking & Cycling Booklet

Issue 75 / Apr - Jun 2026

Spring Edition

Bounce into action
this season with
great walks and rides
throughout Sefton
(and beyond!)



ALL OUR
**Walks
& Rides**
ARE FREE



active travel



Sefton Council 

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Introduction

Welcome to the Spring Walking and Cycling booklet.

Spring's arrival brings longer and warmer days and the sight of new flowers. In Sefton's woods, paths, parks and canal sides the new greenery and birdsong gives a freshness to the air and enjoying this either by bike or foot gives an enormous sense of wellbeing and invigoration. With nature's renewal it is a perfect time to make changes in our own lives and get outdoors and enjoy being active now the longer days are here.

All the Sefton walking and cycling groups are free and they run throughout the year and Springtime is the perfect time to join us. You will also be given a warm welcome, good company and enjoy some lovely walks and cycle rides.



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				Frequency and length of walks			
Grade 1 Short 10-30 mins	Grade 2 Medium 30-60 mins	Grade 3 Longer 60-90 mins	Progressional 90 mins and over	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				Facilities			
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.



Apr: 13th | 27th
May: 11th | 25th *NO WALK* (Spring Bank Holiday)
Jun: 8th | 22nd



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 Apr: *NO WALK* (Easter Monday) – alternative walk date below
13th Apr: Scotch Piper
20th Apr: *NO WALK* – alternative walk date below
27th Apr: Hartley's
4th May: Lunt Meadows
 May Day Bank Holiday walk
*N.B. As it is a Bank Holiday the visitor centre **may** be closed, so there may be no access to toilets or refreshments available. There is a drinks machine so bring coins!*
18th May: Mocha
1st Jun: Nourish
15th Jun: Sefton Meadows



Netherton Feelgood Factory Wellbeing Walks



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

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

The walking routes vary each week taking in local parks and The Leeds Liverpool Canal. All our walks start and finish at same location.

Apr: 6th *NO WALK* (Easter Monday) | 13th | 20th | 27th
May: 4th *NO WALK* (May Day Bank Holiday) | 11th | 18th | 25th *NO WALK* (Spring Bank Holiday)
Jun: 1st | 8th | 15th | 22nd | 29th



A 'Jaunt in June' walk – Tuesday 9th June

Walk leader: Steph | **Time:** 10.30am–12.30pm
Duration: 2 hours | **Distance:** 4.5 miles
Start/Finish: Ainsdale train stn (ticket office/waiting area)

This is a 4.5 mile walk and will take us along the Ainsdale Coast, it will include sand dunes, the beach and woodland, a little of everything.

This is a circular walk and will finish at Ainsdale train station.



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 Apr: Sefton Park

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

14th Apr: Cressington

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

21st Apr: Brunswick to Pier Head

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

28th Apr: Stanley Park

Time/Place: 9.30am corner of Watts Lane/Park Lane [or](#) 10am at 68 bus stop, Bootle New Strand



5th May: Hesketh Park

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

12th May: Parkgate

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

19th May: Thornton Hough

Time/Place: 9.30am corner of Watts Lane/Park Lane [or](#) 10.15am at Sir Thomas Street

26th May: *Day out to Crick*

2nd Jun: Central Park Liscard

Time/Place: 9.30am corner of Watts Lane/Park Lane [or](#) 10.15am Sir Thomas St

9th Jun: Birkdale alternative

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

16th Jun: Calderstones Park

Time/Place: 9.30am corner of Watts Lane/Park Lane [or](#) 10am 61 bus stop, Moss Lane

23rd Jun: Bache

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

30th Jun: Allerton Manor

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



Brunswick Wellbeing Walks

In partnership with Veterans in Sefton

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

Duration: 45–60 mins

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

We meet at the centre every week and enjoy a variety of local walking routes, including the Leeds & Liverpool Canal, Mellanear Park, and North Park.

Once a month, we also venture a little further afield with walks around West Kirby, Thurstaston & Royden Park, Heswall, and the Marine Lake Loop.

All walks are taken at a gentle, steady pace, and we always make time to stop for a cuppa along the way.

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.



Apr: 14th | 21st | 28th

May: 5th | 12th | 19th | 26th

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



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

May: 5th | 12th | 19th | 26th

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



Formby Pinewoods Wellbeing Walks

Walk leaders: John, Terry and Steve

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

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

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

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



Apr: 7th | 14th | 21st | 28th
 May: 5th | 12th | 19th | 26th
 Jun: 2nd | 9th | 16th | 23rd | 30th



Macmillan Wellbeing Walks



Walk leaders: Lynda, Tom, Terry, Carol and Moira

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

Meet: outside The Atkinson, Lord St, Southport, PR8 1DB

A 60 minute circular walk around Kings Gardens, sea front and Marine Lake.

Apr: 7th | 14th | 21st | 28th
 May: 5th | 12th | 19th | 26th
 Jun: 2nd | 9th | 16th | 23rd | 30th



Rimrose Valley Wellbeing Walks

Walk leader: Helen

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

Meet: South Sefton Adult Education Centre, 53 Cambridge Road, Seaforth L21 1EZ (Outside main entrance just inside gates)

This walk is ideal for anyone wanting to increase their activity levels.

These are circular walks of about 60 minutes at a gentle pace in Seaforth and Waterloo that will include routes around Rimrose Valley, Potter's Barn and Crosby Coastal Park.

All the walks will start and finish at South Sefton Adult Education Centre with the opportunity to have a tea/coffee and a chat at the Centre's café at the end of the walk. All are welcome.



Apr: 7th | 14th | 21st | 28th
 May: 5th | 12th | 19th | 26th
 Jun: 2nd | 9th | 16th | 23rd | 30th



Waterloo Wellbeing Walks

Walk leaders: Chris and Mike

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

Meet: Waterloo train stn, on platform

**unless otherwise stated*

Waterloo walks are medium walks, taking around 60 minutes to complete at a relaxed pace. The group visit various points of interest in Sefton and beyond.



7th Apr: Freshfield to Ainsdale
14th Apr: Cressington
21st Apr: Birkenhead Park
28th Apr: St Michael's to Pier Head

5th May: New Brighton*
 10.20am train to catch 11am ferry service

12th May: Sefton Park
19th May: Croxteth Hall
26th May: Meols to Moreton

2nd Jun: Chester
9th Jun: Southport
16th Jun: Sefton Meadows
23rd Jun: Strand to Pier Head
30th Jun: Port Sunlight



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.



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



Seaforth Wellbeing Walks

Walk leader: Lin

Time: 10.15am | **Frequency:** Weekly
Meet: Seaforth & Litherland train stn (platform)

All walks are 2–3 miles long.

We walk at a gentle pace and enjoy a 60-minute amble in different areas of Sefton and Liverpool.

NB: no dogs allowed on these walks

1st Apr: Garden Festival
8th Apr: Birkenhead Park
15th Apr: Southport
22nd Apr: Port Sunlight
29th Apr: Sefton Park
6th May: Cressington
13th May: Crosby Marina
20th May: *NO WALK*
27th May: West Kirby
3rd Jun: Botanic Gardens
10th Jun: New Brighton
17th Jun: Blundellsands
24th Jun: Garden Festival



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 Apr: Hall Rd to Waterloo
Meet: Hall Road train stn

15th Apr: ♪ **MUSIC WALK** ♪
 Southport Circular
Meet: Southport train stn (by barriers)

29th Apr: Old Roan to Lydiate
Meet: Old Roan train stn

6th May: Ainsdale Sand Dunes
Meet: Ainsdale train stn

20th May: ♪ **MUSIC WALK** ♪
 Southport Meander
Meet: Southport train stn (by barriers)

3rd Jun: Freshfield Woods
Meet: Freshfield train stn

17th Jun: ♪ **MUSIC WALK** ♪
 Hillside – Southport
Meet: Hillside train stn



LONGER WALKS
Litherland Sports Park
Walking Club

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

Time: 9.55am | **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 Apr: Seacombe to Hamilton Square (6)

Journey to: Liverpool Central train stn then ferry to Seacombe

8th Apr: Maghull to Melling (6)

Journey to: Sandhills train stn then to Maghull train stn

15th Apr: Seaforth to Liverpool ~ Canal Walk (8)

Walk from: Seaforth & Litherland train stn

22nd Apr: Hooton to Neston ~ Bluebell Woods Walk (8)

Journey to: Liverpool Central train stn then to Hooton train stn (Wirral Line)



29th Apr: Seaforth to Maghull ~ Jubilee Woods (7.5)

Walk from: Seaforth & Litherland train stn

6th May: Hale Village (7)

Journey to: Liverpool Central train stn to Hunts Cross train stn and then a bus to Speke

13th May: Woolton via Camp Hill (8)

Journey to: Liverpool Central train stn then to South Parkway train stn

20th May: Caldby Hill (8)

Journey to: Liverpool Central train stn then to West Kirby train stn (Wirral Line)

27th May: Haskayne Circular (6)**

Journey to: 300 bus to Haskayne

3rd Jun: Southport Two Parks (7)

Journey to: Southport train stn

10th Jun: Hilbre Island (7.5)

Journey to: Liverpool Central train stn then to West Kirby train stn (Wirral Line)

17th Jun: *Coach Trip*

24th Jun: Hillside to Andrew's Garden, Ainsdale ~ 'Open Garden' visit (6)

Journey to: Hillside train stn



Ainsdale Sands & Sea
Wellbeing Walks

Walk leaders: Margaret and Pauline

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

Duration: 60-90 mins

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

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



Apr: 9th | 23rd

May: 7th | 21st

Jun 4th | 18th



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 station**

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

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

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

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

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



Hesketh Park Wellbeing Walks

Walk leader: June
Time: 1.30pm | **Frequency:** Weekly
Duration: 30–45 mins

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

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



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



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.

*Walks marked 'Crosby Marina' start at 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 Apr: Derby Park
 9th Apr: 3 Park Loop
 16th Apr: Hatton Hill
 23rd Apr: Derby Park
 30th Apr: Crosby Marina*
 7th May: 3 Park Loop
 14th May: Hatton Hill
 21st May: Derby Park
 28th May: Crosby Marina*
 4th Jun: 3 Park Loop
 11th Jun: Crosby Marina*
 18th Jun: Derby Park
 25th Jun: Hatton Hill



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.

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



Emily's Wellbeing Walks

Walk leader: Steph
Time: 10.30am | **Frequency:** Weekly
Duration: 30 mins

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

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

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



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.

24th Apr: Formby train stn to Hightown train stn ~ along the Hightown path

Meet: Formby train stn

29th May: Hesketh Bank

Meet: Booths, Hesketh Bank

26th Jun: Scarisbrick Canal

Meet: Scarisbrick Marina

Please call Southport Macmillan Centre on 01704 533 024 for enquiries or further information.



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.

Apr: 10th | 17th | 24th

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

Jun: 5th | 12th | 19th | 26th



Sefton OPERA Wellbeing Walks (Age 50+)



Walk leaders: Vikki, Lynn, 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.

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.

PLEASE NOTE: We advise members to call 0151 330 0479 or 07452 867 648 to confirm the walk is still on as walks may be changed last minute due to adverse weather or conditions.

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

10th Apr: Walk through Princess Park to Lark Lane

Meet at: 10.30am, Liverpool Central train stn then taking the 75 bus to Princess Park

17th Apr: Fisherman's Walk

Meet at: 10.30am, Freshfield train stn

24th Apr: Thornton Walk

Meet at: 10.30am, Aldi, Virgin's Lane (Buses 63, 54, 47, and x2 from Bootle)

1st May: West Kirby

Meet at: 10.30am, Liverpool Central train stn to change to Wirral Line get off at West Kirby train stn

8th May: Whiston Station

Meet at: 10.30am, Liverpool Central train stn on to Wirral Line to Hooton train stn walking down Hadlow Rd to formerly Willaston train stn

15th May: Otterspool Prom

Meet at: 10.30am, Liverpool Central train stn to change to Wirral Line get off at St Michael's

22nd May: Canal walk to Cookson's Bridge

Meet at: 10.30am, Tesco, Litherland

29th May: Hall Road to Marina

Meet at: 10.30am, Hall Road train stn on Southport platform to walk along sea front

5th June: Seacombe Ferry

Meet at: 10.30am, Moorfields train stn on to get ferry to Seacombe walking to New Brighton

12th Jun: Cookson's Bridge – canal walk to lift bridge then back to café in Marian Sq, Netherton

Meet at: 10.30am, Cookson's Bridge

19th Jun: Through Rimrose Valley to Waterloo

Meet at: 10.30am, Tesco Bridge

26th Jun: Marina & Gardens

Meet at: 10.30am, Marine Café, South Road, Waterloo



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.



Apr: 11th | 25th
May: 9th | 23rd
Jun: 6th | 20th



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 and they will call you back.

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)

***Last Sunday of each month we meet at different train stations**

This walk enjoys routes along the coast, so much on offer, the beach, the promenade, Marine Lake, and a choice of local parks.

12th Apr
19th Apr
26th Apr: Hall Road train stn*
3rd May
10th May
17th May
24th May
31st May: Waterloo train stn*
7th Jun
14th Jun
21st Jun
28th Jun: Seaforth train stn*



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.

12th Apr: The Beach
Meet: Freshfield train stn
26th Apr: 2 Parks and the Promenade
Meet: Blundellsands & Crosby train stn
10th May: Ainsdale Trail
Meet: Ainsdale train stn
24th May: Hall Road to Hightown
Meet: Hall Road train stn
7th Jun: Lifeboat Road, Formby
Meet: Formby train stn
21st Jun: Fisherman's Path
Meet: Freshfield train stn





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

If you have already completed a 'Learn to Nordic' training course with Active Walks Sefton over the last few years and haven't walked with any of the groups yet or not walked with them for a while, why not get back into the swing of things and join one of our regular walks. The walks continue every week, and the walk leader will always be there at the meeting point to lead you on a planned route.

Anyone wishing to join a Nordic Walking group must first complete a 'Learn to Nordic' training course.

There will be more training courses in Spring 2026.



PLEASE NOTE:
There are ***NO WALKS***
on Bank Holiday Mondays
– 6th April, 4th May and
25th May 26.

Monday mornings

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

Monday afternoons

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

Tuesday mornings

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

Tuesday evenings

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

Wednesday mornings

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

PLEASE NOTE: On the
last Wednesday of each
month, our Wednesday
morning walks are longer
and start at an earlier
time/different location,
see below for details.

**LAST WEDNESDAY
OF EACH MONTH**

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

**29th Apr, 27th May
and 24th Jun**

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

Mixed ability walkers
will be catered for.

Wednesday afternoons

> **SOUTHPORT:**
NO WALK – 1st Apr
weekly – 60 mins
Walk leader: Steph
and Georgina
Time/Place: 1.30pm
at Dunes Splash World,
Esplanade PR8 1RX

Friday mornings

> **CROSBY:**
weekly – 60 mins
Walk leader: Linda
and Joyce
Time/Place: 10.30am
at Crosby Leisure Centre,
Mariners Rd, Crosby
L23 6SX

Saturday mornings

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

**Apr: 11th | 25th
May: 9th | 23rd*
Jun: 6th | 20th**

***Hightown Walk maybe
coffee/tea and cake at
Crosby Coffee. Train or
walk back. Bus pass or
cash needed for the train.**

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

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

***Hightown Walk maybe
coffee/tea and cake at
Crosby Coffee. Train or
walk back. Bus pass or
cash needed for the train.**

Aged 40-74? Find out about our FREE NHS Health Check

Even if you're feeling well, it's worth having your NHS Health Check - we can then work with you to keep you healthy.



NHS HEALTH CHECK

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

For more information visit:
activelifestyles-sefton.co.uk

0151 934 2352

In partnership with



weigh forward



Discover a new Weigh Forward

Available
via Online or
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group setting

Our **FREE** 6 week Weigh Forward course is designed to reduce the confusion surrounding weight loss and fast track you to the results you really want!

Weigh Forward offers you:

- An individual approach to weight loss that can reduce the stress of losing weight.
- An understanding of real-world weight loss & how diets work.
- Practical ways to apply weight loss tips to your everyday life.
- Support every step of the way.



For further information contact:
0151 934 2352 or active.lifestyles@sefton.gov.uk

www.activelifestyles-sefton.co.uk/weigh-forward

[activelifestyles](https://www.facebook.com/activelifestyles)

@LifestyleSefton



active sefton

Cycling Diary

ALL OUR
Rides
ARE FREE

TUESDAY

MeCycle Pedal Power

(formerly Ainsdale Cyclones)

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

FRIDAY

TUESDAY

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.

Been on
one of
our Walks
or Rides?

Wed love to hear from you! Go to the link below cover for more info.

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



WEDNESDAY

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

Apr: 2nd | 16th
May: 7th | 21st
Jun: 4th | 18th

THURSDAY

TUESDAY

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.

PLEASE NOTE: We offer rides on Tuesday, Thursday and Saturday with different groups and destinations.

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

So why not get in touch, we look forward to meeting you. For all ride information contact Bill Cowley direct on:

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

Join our Facebook group –
Tour de Friends (AKA Bike Gone Daze)

Tour de Friends is a Waterloo Community Association project

THURSDAY

SATURDAY

Dear Sefton Volunteer Walk Leaders and Cycle Leaders,

Thank you for all your hard work throughout the year planning and leading regular walks and cycle rides across Sefton, you do a fantastic job.

Whatever the weather, you will always try to keep the walks and rides going so that people can rely on you each week and they get their exercise session.

You continue to deliver safe, enjoyable routes for the residents of Sefton.

Thank you for your time and commitment and delivering a great service to your groups so that they can keep active and make connections with others.

Stephanie

Active Walks Co-ordinator

THANK YOU



Do you feel unsteady on your feet?

Would you like to feel more confident walking?
Do you want to improve your strength and balance?

Active Ageing offers a FREE 12 week group strength and balance course in the community for those aged 60 and over.

You will receive:

- A warm and friendly welcome
- An assessment at week 1 and week 12
- Your own individual exercise plan to do at home
- Social gathering after the class with tea and coffee
- Educational talks (dependent on organisations availability)
- Ongoing advice and support

FREE
12 WEEK
COURSE

For referral on to the programme please contact your GP or Health Professional.
For more information please contact the Active Ageing team on 0151 934 2352



active
Lifestyles

Sefton Council



Summer Booklet out June 2026

NEW LOOK
COVER

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





Been on
one of
our Walks
or Rides?


We'd love to hear from you!

Tell us about your walking and cycling experiences

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

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

 **Email:** 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.



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


For general enquiries call –
Sefton Plus on 0345 1400845

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

For Walking enquiries:

walking@sefton.gov.uk
0151 934 2824

 @SeftonTravel

 @activewalkssefton

 #activewalkssefton

www.sefton.gov.uk