

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

Issue 74 / Jan - Mar 2026

ALL OUR
**Walks
& Rides**
ARE FREE



active travel



Sefton Council 

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Introduction

Welcome to the Winter Walking and Cycling booklet.

Whether you already enjoy walking or cycling regularly, or have simply decided that you'd like to start the New Year by getting more active then the Wellbeing Walks and bike rides that Sefton offers are the perfect way to begin 2026. The programme runs all year round across various locations in Sefton and they are free to join and all you need to do is turn up.

Winter days may be short but our walks and rides make the most of being active outside enjoying the crisp, colder days with Nature's vivid displays of berries, golden hedgerows and bracken and clear, low sunlight through bare trees as birds continue to forage for food. It is delightful to put on extra layers, hats and scarves and enjoy the sights that the season offers and good company, a hot drink afterwards, rosy-cheeked in the knowledge that you have enjoyed the shorter Winter day.



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

The wellbeing walks range from short walks of 30 minutes up to 90 minutes. There are also progression walks, they are longer, from 90 minutes to 150 minutes. Walking is the perfect exercise as it places little stress upon bones and joints but uses over 200 muscles within the body and can help develop and maintain fitness.

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

To assist you the walks are graded:

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

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

Grade 3: for people looking for more challenging walks.

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

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

Guide dogs are allowed on all wellbeing walks.

Active Walks Key

Walking Grades



Grade 1
Short
10–30 mins



Grade 2
Medium
30–60 mins



Grade 3
Longer
60–90 mins



Progressional
90 mins
and over

Frequency and length of walks



Weekly,
Fortnightly, Monthly
Walks



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

Terrain and accessibility to all



Maybe
Muddy



Inclines &
Declines



Uneven
Ground



Tree
Roots



Sandy
Paths



Wheelchair
Accessible



Family
Friendly

Other types of walks



Special
Interest



Baby & Pram
Walks



Toilets
Available



Rest
Opportunities



Refreshment
Stops



Accessible via
Public Transport



Parking
Available

Crosby Wellbeing Walks

Walk leader: Margaret

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

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

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



Jan: 5th | 19th

Feb: 2nd | 16th

Mar: 2nd | 16th | 30th



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.

5th Jan: Sefton Meadows

19th Jan: Scotch Piper

2nd Feb: Hartley's

16th Feb: Coffee Carriage or Bernie's

2nd Mar: Mocha

16th Mar: Nourish

30th Mar: Sefton Meadows*

***PLEASE NOTE: 30th Mar walk is to replace 1st Monday in April (6th Apr) as it is Easter Monday.**



Netherton Feelgood Factory Wellbeing Walks



Jan: 12th | 19th | 26th

Feb: 2nd | 9th | 16th | 23rd

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

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.



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

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

Help with:

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

Call **0300 323 0181** or complete an online form at livingwellsefton.org.uk and they will call you back.

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

13th Jan: West Kirby

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

20th Jan: Hall Road to High Town

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

27th Jan: Stanley Park

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

3rd Feb: Croxteth Park

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle **or** 10am at Moss Lane 61 bus stop

10th Feb: Rotten Row, Southport

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

17th Feb: Port Sunlight

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

24th Feb: Liverpool Locks

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle **or** 10.15am at Hugh Baird College, Bootle

3rd Mar: Birkenhead Park

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

10th Mar: Hare and Hounds

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

17th Mar: Southport Marine Lake

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

24th Mar: Chester

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

31st Mar: Hoylake

Time/Place: 9.30am corner of Watts Lane/Park Lane, Bootle **or** 10.15am Sir Thomas Street, Liverpool



Brunswick Wellbeing Walks

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.

Jan: 20th | 27th

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

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



Churchtown Wellbeing Walks

Walk leader: Sally

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

Meet: *NEW MEETING POINT*

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

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

Jan: 13th | 20th | 27th

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

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



Formby Pinewoods Wellbeing Walks

Walk leaders: John, Terry and Steve

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

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

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

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

Jan: 13th | 20th | 27th

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

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



Macmillan Wellbeing Walks



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

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

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

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

Jan: 13th | 20th | 27th

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

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



Rimrose Valley Wellbeing Walks

Walk leader: Helen

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

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

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

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

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

Jan: 13th | 20th | 27th

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

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



Waterloo Wellbeing Walks

Walk leaders: Chris and Mike

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

Meet: Waterloo train stn, on 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.

6th Jan: Freshfield to Ainsdale

13th Jan: Cressington

20th Jan: Birkenhead Park

27th Jan: St. Michael's to Pierhead

3rd Feb: New Brighton

10th Feb: Port Sunlight

17th Feb: Croxteth Hall

24th Feb: Sefton Park

3rd Mar: Meols to Moreton

10th Mar: New Brighton

17th Mar: Southport

24th Mar: Sefton Meadows

31st Mar: Freshfield to Ainsdale



Atkinson Wellbeing Walks

Walk leader: Helen

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

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

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



Jan: 14th | 21st | 28th

Feb: 4th | 11th | 18th | 25th

Mar: 4th | 11th | 18th | 25th



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

21st Jan: Southport Lake

28th Jan: Port Sunlight

4th Feb: Birkenhead Park

11th Feb: Botanic Gardens

18th Feb: Crosby Marina

25th Feb: New Brighton

4th Mar: ***NO WALK***

11th Mar: Aigburth/Cressington

18th Mar: Blundellsands

25th Mar: Sefton Park



Sefton Trails Wellbeing Walks

Walk leader: Tony

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

Duration: 90 mins

Meet: Various meeting points

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

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

NB: no dogs allowed on these walks

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

7th Jan: Freshfield Walk

Meet: Freshfield train stn

21st Jan: ♪ **MUSIC WALK** ♪

Ainsdale – Southport

Meet: Ainsdale train stn

4th Feb: Maghull Meander

Meet: Maghull train station

18th Feb: ♪ **MUSIC WALK** ♪

Hillside – Southport

Meet: Hillside train stn

4th Mar: Formby Woods

Meet: Formby train station

18th Mar: ♪ **MUSIC WALK** ♪

Southport Meander

Meet: Southport train stn (by ticket barriers)



LONGER WALKS

Litherland Sports Park Walking Club

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

Time: 9.55am | **Frequency:** Weekly
Meet: All walks start at Seaforth & Litherland train stn with exception of walks marked ** which start at New Strand bus stn at 10.15am

PLEASE BRING A PACKED LUNCH ALONG

NB: no dogs allowed on these walks

(0) denotes approximate mileage of each walk

7th Jan: Ormskirk/Lathom (7.5)

Journey to: Sandhills train stn to Ormskirk train stn

14th Jan: Seacombe/Leasowe (7.5)

Journey to: Liverpool Central train stn then ferry to Seacombe

21st Jan: Ainsdale/Formby (7)

Journey to: Ainsdale train stn

28th Jan: Sherdley Park/The World of Glass museum, St Helens (5)

Journey to: Liverpool Central train stn, to Lime St train stn, then on to St Helens Junction train stn



4th Feb: Neston/Parkgate/Clatterbridge (8)

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

11th Feb: Aintree Loop (8.5)

Journey to: Walk from Seaforth train stn

18th Feb: Woolton/Strawberry Fields (8)

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

25th Feb: Southport/Crossens (7)

Journey to: Southport train stn

4th Mar: *Coach Trip* Beeston (7.5)

Journey to: Beeston by coach

11th Mar: Eastham Country Park (7.5)

Journey to: Liverpool Central train stn then on to Bromborough Rake train stn

25th Mar: Ainsdale/Old Roan (8)

Journey To: Ainsdale 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.

Jan: 15th | 29th

Feb: 12th | 26th

Mar: 12th | 26th



Formby Wellbeing Walks

Walk leaders: Sue and Tony (07752 927092)

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

Duration: 90 mins

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

***Last Thursday of each month we meet at Freshfield train station**

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

Jan: 8th | 15th | 22nd | 29th*

Feb: 5th | 12th | 19th | 26th*

Mar: 5th | 12th | 19th | 26th*

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.



Jan: 15th | 22nd | 29th
Feb: 5th | 12th | 19th | 26th
Mar: 5th | 12th | 19th | 26th



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.

8th Jan: Little Merton Hike
15th Jan: Derby Park
22nd Jan: Hatton Hill
29th Jan: Three Park Loop
5th Feb: Little Merton Hike
12th Feb: Derby Park
19th Feb: Hatton Hill
26th Feb: Crosby Marina*
(meet at Waterloo train stn)
5th Mar: Three Park Loop
12th Mar: Little Merton Hike
19th Mar: Hatton Hill
26th Mar: Crosby Marina*
(meet at Waterloo train stn)



Dunes Weekly Wellbeing Walks

Walk leader: Jean

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

Duration: 75 mins

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

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

Jan: 16th | 23rd | 30th
Feb: 6th | 13th | 20th | 27th
Mar: 6th | 13th | 20th | 27th



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.

Jan: 16th | 23rd | 30th
Feb: 6th | 13th | 20th | 27th
Mar: 6th | 13th | 20th | 27th



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.

30th Jan: Ainsdale to Freshfield Walk

Meet: Ainsdale train stn

27th Feb: Little Crosby Circular Walk

Meet: Hall Road train stn

27th Mar: Ainsdale Sands Boardwalk

Meet: Ainsdale train stn

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



Southport Central Wellbeing Walks

Walk leader: Annette

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

Duration: 30–45 mins

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

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

Jan: 9th | 16th | 23rd | 30th

Feb: 6th | 13th | 20th | 27th

Mar: 6th | 13th | 20th | 27th



Sefton OPERA Wellbeing Walks (Age 50+)



Walk leaders: Vikki, Lynn, Peter and Patrick

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

Duration: 30–90 mins

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

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

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

9th Jan: Thornton Walk Virgins Lane

Meet: Aldi Thornton at 10.30am

16th Jan: Marina and Gardens

Meet: Marine Café

23rd Jan: Tesco to Cookson

Meet: Tesco Bridge at 10.30am

30th Jan: Cookson's Bridge

Meet: Cookson's Bridge Pub (Red Lion) at 10.30am

6th Feb: Hall Road to Marina

Meet: Hall Road train stn at 10.30am

13th Feb: Hesketh Park

Meet: Bootle New Strand train stn 9.47am to get to Southport train stn for 10.30am

20th Feb: Sefton Church

Meet: Bus station at back of Bootle New Strand to catch 300 bus

27th Feb: Southport Marine Lake

Meet: Bootle New Strand train stn 9.47am to get to Southport train stn for 10.30am

6th Mar: Birkenhead Park

Meet: Wirral Line, Liverpool Central train stn for 10.30am

13th Mar: Fisherman's Walk

Meet: Freshfields train stn for 10.30am

20th Mar: Canal and Rimrose Valley

Meet: Tesco Bridge for 10.30am

27th Mar: West Kirby

Meet: Wirral line, Liverpool Central train stn for 10.30am



Cabin Hill to Beach Wander

Date: Friday 20th March, 10.30am

Walk leader: Helen | **Time:** 10.30am
Duration: 2 hours | **Start/Finish:** Formby train stn

This 5-mile walk will head towards Cabin Hill Nature Reserve and then on to Formby Beach, returning to the train station via Lifeboat Road. We will be walking along sandy paths and there will be some inclines throughout the route.

The route includes walking through the Lost Resort, great views of our beautiful coast with Liverpool in the distance and the Mersey estuary.



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.

Jan: 17th | 31st
 Feb: 14th | 28th
 Mar: 14th | 28th



Sunday Sefton Wellbeing Walks

Walk leaders: Steph, Tony and Hannah
Time: 2.00pm | **Frequency:** Fortnightly
Duration: 90 mins

Meet: Meeting points vary – see listings
 The Sefton Sunday Wellbeing Walks take place every week in different areas of Sefton.

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

18th Jan: Fisherman's Path and beach

Meet: Freshfield train stn

1st Feb: Crosby Prom

Meet: Hall Road train stn

15th Feb: Ainsdale Woods

Meet: Ainsdale train stn

1st Mar: Kew Woods

Meet: Birkdale train stn

15th Mar: Hightown Beach and Coast Trail

Meet: Hightown train stn

29th Mar: Two parks and Rimrose Valley Trail

Meet: Blundellsands & Crosby train stn



Blundellsands Wellbeing Walk

Walk leader: Jules
Time: 10.30am | **Frequency:** Weekly
Duration: 60–90 mins

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

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

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

Jan: 18th |
 25th* Hall Road train stn

Feb: 1st | 8th | 15th
 22nd* Waterloo train stn

Mar: 1st | 8th |
 15th ***NO WALK*** | 22nd
 29th* Seaforth & Litherland train stn





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

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

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

There will be more training courses in Spring 2026.



Monday mornings

> MAGHULL:

weekly – 60 mins
Walk Leaders: Margaret and Dave
Time/Place: 10.00am at Meadows Leisure Centre, Hall Ln, Maghull L31 7BB
PLEASE NOTE: *First Walk for 2026 is 12th Jan*

Monday afternoons

> FORMBY:

weekly – 90 mins
Walk Leaders: Peter
Time/Place: 1.00pm at 17D Duke St, Formby L37 4AN
PLEASE NOTE: *First Walk for 2026 is 12th Jan*

Tuesday mornings

> LYDIATE:

weekly – 90 mins
Walk leader: Brenda, M: 07900 525222
 John, Ann and Dave
Time/Place: 10.40am at Lydiate Parish Hall, 288 Southport Rd, Lydiate L31 4EQ
PLEASE NOTE: If new to walk contact walk leader to check meeting time.
PLEASE NOTE: *First Walk for 2026 is 13th Jan*

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: *First Walk for 2026 is 13th Jan*

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: *First Walk for 2026 is 14th Jan*

PLEASE NOTE: Our Wednesday morning walks are longer and start at an earlier time/different location, see below for details.

LAST WEDNESDAY OF EACH MONTH

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

28th Jan, 25th Feb and 25th Mar

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: *First Walk for 2026 is 14th Jan*

Friday mornings

> CROSBY:

weekly – 60 mins
Walk leader: Linda and Joyce
Time/Place: 10.30am at Crosby Leisure Centre, Mariners Rd, Crosby L23 6SX
PLEASE NOTE: *First Walk for 2026 is 16th Jan*

Saturday mornings

> CROSBY:

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

Jan: 17th | 31st
Feb: 14th | 28th*
Mar: 14th | 28th

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

> FORMBY:

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

Jan: 24th
Feb: 7th | 21st
Mar: 7th | 21st*

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

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

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



**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

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



0151 934 2352

In partnership with



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

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

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Cycling Diary

ALL OUR
Rides
ARE FREE

TUESDAY

Ainsdale Cyclones

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

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

2026 Ainsdale Cyclones rides resume on 2nd Jan

Tuesdays:
Intermediate Riders

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

Fridays:
Intermediate Riders

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

FRIDAY

TUESDAY

Dover Cycling Fellowship (DCF)

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

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

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

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

Every Tuesday – Southport:
10.00am – 3.00pm

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

Litherland Sports Park Wheels for All

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

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

2026 Wheels For All rides resume on 21st Jan

Been on
one of
our Walks
or Rides?

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

Jan: 15th
Feb: 5th | 19th
Mar: 5th | 19th

THURSDAY

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 please on:

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

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

Tour de Friends is a Waterloo Community Association project



active lifestyles sefton active sefton lifestylesefton

Do you want to exercise yourself to health?

Active Lifestyles offer a discounted 12-week supported exercise referral scheme within the community for those aged 60+ with / at risk of coronary heart disease.

To refer onto the programme, please contact your GP or Health Professional. For more information, please contact the Active Lifestyles team on 0151 934 2352.



active sefton



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**



activelifestyles



@LifestyleSefton



active.lifestyles@sefton.gov.uk

Spring Booklet out March 2026

***NEW LOOK*
COVER**

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



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

We'd love to hear from you.

Tell us about your walking and cycling experiences

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

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

 **Email:** walking@sefton.gov.uk

 **Call:** 0151 934 2824

We look forward to hearing from you

Picture credits:

busy_mrsb, via Instagram: Crosby beach.

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

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



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

For general enquiries call –

Sefton Plus on 0345 1400845

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

For Walking enquiries:

walking@sefton.gov.uk

0151 934 2824

 **@SeftonTravel**

 **@activewalkssefton**

 **#activewalkssefton**

www.sefton.gov.uk