

# Sefton's Walking and Cycling Booklet

Issue 76 / July - September 2026

# Summer Edition

The pick of great  
walks and rides  
this season  
throughout Sefton  
(and beyond!)



ALL OUR  
**Walks  
& Rides**  
ARE FREE



**active travel**



Sefton Council 

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## Introduction

### Welcome to Sefton's Summer Walking and Cycling booklet.

With the arrival of Summer we can make the most of the long, warm days and get outside more and enjoy our wonderful coastline, parks and gardens.

This booklet provides listings of free, guided walks and cycle rides. Join us and you will be warmly welcomed, whether on your own or with family or friends. You can relax and simply enjoy the views as our experienced leaders will have planned the route thoroughly so you can make the most of being outdoors this Summer in Sefton.



# 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  
**Duration:** 60–75 minutes  
**Meet:** Crosby Library Crosby Road North, Crosby L22 0LQ (in the foyer).

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

July: 6th | 20th

August: 3rd | 17th |  
**31st \*NO WALK\***  
 (Summer Bank Holiday)

September: 14th | 28th



### Maghull Wellbeing Walks

**Walk leaders:** Sheila, Chris, Sue and Veronica  
**Time:** 10.00am  
**Frequency:** 1st and 3rd Monday  
**Duration:** 90 minutes (approx)  
**Meet:** Maghull Health Centre L31 0DJ (outside the rear of the centre).

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

The walks are based around 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 July: Lunt Meadows**  
 (There may be availability to purchase drinks and snacks so bring cash and cards).

**27th July: Bootle Arms**  
 (Slightly different Melling walk and coffee stop). **Bring bus pass if you want to get the bus back to Maghull**

**3rd August: Nourish**

**17th August: Sefton Meadows**

**7th September: Scotch Piper**

**21st September: Hartley's**



### Netherton Feelgood Factory Wellbeing Walks



July: 6th | 13th | 20th | 27th

August: 3rd | 10th | 17th |  
**24th | 31st \*NO WALK\***  
 (Summer Bank Holiday)

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

**Walk leader:** Tony  
**Time:** 10.00am | **Frequency:** Weekly  
**Duration:** 60–90 minutes  
**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



### \*ONE OFF WALK\* Grand Summer Coastal Trail – Crosby to Formby Thursday 13th August

**Walk leader:** Steph | **Time:** 10.30am  
**Duration:** 2.5 hours | **Distance:** 6 miles  
**Start:** Crosby Promenade (Hall Road West), on grass area near the car park entrance  
**Finish:** Formby train station



This walk will start from Crosby seafront, a 5-minute walk from Hall Road train station. The walk leader will be waiting on the large grass area near the entrance to the car park. The walk will enjoy a coastal route from Crosby to Formby, including Hightown beach, the River Alt and Cabin Hill Nature Reserve, finishing at Formby train station.

## Bootle Wellbeing Walks

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

**Time:** See listings

**Frequency:** Weekly

**Duration:** 60 minutes

**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 July: Mid-Summer Meal**

**14th July: Manor Road, Hoyleake**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Liverpool platform)

**21st July: Ladygreen**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle or 10.00am at North Park 47 bus stop

**28th July: Camp Hill, Woolton**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand 81 bus stop



**4th August: Moreton**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Liverpool platform)

**11th August: Festival Gardens**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Liverpool platform)

**18th August: Bus Yard, Crosby Beach**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at North Park 53 bus stop

**25th August: Meols**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Liverpool platform)

**1st September: Hightown Revised**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Southport platform)

**8th September: New Brighton**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Liverpool platform)

**15th September: Bootle Canal**

**Time/Place:** 9.30am St. Robert Bellarmine's Car Park or 10.00am at St Elizabeth's Bridge

**22nd September: Hillside**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am at Bootle New Strand train station (Southport platform)

**29th September: Ruff Woods Revised**

**Time/Place:** 9.30am corner of Watts Lane/Park Lane, Bootle **OR** 10.00am Orrell Park train station



## Brunswick Wellbeing Walks

In partnership with Veterans in Sefton

**Walk leaders:** Ray Matthews, Matt and Ian

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

**Duration:** 45–60 minutes

**Meet:** Brunswick Youth and 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 and Liverpool Canal, Mellanear Park, and North Park.

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

All walks are taken at a gentle, steady pace, and we return to the centre for refreshments.

## Churchtown Wellbeing Walks

**Walk leader:** Sally

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

**Duration:** 30 minutes

**Meet:** Bold Arms car park on Cambridge Road by the outdoor pub benches.

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

July: 7th | 14th | 21st \*MINIBUS TRIP\* | 28th

August: 4th | 11th | 18th | 25th

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



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

August: 4th | 11th | 18th | 25th

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



## Formby Pinewoods Wellbeing Walks

**Walk leaders:** John, Terry and Steve

**Time:** 10.30am

**Frequency:** Weekly

**Duration:** 60–75 minutes

**Meet:** At front of Pinewoods Pub, Wicks Green (off Harington Road), 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.



July: 7th | 14th | 21st | 28th  
—  
August: 4th | 11th | 18th | 25th  
—  
September: 1st | 8th | 15th | 22nd | 29th



## Macmillan Wellbeing Walks



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

**Time:** 10.30am

**Frequency:** Weekly

**Duration:** 60 minutes

**Meet:** outside The Atkinson, Lord Street, Southport, PR8 1DB  
A 60 minute circular walk around Kings Gardens, sea front and Marine Lake.

July: 7th | 14th | 21st | 28th  
—  
August: 4th | 11th | 18th | 25th  
—  
September: 1st | 8th | 15th | 22nd | 29th



## Rimrose Valley Wellbeing Walks

**Walk leader:** Helen

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

**Duration:** 60 minutes

**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.



July: 7th | 14th | 21st | 28th  
—  
August: 4th | 11th | 18th | 25th  
—  
September: 1st | 8th | 15th | 22nd | 29th



## Waterloo Wellbeing Walks

**Walk leaders:** Chris and Mike

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

**Frequency:** Weekly

**Meet:** Waterloo train station (platform)

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 July: Sefton Park  
14th July: Freshfield to Ainsdale  
21st July: Cressington  
28th July: Birkenhead Park  
—  
4th August: St Michael's to Pierhead  
11th August: Meols to Moreton  
18th August: **New Brighton\***  
10.20am train to catch 11.00am ferry service  
25th August: Southport  
—  
1st September: Sefton Meadows  
8th September: Blundellsands to Hightown  
15th September: Port Sunlight  
22nd September: Chester  
29th September: Meols to Moreton



## Atkinson Wellbeing Walks

**Walk leader:** Helen  
**Time:** 10.30am  
**Frequency:** Weekly  
**Duration:** 60 minutes  
**Meet:** The Atkinson, Lord Street, 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.



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

August: 5th | 12th | 19th | 26th

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



## Seaforth Wellbeing Walks

**Walk leader:** Lin (07711 163243)  
**Time:** 10.15am  
**Frequency:** Weekly  
**Duration:** 60 minutes  
**Meet:** Seaforth and Litherland train station (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 July: Southport  
 8th July: **\*NO WALK\***  
 15th July: New Brighton  
 22nd July: Sefton Park  
 29th July: Botanic Gardens

5th August: West Kirby  
 12th August: Crosby Marina  
 19th August: Blundellsands  
 26th August: Southport

2nd September: **\*NO WALK\***  
 9th September: Cressington  
 16th September: Botanic Gardens  
 23rd September: **\*NO WALK\***



## Sefton Trails Wellbeing Walks

**Walk leader:** Tony  
**Time:** 10.30am (unless otherwise stated)  
**Frequency:** Fortnightly  
**Duration:** 90 minutes

**Meet:** Various meeting points  
 On this walk you will encounter different routes across Sefton. The walks are at a moderate pace.

**\*New to the walk?\*** Please arrive 10 minutes 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



## \*NEW FOR SUMMER\* Waterloo Evening Wellbeing Walks

**Walk leader:** Jules  
**Time:** 7.00pm  
**Duration:** 90 minutes  
**Meet:** Waterloo train station  
 Enjoy the South Sefton coast on a Wednesday evening throughout the summer, view glorious sunsets, and a fresh sea breeze will accompany you around our beautiful coast.

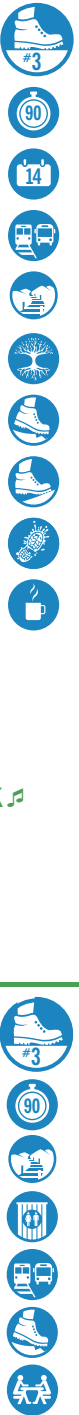
1st July: Seaforth to Hightown  
**Meet:** Seaforth train station  
 15th July: ♪ **MUSIC WALK** ♪  
 Southport Circular  
**Meet:** Southport train station (by barriers)  
 29th July: Town Green Circular  
**Meet:** Town Green train station

12th August: ♪ **MUSIC WALK** ♪  
 Hillside - Southport  
**Meet:** Hillside train station  
 26th August: Hall Road to Maghull  
**Meet:** Hall Road train station

9th September: Lydiate to Ormskirk  
**Meet (a):** Southport train station (by barriers) to catch the 300 bus service to Lydiate **OR**  
**Meet (b):** Maghull and Lydiate based walkers meet at the corner of Hall Lane and Southport Road at 11am

23rd September: ♪ **MUSIC WALK** ♪  
 Southport Meander  
**Meet:** Southport train station (by barriers)

July: 1st | 15th | 29th  
 August: 12th | 26th  
 September: **\*NO WALKS\***



## \*LONGER WALKS\*

### Litherland Sports Park Walking Club

**Walk leaders:** Joe (07930 667 874), Tony (07548 799036), Isobel (07722 376 505), Cathy (07986 736 114) Chris (07524 29404), Andrew (07957 295035) and Colin (07515 818068)  
**Time:** 9.55am | **Frequency:** Weekly  
**Meet:** All walks start at Seaforth and Litherland train station 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**

#### 1st July: Rockferry to Bebington

**Length:** 6 miles  
**Journey to:** Liverpool Central train station, then Wirral line to Rockferry

#### 8th July: Carr Mill Dam

**Length:** 8 miles  
**Journey to:** Liverpool Central train station, then Lime Street train station to Garswood

#### 15th July: Liverpool Two Parks

**Length:** 7 miles  
**Journey to:** Liverpool Central train station travelling to St Michael's train station

#### 22nd July: Chester Walls and River

**Length:** 7 miles  
**Journey to:** Liverpool Central train station, then Wirral line to Chester train station

#### 29th July: Sankey Valley

**Length:** 8 1/2 miles  
**Journey to:** Liverpool Central train station, then Lime Street train station to Earlestown

#### 5th August: Ormskirk Ruff Wood

**Length:** 7 miles  
**Journey to:** Sandhills train station, then Ormskirk line to Ormskirk

#### 12th August: West Kirby to Meols

**Length:** 7 miles  
**Journey to:** Liverpool Central train station, then Wirral line to West Kirby

#### 19th August: Southport to Hillside

**Length:** 7 1/2 miles  
**Journey to:** Southport train station

#### 26th August: Arrowe Park to West Kirby

**Length:** 8 miles  
**Journey to:** Liverpool Central train station, walk to Sir Thomas Street bus station then travel on bus to Arrowe Park

#### 2nd September: Runcorn to Hale

**Length:** 7 miles  
**Journey to:** Liverpool Central train station, then Liverpool South Parkway to Runcorn

#### 9th September: West Kirby to Royden Park

**Length:** 8 1/2 miles  
**Journey to:** Liverpool Central, then Wirral line to West Kirby

#### 16th September: Seaforth to Hightown

**Length:** 6 miles  
**Journey to:** Walk starts at Seaforth and Litherland train station

#### 23rd September: Rainford to Town Green

**Length:** 7 miles  
**Journey to:** Sandhills train station travelling to Rainford (Headbolt Lane)

#### 30th September: Leasowe to Red Rocks

**Length:** 7 miles  
**Journey to:** Liverpool Central train station, then Wirral line to Leasowe



## Ainsdale Sands and Sea Wellbeing Walks

**Walk leaders:** Margaret and Pauline  
**Time:** 10.30am | **Frequency:** Fortnightly  
**Duration:** 60–90 minutes

**Meet:** MeCycle Café (next to Ainsdale train station), PR8 3HH  
 Ainsdale Sands and 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.

July: 2nd | 16th | 30th

August: 13th | 27th

September: 10th | 24th



## Formby Wellbeing Walks

**Walk leaders:** Sue and Tony (07752 927092)  
**Time:** 10.30am | **Frequency:** Weekly  
**Duration:** 90 minutes

**Meet:** Formby train station (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.

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

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

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

September: 3rd | 10th | 17th | 24th\*



## Hesketh Park Wellbeing Walks

**Walk leader:** June  
**Time:** 1.30pm  
**Frequency:** Weekly  
**Duration:** 30–45 minutes  
**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.



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

August: 6th | 13th | 20th | 27th

September: 3rd | 10th | 17th | 24th



## May Logan 'Walk and Talk' Wellbeing Walks



**Walk leaders:** Debbie, Louise, Brenda, Sue and Lesley  
**Time:** 10.00am | **Frequency:** Weekly  
**Duration:** 60 minutes  
**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 July: Derby Park  
**9th July: Crosby Marina\***  
 16th July: Hatton Hill  
 23rd July: Derby Park  
 30th July: 3 Park Loop

**6th August: Crosby Marina\***  
 13th August: Hatton Hill  
 20th August: Derby Park  
 27th August: 3 Park Loop

**3rd September: Crosby Marina\***  
 10th September: Hatton Hill  
 17th September: Derby Park  
 24th September: 3 Park Loop



## \*NEW FOR SUMMER\* Thursday Evening Wellbeing Walks

**Walk leader:** Steph  
**Time:** 6.30pm  
**Duration:** 90 minutes  
**Meet:** Various meeting points.

The Thursday evening walks are back for the summer and will cover four different areas across Sefton. The walks will take in our beaches, pinewoods, parks, and a canal.

9th July: Freshfield train station  
 23rd July: Bootle Oriel Road train station  
 6th August: Hightown train station  
 20th August: Ainsdale train station



## Dunes Weekly Wellbeing Walks

**Walk leader:** Jean  
**Time:** 1.30pm  
**Frequency:** Weekly  
**Duration:** 75 minutes  
**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.

Jul: 3rd | 10th | 17th | 24th | 31st  
 Aug: 7th | 14th | 21st | 28th  
 Sep: 4th | 11th | 18th | 25th



## Emily's Wellbeing Walks

**Walk leader:** Steph

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

**Duration:** 30 minutes

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

This circular walk includes routes around Salisbury Park, historic Churchtown and Devonshire Park playing field. The group sets the pace of the walk.

**July:** 3rd | 10th | 17th |

**24th \*NO WALK\*** |

**31st \*NO WALK\***

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

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



## Further Afield Friday Wellbeing Walks

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

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

**Duration:** 90 minutes

**Meet:** Various meeting points

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.

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

**31st July: Longton Brickcroft**  
**Meet:** The Visitors Centre

**28th Aug: Ince Blundell Walk**  
**Meet:** The Village Hall

**25th Sep: Formby Walk**  
**Meet:** Formby train station



## Hillside Wellbeing Walk

**Walk leader:** Tim

**Time:** 10.30am

**Frequency:** Fortnightly

**Duration:** 90 minutes

**Meet:** Car park next to Royal Birkdale Golf Club (10 minute walk from Hillside train station)

This walk enjoys the coastal paths between Ainsdale and Birkdale with something different to see each time you walk. It will include sandy paths, sand dunes and uneven terrain.

**July:** \*NO WALKS\* due to  
**The Open\***

**August:** 7th | 21st

**September:** 4th | 18th



## Sefton OPERA Wellbeing Walks (Age 50+)



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

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

**Duration:** 30–90 minutes

**Meet:** St. Matthew's Church/Sefton Opera, 410 Stanley Road, 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\*\***

**3rd July:** Burscough train station walk  
**Meet:** 10.30am, Sandhills train station (Ormskirk train)

**10th July:** Cheshire Lines footpath  
**Meet:** 10.30am, 300 bus from Bootle Strand bus station

**17th July:** Chester walk  
**Meet:** 10.30am, Liverpool Central train station – Wirral line (Chester train)

**24th July:** Leasowe lighthouse  
**Meet:** 10.30am, Liverpool Central train station – Wirral line (West Kirkby train)

**31st July:** Croxteth Park  
**Meet:** 10.30am, 61 Bus from Bootle Strand bus station

**7th August:** Pier Head to Marina  
**Meet:** 10.30am, Beatles statue at Pier Head

**14th August:** Town Green walk  
**Meet:** 10.30am, Sandhills train station (Ormskirk train)

**21st August:** Minibus Trip  
**\*BOOKING REQUIRED\***  
**Please note:** This trip is for regular walkers only due to limited seating.

**28th August:** West Kirkby to Hoylake Lifeboat  
**Meet:** 10.30am, Liverpool Central train station – Wirral line

**4th September:** Hooton train station to Hadlow Road  
**Meet:** 10.30am, Liverpool Central train station – Wirral line (Chester train)

**11th September:** Feelgood Factory Sefton Meadows  
**Meet:** 10.30am, 52 Bus from Bootle Strand bus station

**18th September:** Walton Hall Park  
**Meet:** 10.30am, 60 Bus from Bootle Strand bus station

**25th September:** Eastham Country Park  
**Meet:** 10.30am, Liverpool Central train station – Wirral line (Chester train to Bromborough)



## Southport Coastal Wellbeing Walks

**Walk leader:** Cath  
**Time:** 10.30am | **Frequency:** Weekly  
**Duration:** 30–45 minutes  
**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.

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

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

September: 4th | 11th | 18th | 25th



## Kings Gardens Wellbeing Walks

**Walk leaders:** Anne and Steph  
**Time:** 10.30am | **Frequency:** Fortnightly  
**Duration:** 45 minutes  
**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.

July: 4th | 18th

August: 1st | 15th | 29th

September: 12th | 26th



## Blundellsands Wellbeing Walks

**Walk leader:** Jules  
**Time:** 10.30am | **Frequency:** Weekly  
**Duration:** 60–90 minutes  
**Meet:** Blundellsands and 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.

5th July  
 12th July  
 19th July  
**26th July: meet at Seaforth train station\***

2nd August  
 9th August  
 16th August  
 23rd August  
**30th August: meet at Hall Road train station\***

6th September  
 13th September  
 20th September  
**27th September: \*NO WALK\***



## Sunday Sefton Wellbeing Walks

**Walk leaders:** Steph and Tony  
**Time:** 2.00pm | **Frequency:** Fortnightly  
**Duration:** 90 minutes  
**Meet:** Various meeting points

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.

5th July: Lydiate Loop  
**Meet:** Hall Lane, Lydiate  
 19th July: Aintree  
**Meet:** Old Roan train station

2nd August: Formby Trail  
**Meet:** Formby train station  
 16th August: 3 Parks in Bootle  
 ~ History talk included  
**Meet:** Oriel Road train station  
 30th August: Ince Blundell Wander  
**Meet:** Lady Green Garden Centre car park

13th September: Maghull Circular  
**Meet:** Maghull train station  
 27th September: Hillside Trail  
**Meet:** Hillside train station





## 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.**

**'Learn to Nordic' 2 Day Course – Southport \*BOOK A PLACE NOW\***

**Location:** Dunes Leisure Centre

**Date:** Saturday 11th and Sunday 12th July (both days must be attended to complete course)

**Time:** 9.30am–11.30am (both days)

To book a place please email [walking@sefton.gov.uk](mailto:walking@sefton.gov.uk) or call 0151 934 2824 and leave a message and we will get in touch.

**PLEASE NOTE:**  
There are **\*NO WALKS\***  
on Bank Holiday Monday  
31st August.

### Monday mornings

#### > MAGHULL:

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

### Monday afternoons

#### > FORMBY:

**weekly – 90 minutes**  
**Walk Leaders:** Peter  
**Time/Place:** 1.00pm at Formby Library, 15 Duke Street, Formby L37 4AN

### Tuesday mornings

#### > LYDIATE:

**weekly – 90 minutes**  
**Walk leader:** Brenda, M: 07900 525222  
John, Ann and Dave  
**Time/Place:** 10.40am at Lydiate Parish Hall, 288 Southport Road, Lydiate L31 4EQ

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

### Tuesday evenings

#### > FORMBY:

**\*NO WALKS – 21st and 28th July\***  
**weekly – 60 minutes**  
**Walk leader:** Steph  
**Time/Place:** 6.00pm at Freshfield Pub car park, Massam's Lane, Formby L37 7BD

### Wednesday mornings

#### > WATERLOO:

**weekly – 60 minutes**  
**Walk leaders:** Peter, Pat, Tony, Howard and Karl  
**Time/Place:** 10.30am at Crosby Lakeside Adventure Centre, Cambridge Road, 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 minutes in Rimrose Valley along the canal on these dates:**

**29th July, 26th August, 30th September**

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

Mixed ability walkers will be catered for.

### Wednesday afternoons

#### > SOUTHPORT:

**\*NO WALK – 22nd July\***  
**weekly – 60 minutes**  
**Walk leader:** Steph and Georgina  
**Time/Place:** 1.30pm at Dunes Splash World, Esplanade PR8 1RX

### Friday mornings

#### > CROSBY:

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

### Saturday mornings

#### > CROSBY:

**fortnightly – 90 minutes**  
**Walk leaders:** Peter  
**Time/Place:** 10.30am at Crosby Leisure Centre, Mariners Road, Crosby L23 6SX

**July: 4th | 18th**

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

**September: 12th\* | 26th**

**\*Walk to Hightown**

– will maybe stop for refreshments at Crosby Coffee in Hightown. Train or walk back. Travel pass or train fare needed.

#### > FORMBY:

**fortnightly – 90 minutes**  
**Walk leaders:** Peter and Karl  
**Time/Place:** 10.30am at Formby Library, 15 Duke Street, Formby L37 4AN

**July: 11th | 25th**

**August: 8th | 22nd\***

**September: 5th | 19th**

**\*Walk to Hightown**

– will maybe stop for refreshments at Crosby Coffee in Hightown. Train or walk back. Travel pass or train fare needed.

# 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.



## Discover a new **Weigh Forward**

Available via Online or Face to Face 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 more information visit:  
[activelifestyles-sefton.co.uk](http://activelifestyles-sefton.co.uk)

0151 934 2352

**NHS HEALTH CHECK**  
Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia





# Cycling Diary

TUESDAY

## MeCycle Pedal Power (formerly 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.

Every Tuesday – Intermediate Riders

> MeCycle Café and Bike Workshop  
59 Station Road, Ainsdale PR8 3HH  
10.30am – 1.00pm

Every Friday – Intermediate Riders

> MeCycle Café and Bike Workshop  
59 Station Road, Ainsdale PR8 3HH  
10.30am – 1.00pm

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 Road,  
Lydiate L31 4EQ

Every Tuesday – Southport:  
10.00am – 3.00pm

> Dunes Splash World  
Esplanade, Southport PR8 1RX

ALL OUR Rides ARE FREE

## 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



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

July: 2nd | 16th  
August: 6th | 20th  
September: 3rd | 17th

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](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*

THURSDAY

SATURDAY

FRIDAY

## Ainsdale Cyclones

Ainsdale Cyclones is an all-inclusive Cycling group. We cycle at a leisurely pace covering between 15 and 25 miles with a different ride every week along the Sefton Coast and Lancashire countryside. With a monthly Merseyside meander visiting places like the parks of Sefton. Most rides incorporate a light refreshment stop and end at MeCycle with a cuppa.

Riders are informed of ride plans by the Wednesday prior to the ride on Friday, via our group WhatsApp chat.

Every Friday –

> **MeCycle Café and Bike Workshop**  
59 Station Road, Ainsdale PR8 3HH  
Leaving promptly at **10.15am**.  
Rides are between 2 and 3 hours.

**For more info contact:** Joanne  
(07710 942707)



## 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



# Autumn Booklet out September 2026

For great walks and rides throughout Sefton and beyond, pick up Sefton's Walking and 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)




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](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.




This booklet has been developed by Sefton Council. The booklet details the different activities organised and promoted by the Walking and Cycling Team throughout the Summer, 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)