

Sefton's Summer **Walking & Cycling** Booklet

Issue 72 / Jul - Sep 2025

ALL OUR
**Walks
& Rides**
ARE FREE



active travel



Sefton Council 

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Introduction

Welcome to Sefton's Summer Walking & Cycling booklet. With the arrival of Summer we can make the most of the long, warm days and witness the incredible sunsets along our vast coastline.

The parks, gardens and woodlands are now verdant with an abundance of flora and fauna, making it the perfect time to get outside and enjoy walking and cycling in nature. This booklet provides listings of free, guided walks and cycle rides that make the most of our coastline and countryside. Join us and you will be warmly welcomed, whether on your own, with family or friends, you can relax and simply enjoy the views as our experienced walk and bike leaders will have planned the route thoroughly so you can make the most of being outdoors this Summer in Sefton.



ALL OUR
Walks
ARE FREE

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 leaders: 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.



Jul: 14th | 28th

Aug: 11th | 25th *NO WALK*
Bank Holiday

Sep: 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.

7th Jul: Sefton Meadows

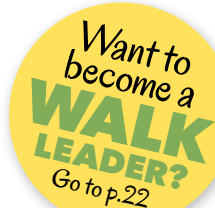
21st Jul: Scotch Piper

4th Aug: Hartley's

18th Aug: Coffee Carriage or Bernie's

1st Sep: Lunt Meadows (new visitor centre and cafe may be open)

15th Sep: Nourish



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.

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

Aug: 4th | 11th | 18th |
25th *NO WALK*
Bank Holiday

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



Presenting: Sefton's ☀ ONE BIG SUMMER WALK ☀ Ainsdale and Formby Coast (5 miles) Monday 25th August, 10.30am-12.30pm

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

Meet: Start/Finish: Ainsdale train stn (in car park by entrance)
This walk starts from Ainsdale train station car park and heads out towards the coast, crossing the Coastal Road and onto the sand dunes. The walk continues along the coast towards Formby, through the dune paths and into the pinewoods, before returning back to 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

1st Jul: Bache

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform).

8th Jul: Greenbank Park

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10.15am at Bootle bus stn for No. 60 bus.

15th Jul: Thornton Hough

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10.15am at Sir Thomas St.

22nd Jul: Ruff Woods

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Orrell Park train stn (Ormskirk platform).

29th Jul: Birkenhead Park

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform).

5th Aug: Squirrel Reserve

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Southport platform).

12th Aug: Chester

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform).

19th Aug: Southport

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Southport platform).

26th Aug: Bidston Hill

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10.15am at Sir Thomas St.

2nd Sep: Maghull, Hare and Hounds

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Orrell Park Station, Ormskirk Platform.

9th Sep: Port Sunlight

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform).

16th Sep: Heather Trail

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Southport platform).

23rd Sep: New Brighton

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform).

30th Sep: Allerton Manor

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle or 10am at Bootle New Strand train stn (Liverpool platform).



NEW WALK

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.

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

Aug: 5th | 12th | 19th | 26th

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



Churchtown Wellbeing Walks

Walk leader: Sally

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

Meet: Corner of Sunny Road, outside Arthur's of Churchtown

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

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

Aug: 5th | 12th | 19th | 26th

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





Atkinson Wellbeing Walks

Walk leader: Andrew and 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.



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

Aug: 6th | 13th | 20th | 27th

Sep: 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.

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

NB: no dogs allowed on these walks

2nd Jul: Formby Squirrel Reserve

9th Jul: Garden Festival

16th Jul: Sefton Park

23rd Jul: Botanic Gardens

30th Jul: Birkenhead Park

6th Aug: Crosby Marina

13th Aug: New Brighton

20th Aug: Southport Lake

27th Aug: Ainsdale

3rd Sep: Port Sunlight

10th Sep: Aigburth/Cressington

17th Sep: Crosby Marina

24th Sep: Botanic Gardens, Southport



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

9th Jul: Southport Meander –

♫ music walk ♫

Meet: Southport train stn

23rd Jul: Ainsdale Nature Reserve

Meet: Ainsdale train stn

6th Aug: Freshfield Circular

Meet: Freshfield train stn

20th Aug: Hillside to Southport –

♫ music walk ♫

Meet: Hillside train stn

3rd Sep: Heading East Seaforth to Maghull

Meet: Seaforth train stn

17th Sep: Southport –

♫ music walk ♫

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: 9.45am | **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

(0) denotes approximate mileage of each walk

2nd Jul: The Roodee, Chester (6.5)

Journey to: Liverpool Central then on to Chester

9th Jul: Hillside to Ainsdale (7), with a visit to Andrews Gardens

16th Jul: Lydiat Loop (6)****23rd Jul: New Brighton to Hoylake (7.5)**

Journey to: Liverpool Central then on to New Brighton

30th Jul: Woolton to Calderstones (8)

Journey to: Liverpool Central then on to South Parkway

6th Aug: West Kirby to Meols (7)

Journey to: Liverpool Central then on to West Kirby

13th Aug: Frodsham to Helsby

***Bus Trip* (6.5)**

20th Aug: Parkgate to Thornton Hough (7.5)

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

27th Aug: Bidston Hill (7.5)

Journey to: Liverpool Central to Birkenhead North

3rd Sep: Southport (Two Parks) (7.5)**10th Sep: Sankey Valley (9)**

Journey to: Liverpool Central to Lime St stn then on to Earlestown

17th Sep: Little Crosby to Thornton (7)**24th Sep: Carmill Dam (8)**

Journey to: Liverpool Central to Lime St then on to Garswood

**Summer Evening Walks**

Walk leader: Steph

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

Meet: Meeting points vary, see listings. There will be two Summer evening walks this August, starting at 6.00pm and will last about 90 minutes, finishing back at the station we set out from.

The first walk takes us along the Fisherman's Path before winding through the pinewoods between Freshfield and Ainsdale, there will

be a few ups and downs along the woodland paths and it will be sandy in places.

The second walk will take us towards Altcar Rifle Range boundary and on to Formby Beach before heading back via Lifeboat Road.

14th Aug: Freshfield Woods Trail

Start/Finish: Freshfield train stn

28th Aug: Formby Coast

Start/Finish: Formby 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.

Jul: 10th | 24th

Aug: 7th | 21st

Sep: 4th | 18th

**Formby Wellbeing Walks**

Walk leader: 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.

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

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

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

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.



Jul: 3rd | 10th | 17th | 24th | 31st
Aug: 7th | 14th | 21st | 28th
Sep: 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, 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.

3rd Jul: Crosby Marina*
10th Jul: Derby Park
17th Jul: Hatton Hill
24th Jul: 3 Park Loop
31st Jul: Crosby Marina*
7th Aug: Derby Park
14th Aug: Hatton Hill
21st Aug: 3 Park Loop
28th Aug: Derby Park
4th Sep: Crosby Marina*
11th Sep: Hatton Hill
18th Sep: Derby Park
25th Sep: 3 Park Loop



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

Southport Wellbeing Walks

Walk leader: Tony

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

Duration: 45–60 mins

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

The walk will enjoy the wonderful gardens close by, Marine Lake and the seafront on this 60 minute circular walk.

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



Dunes Weekly Wellbeing Walks

Walk leaders: 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.

Jul: 4th | 11th | 18th | 25th
Aug: 1st | 8th | 15th | 22nd | 29th
Sep: 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.

Jul: 4th | 11th |

18th ***NO WALK*** |

25th ***NO WALK***

Aug: 1st | 8th | 15th |

22nd ***NO WALK*** | 29th

Sep: 5th | 12th | 19th | 26th



A Wellbeing Walk in Focus

Emily's Wellbeing Walk has been running every Friday morning for 5 years, the name has changed over that time and the meeting place too, but always covering the same area. Emily's Wellbeing Walk gets its name from where we start and finish, at Emilys Sandwich Bar and 'yes' we do grab a drink after the walk and sit on the picnic benches outside (in any weather). The walk is a 30 minute circular walk, taken at a gentle pace and we have about 6 different routes to try, and although we do walk along the pavements as well, there is always something to see. This walk is great for anybody who wants to get back to walking, gently does it, we cover about a mile in distance and the walk leader gets the timing just right for everyone.

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.

25th Jul: Longton Brickcroft
Nature Walk

Call Southport Macmillan Centre
for details, 01704 533 024

29th Aug: Burscough Canal Walk

Call Southport Macmillan Centre
for details, 01704 533 024

26th Sep: Formby Walk

Meet: by the Cross House pub,
X2 / 47 / 44 buses stop nearby
and Formby train stn is also
close by



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****

4th July: Waterloo Nature Reserve

Meet: 10.00am, Potters Barn Park,
Cambridge Rd, Waterloo, L22 1RR

11th July: Port Sunlight

Meet: Bootle New Strand train stn,
9.25am train to Liverpool Central,
change to Wirral Line, 9.52am
Ellesmere Port train alighting at
Bebington

**18th July: *Mini Bus Trip*
to Ingleton Falls**

Meet: 9.30am St. Matthews Church,
Sefton OPERA office, contact office for
more information

**25th July: *Short Walk* Canal
& Rimrose Valley**

Meet: Tesco Bridge, walking
along the canal and back through
Rimrose Valley – Emmaus Hub
afterwards

1st August: Otterspool

Meet: St Michaels train stn

8th August: Hesketh Park

Meet: Southport train stn

15th Aug: West Kirby

Meet: Central Station Wirral Line

22nd Aug: Fisherman's Walk

Meet: Freshfield train stn

29th Aug: Hall Road to Crosby Marina

Meet: Hall Road train stn

6th Sep: Rock Park, Wirral

Meet: Bootle New Strand train stn,
9.40am train to Liverpool Central,
change to Wirral Line, 10.14am
Chester train alighting at Rockferry

12th Sep: Southport Marina

Meet: Southport train stn

19th Sep: Birkenhead Park

Meet: Bootle New Strand train stn,
9.40am train to Liverpool Central,
change to Wirral line, 10.05am
New Brighton train alighting at
Birkenhead Park

26th Sep: Coffee House Bridge

Meet: 9.30am at Sefton OPERA office



Southport Central Wellbeing Walks

Walk leaders: 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.



Jul: 4th | 11th | 18th | 25th

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

Sep: 5th | 12th | 19th | 26th



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.

Jul: 5th | 19th

Aug: 2nd | 16th | 30th

Sep: 13th | 27th



Sunday Sefton Wellbeing Walks

Walk leader: 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.

6th Jul: Alexandra Park, Victoria Park and Crosby Prom Loop

Meet: Blundellsands & Crosby train stn

20th Jul: Formby Trail

Meet: Formby train stn

3rd Aug: Ainsdale Coast

Meet: Ainsdale train stn

17th Aug: Lydiate Fields and Canal

Meet: Hall Lane, Lydiate

31st Aug: Ince Blundell Stretch

Meet: Lady Green Garden Centre, near the entrance to car park

14th Sep: Ainsdale Pinewoods

Meet: Ainsdale train stn

28th Sep: Kew Woods

Meet: Birkdale train stn





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 for more information.



No Nordic Walks on Bank Holidays

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, John, Ann and Dave
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 Walks* on Tue 22nd July or Tue 19th August

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 Jul/27th Aug/24th Sep 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 Jul, 27th Aug and 24th Sep

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 Walks* on Wed 23rd July or Wed 20th August

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
Jul: 5th | 19th* longer linear walk, see below

Aug: 2nd | 16th | 30th
Sep: 13th | 27th

***19th Jul: Hightown Walk**
 Walk or train back, pass or cash needed maybe eat/drink at the Hightown pub. Travel pass or cash required.

> FORMBY:

fortnightly – 90 mins
Walk leaders: Peter and Karl
Time/Place: 10.30am at 17D Duke St, Formby L37 4AN
Jul: 12th | 26th

Aug: 9th* longer linear walk, see below | 23rd

Sep: 6th | 20th

***9th Aug: Hightown Walk**
 Walk or train back, pass or cash needed maybe eat/drink at the Hightown pub. Travel pass or cash required.

**September Steps with Steph 🍷 10,500 steps 🍷
Along Formby Beach & Fisherman's Path (5.5 miles)**

Date: Thu 24th Sep, 10.30am–12.30am

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

Start/Finish: Freshfield train stn (smaller car park on Southport line side)

Starting at Freshfield train station we will make our way to and walk down the Fisherman's Path, over the sand dunes and on to the beach, turning left towards the boardwalk at Lifeboat Road. We walk along Formby beach for 2 miles before coming off and stopping at Lifeboat Road car park for refreshments, so bring along a snack and a drink. After which, we head towards the manmade lake and over to Larkhill before returning to Freshfield train station. We will achieve around 10,500 steps completing this walk.

**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

Cycling Diary

ALL OUR
Rides
ARE FREE



FREE support to help you cycle locally - just turn up

For adults who are beginners, improving, or returning to cycling

Active Sefton is here to help you get back on your bike



Thursday 31st July	10:00 - 13:00	Learn to Ride & Ride
Thursday 14th August	16:00 - 19:00	Dr Bike & Ride
Wednesday 27th August	16:00 - 18:00	Learn to Ride & Ride
Saturday 13th September	10:00 - 12:00	Learn to Ride & Ride



Litherland Sports Park, Boundary Road,
Litherland, L21 7LA

BigBikeRevival.org.uk
#BigBikeRevival

active_sefton

@activeseaton

0151 288 6286

Active.Sports@sefton.gov.uk



Funded by
UK Government

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



TUESDAY

FRIDAY

TUESDAY

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

Been on one of our Walks or Rides?

We'd love to hear from you! Go to the back cover for more info.



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

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

Jul: 3rd | 17th

Aug: 7th | 21st

Sep: 4th | 18th



Autumn Booklet out September 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**



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:** activetravel@sefton.gov.uk

 **Call:** 0151 934 2824

We look forward to hearing from you

Picture credits:

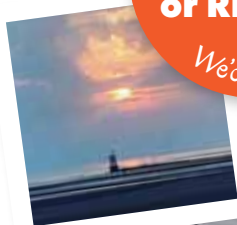
busy_mrsb, via Instagram: Crosby beach.

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 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
0151 934 2824

 @SeftonTravel

 @activewalkssefton

 #activewalkssefton

visitseftonandwestlancs.co.uk



active travel