

# 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

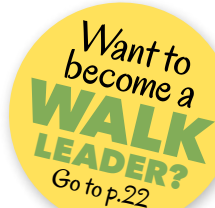
**21st Jul:** Scotch Piper

**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 to 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](mailto: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 25th 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?**

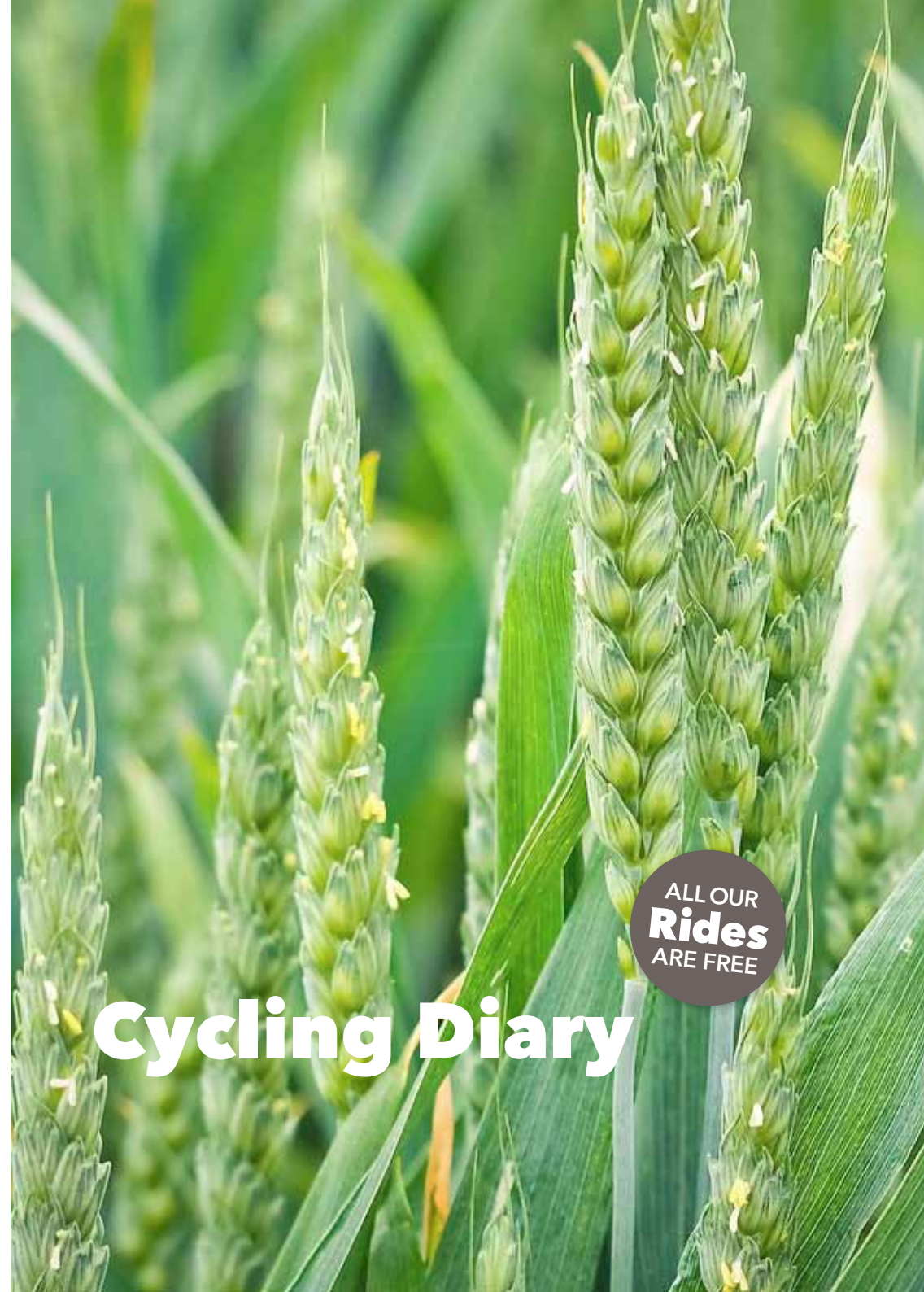
**More volunteer walk leaders needed to support our existing walking groups.**

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



ALL OUR  
**Rides**  
ARE FREE

# Cycling Diary





**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](mailto:billcowley@blueyonder.co.uk)  
Tel: **07948 013618**

Join our Facebook group –

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

*Tour de Friends is a Waterloo Community Association project*

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

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

The group cycle at a steady pace and you will see how easy and rewarding it can be to increase your mileage. We incorporate a lunch stop around halfway before returning to Southport by 3pm.

With a wealth of ride leaders and experienced cyclists in the group, any new participants will be in good hands. Don't worry about expensive cycling kit, come along in appropriate, comfortable clothing (helmets recommended) and a serviceable bike and you'll be pleasantly surprised at what you can achieve.

For more information contact:

Judy Alderson on 01704 553739  
or Kay Sutton on 07840 724451

### Thursday Sessions –

**From 10.00am**

- > **Dunes Splash World**

Esplanade, Southport PR8 1RX

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




## Tell us about your walking and cycling experiences

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

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

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

 **Call:** 0151 934 2824

## We look forward to hearing from you

Picture credits:

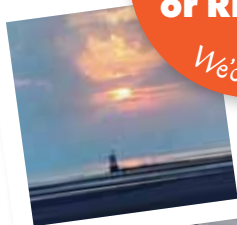
busy\_mrsb, via Instagram: Crosby beach.

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](mailto:walking@sefton.gov.uk)  
0151 934 2824

 **@SeftonTravel**

 **@activewalkssefton**

 **#activewalkssefton**

[visitseftonandwestlancs.co.uk](http://visitseftonandwestlancs.co.uk)



**active travel**