

# Walking Festival 2022



## WELCOME.....

.....to the 2022 Wirral Walking Festival.

**Walking has never been so important in people's lives. Following on from the pandemic we have seen more people getting out locally to help them stay fit and healthy and very much to help with people's mental health.**

**Walking is accessible to all and is free so why not get walking, it's an excellent way to meet new people, make friends and enjoy all the wonderful places the Wirral has to offer.**

**We have many different groups across the borough which cater for everyone and I would like to take this opportunity to Thank all those volunteers out there who help make this happen. You change people's lives so thank you.**

**Fiona Hanik, Wirral Walking Festival Coordinator**





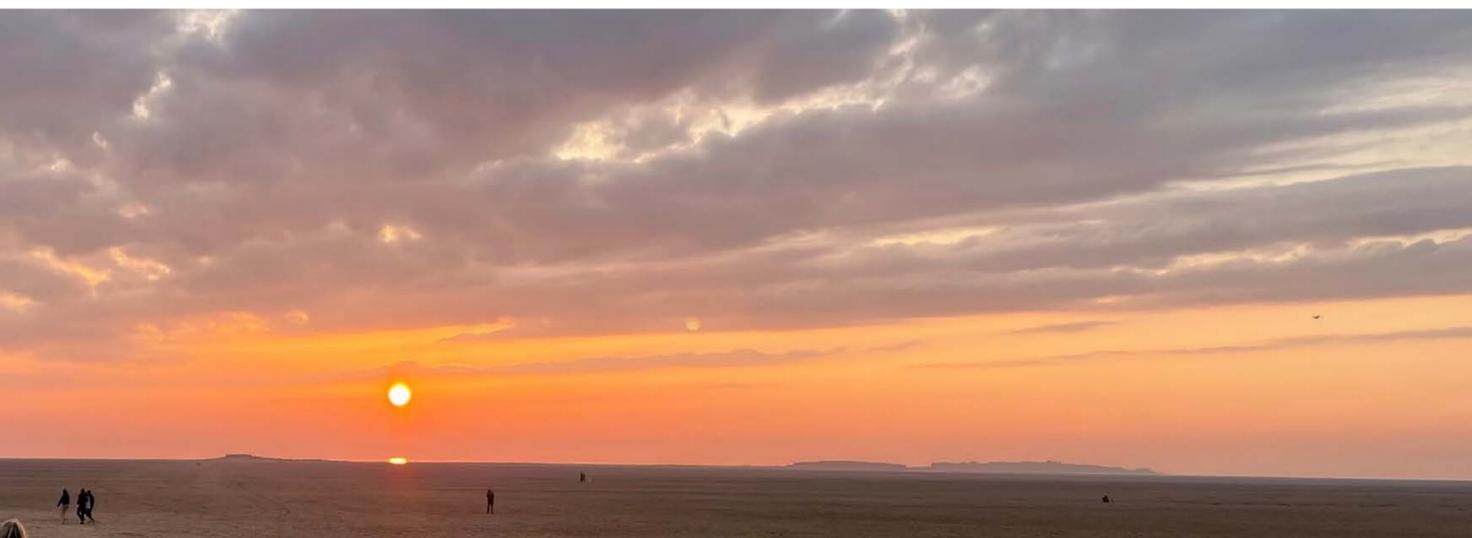
Many of the walks offered by the different groups featured in this brochure will be accessible to people with limited mobility.

Please check with the group if you have specific requirements including wheelchair access or are unable to step over stiles.

Walking groups will have their own policy regarding dogs so again please check.

To find accessibility information for Wirral sites please visit:

[www.accessable.co.uk](http://www.accessable.co.uk)  
Wirral Walking Festival 2022



# VOLUNTEER WALK LEADERS



## Needed

Could You Spare 1 - 2 Hours a Week to Lead a Health Walk Across All Areas Of Wirral?

Full Training Will Be Given

For More Information Please Contact

Fiona Hanik - 0776 967 4718 or [fionahanik@wirral.gov.uk](mailto:fionahanik@wirral.gov.uk)

Find us on:  [@Ramblers Wellbeing Walks Wirral](https://www.facebook.com/RamblersWellbeingWalksWirral)



Be Part of the Movement

ACTIVE WIRRAL  
STRONGER HEALTHIER HAPPIER

**RAMBLERS**  
**WELLBEING**  
**WALKS**  
**Wirral**

Our walks are fun, free and friendly - perfect to help you get active and meet new people. If you'd like to take part, all you need to do is come along to the start point of one of our walks 10 minutes early, so that one of our trained leaders can take your details. Alternatively you can register on our website. Then you're free to take part in as many walks as you like.  
(Sorry, registered assistance dogs only).

<https://beta.ramblers.org.uk/>

If you want to know more before you start or are interested in training to become a Wellbeing Walk Leader contact us on: 0151 929 7823 or email Wellbeing Walks Coordinator [fionahanik@wirral.gov.uk](mailto:fionahanik@wirral.gov.uk)



### **Birkenhead Park Walk**

Sunday and Monday 11.00am-12noon

Meet at visitor centre CH41 4HY 2-3 miles. The walk also operates on Bank Holidays. There is a slow and fast walk. Victorian Grade 1 listed landscape.

### **Wallasey Village Library Walks**

Monday, Wednesday & Friday 11.00-12noon Not on Bank Holidays.

Meet at the library, St Georges Road, Wallasey, CH45 3NE

Short and longer walks 1.5-2.5 miles

### **West Kirby Walk**

Monday & Wednesday 12.00-1.00pm. Not on Bank Holidays.

Meet at the bus stops outside West Kirby Concourse, Grange Road, CH48 4HX 1 - 2 miles. Coastal route which crosses the Wirral Way. Coffee afterwards

### **Bromborough Library Walk**

Monday 10.30-11.30am Not on Bank Holidays.

Meet at the library, Allport Lane, CH62 7HR, for a variety of walks to Dibbinsdale or Eastham Country Park. 2-3miles

### **Port Sunlight River Park Walk**

Tuesday 10.30-11.30am

Meet in Car Park Dock Road North. CH62 4TQ 1-2.5 miles. Short & longer walks with views over Wirral and River Mersey.

### **Wallasey Evening Walk**

Tuesday 7.15pm - 8.15pm

Meet at Grove Road station CH45 8JX. Short walk 0.7miles or longer 2.5 miles.

### **Arrowe Park Walk**

Tuesday 10.30-11.30am

Meet near the golf course outside the Red Rooms Café CH49 4LW.

This is a fast walk 2.5-3 miles. Stunning and spectacular vistas.

### **Port Sunlight Walk**

Wednesday 11.00am-12noon

Meets at Port Sunlight rail station, near the bowling green. CH62 4XB. 1.5miles. Ornate Grade II listed historic garden village.

### **Royden Park Walk\***

Thursday 1.30-3.00pm

Meet in the car park near the toilets. CH48 1NP. 3 miles. Ancient rock landscapes on Thurstaston common.

### **Vale Park Walk for those Living With and Beyond Cancer**

Thursday 12.00-1.00pm

Meet by Community House in Vale Park. CH45 1LZ 30 min walk  
Coffee afterwards in Community House



# ACTIVE WIRRAL

STRONGER HEALTHIER HAPPIER

We specialise in catering for all ages, abilities, shapes and sizes

## Where and When We Run

### MONDAY'S

6.30pm - 7.30pm West Kirby Concourse - mixed abilities with Fi, Jenny, Jay, Mike, Lee Ann, Lisa & Deb

### TUESDAY'S

9.30am - 10.30am West Kirby Concourse - mixed abilities with Dave Mc & Andrew

### WEDNESDAY'S

6.15pm - 7.15pm The Oval - mixed group with Zoe, Claire, Sara, Pat, Les and Caroline

### THURSDAY'S

9.30am - 10.30am West Kirby Concourse - mixed group with Dave Mc & Andrew and beginners with Gaynor, Louise and Kim

10.30am - 11.30am Guinea Gap Leisure Centre - Couch 2 5K with Kirsten

5.45pm - 6.45pm Frankby Cemetery - mixed abilities with Fi, Trish, Kim,

6.00pm - 7.00pm The Oval Leisure Centre - Couch 2 5K with Kirsten

### SATURDAY'S

9.45am - 10.45am Birkenhead Park - mixed abilities with Fi, Trish, Dave, Kim, Debbie, Pete, Pat, Les, Caroline and Jane who takes the walkers

### SUNDAY'S

9.00am - 10.00am - Moreton (opposite church on Pasture Rd) - mixed abilities with Julie and Sharon

## What Kit Do I Need?



- The most important piece of kit is running shoes, they don't need to be expensive but they do need the right support to stop injuries.
- Comfortable clothing - does not need to be skin tight but breathable material will be a massive help.

Our motto is - "We Run In The Rain"

## Who Do we Cater For?

Run in Wirral have lots of excellent qualified run leaders who are here to help you. If you are starting out and have never run before we have Couch to 2K, Couch to 5K sessions as well as mixed ability sessions for those wishing to run further and/or faster.

**No one ever gets left behind - in fact the most important person in our groups is the person at the back.**

Feel free to come along and try us out, we are a very sociable, friendly and welcoming - ask any of our runners

**If you would like to find out more info or have a chat then please phone Fiona Hanik on 0776 967 4718**





# BUGGY PARK FITNESS

LOOKING TO GET BACK IN SHAPE, MAKE NEW FRIENDS AND GET FIT AT THE SAME TIME? HAVE A GO TODAY!

A wide choice of times and locations to suit, catering for all levels of fitness - plus, no babysitter needed! Contact Fiona Hanik on 0151 929 7823 for more details.

ACTIVE WIRRAL

STRONGER HEALTHIER HAPPIER



WIRRAL



ACTIVE WIRRAL

STRONGER HEALTHIER HAPPIER

# NORDIC WALKING

WEST KIRBY CONCOURSE  
WEDNESDAY'S  
6.30PM - 7.30PM

INSTRUCTOR LED AND POLES PROVIDED

Engages  
the  
Core

Lighter  
on your  
feet



Works  
Upper  
Body

Reduces  
Pressure  
on  
Joints

# Caldy Open Gardens

Sunday 22nd May 2022, 1.00pm - 5.30pm

Entry £7.00 in advance till Friday 20th May  
£8.50 on the day, Under 16s free entry

[www.caldyopengardens.org.uk](http://www.caldyopengardens.org.uk)

### Advance tickets available from:

West Kirby:	Le Blizz, Mooch, The Waverley
Heswall:	The Mill Shop, Staggered
Greasby:	Beautiful Cards
Wallasey Village:	Fleur Ashley Tea Room
Moreton:	Koala North West Charity Shop
Claughton Village:	Koala North West Charity Shop
Prenton, Woodchurch Lane:	Koala North West The Hub
Ledsham:	Premier Plants
Liverpool ONE:	Merseymade 98 Paradise St

12 Gardens • Plant Sales • Tea & Cake  
BBQ Sausages • Children's Delights Garden

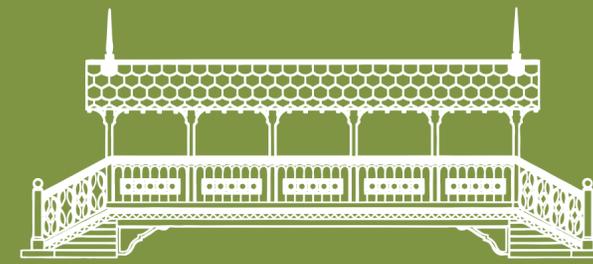
ASSISTANCE DOGS ONLY PLEASE



Proud sponsors of Caldycy Open Gardens 2022



Supporting



# Birkenhead Park

1 8 4 7

## Heritage Walks Around Birkenhead Park

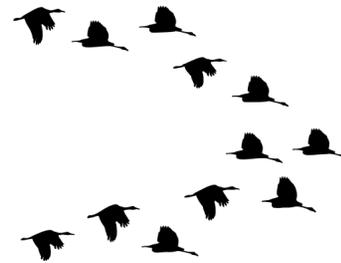


Sunday 1st May 10-12

Sunday 8th May 10-12

Sunday 15th May 1-3

Sunday 22nd May 1-3



Please call 0151 652 5197 to book

Suitable for all abilities and walking speeds.

Donations welcome



# Secret Gardens of Oxton

Sunday, May 8, 2022 between 10am and 5pm.

Twenty private gardens will be open to the public. The gardens are situated around Oxton village and a well-signposted garden trail will be available for visitors to follow. There will also be craft stalls, musical entertainment by local artists, the Friends of the Arno plant sale, children's activities, food and drink and a gala raffle throughout the day.

## Cost:

Advance tickets priced £8 will be on sale from April 1, 2022 at several shops and restaurants in Oxton Village shops as well as Homebird, Heswall. Online tickets can be purchased at [www.theoxtonsociety.co.uk](http://www.theoxtonsociety.co.uk)

Tickets are £10 on the day. Ticket price includes a programme. All proceeds will be divided between the Oxton Society and three local charities who will be assisting on the day – Birkenhead Woodcraft Folk, Stick 'n' Step and Shaftsbury Youth Club.

## Location:

Oxton, Wirral, Merseyside

## Parking:

Free car park available on Oxton Fields, Storeton Road, CH43 5TW.

## Further information:

Visit [www.theoxtonsociety.co.uk](http://www.theoxtonsociety.co.uk) or find us on Facebook at [www.facebook.com/oxtonsecretgardens](https://www.facebook.com/oxtonsecretgardens)



## Ron Williams Memorial Walk

Wednesday 4th May, 10.00am to 2.30pm.

Meet at The Red Rooms Cafe. No need to book.

Free of charge. Distance - 6.5 miles

An annual walk which starts and finishes in Arrowe Country Park taking in Irby, Thurstaston Common and Royden Park where there will be a stop made for lunch, take a packed lunch and plenty of drinks (toilets available) before returning to Arrowe Country Park. Sorry, registered assistance dogs only. Boots or suitable footwear required

Event Postcode: CH49 5LW

Event organiser info:

Ron Williams Memorial Walk

Tel 07986 803 683 or email [thomasjjones1949@gmail.com](mailto:thomasjjones1949@gmail.com)



# Wirral 2022 Coastal Walk

**Sun 22<sup>nd</sup> May** **N.B. NEW START POINT**

**From The Floral Pavilion, New Brighton to Wirral Country Park, Thurstaston**  
**Distance 12½ miles, finish at 4 & 7 miles also possible**

**RAISE FUNDS FOR YOUR CHARITY OR GOOD CAUSE - OR WALK4FUN**

For information and sponsorship forms:  
[www.wirralcoastalwalk.org](http://www.wirralcoastalwalk.org)  
 or [wirralcoastalwalk@hotmail.com](mailto:wirralcoastalwalk@hotmail.com)  
 or 07842 958 044 (reasonable hours please)

Buses available at Finish of Walk to Start or West Kirby  
 Live Music at Start and Finish



Organised by  
**Rotary**  
 Club of North Wirral



Sponsored by  
**Merseyrail**



**Cheshire Wildlife Trust**  
 Wirral Wildlife Local Group



## Spring Wild Flower Walk

**Date: 22nd April 2022 at 2pm-4pm.**

**Start and end: outside Bromborough Rake railway station, The Rake, Bromborough, Wirral CH62 7AL (NB Bromborough RAKE not Bromborough station) SJ342819**

A guided walk to see bluebells, wood anemones, celandines and other flowers of ancient woodland.

Ancient woodland has stunning displays of spring flowers, many not seen in younger woods. The walk goes through some of the lesser-known parts of Dibbinsdale, on footpaths but up and down some steep slopes.

There should be plenty of birdsong and a few insects buzzing around as well. Some local history included.

You will need stout footwear and appropriate clothing for the weather. You may like a walking stick for the steep slopes.

Led by local naturalists Hilary Ash, Caroline and Guy Smallthwaite and Ron Warne.

Booking not needed.

No charge, but donations appreciated - suggestion £5 per adult.

Responsible dog owners can bring them along but must keep them under control.

**Mobile contact: 0785 505 3210**

- All walks start at 7.30 and finish around 9pm
- Walks are about 3-4 miles, with little height
- Walks are on field paths, and quiet lanes. Mostly kissing gates
- All walks have to be booked via [www.ticketsource.co.uk/wirral-ramblers](http://www.ticketsource.co.uk/wirral-ramblers), when meeting point will be given

### Walks

- Tue 3 May Bidston
- Fri 6 May Meols
- Tue 10 May Parkgate
- Fri 13 May Spital
- Tue 17 May Heswall Dales
- Fri 20 May Storeton
- Tue 24 May Thurstaston
- Fri 27 May River Park
- Tue 31 May China Plate Farm

<https://www.wirralramblers.org.uk/>

# Free

## Nordic Walking Taster session

A 75 minute introduction to learn the basic Nordic walking technique and find out how to turn a walk into a workout.

All sessions will start and finish in Thurstaston - meeting in the car park opposite Flissy's cafe, Station Road.

Numbers are limited so booking is essential. Poles will be provided for the session.

**Booking link -**  
<https://dancingintherain.as.me/?appointmentType=31061205>

### Dates/times of walks

- Monday 4th May, 1.30pm
- Wednesday 9th May, 1.30pm
- Monday 18th May, 1.30pm
- Wednesday 23rd May, 1.30pm

For more information please contact Jan on 07717393805 or email [jan@dancingintherain.co.uk](mailto:jan@dancingintherain.co.uk)



# WELLBEING WEIGHT MANAGEMENT



## What is the Wirral Leisure Weight Management Programme?

The Wirral Leisure Weight Management course is a 12-week Free programme aimed at helping and supporting individuals to manage their weight in a safe and non-judgemental environment.

Participants will receive information on how to eat healthily and look after their general wellness in addition to the opportunity to try some low-level physical activity to complement their learning and help them along their journey.

The programme consists of:

6 weeks (1 hour per week) of classroom education on nutrition and wellness.

6 weeks of continued support via phone calls, messages, weigh-ins and continued support with physical activity

Opportunities for free low-level exercise and information on calorie reduction.

Free access\* throughout the 12 weeks to Wirral Leisure gyms, pools and specific exercise classes offered with support from the friendly, experienced and caring WM team

## Who can take part?

The programme is available to all Wirral residents aged 18yrs +, With a BMI of 30+ \*exclusions apply

## How to apply to join the Weight Management programme

There are 2 ways to apply for our Weight Management Programme :

Visit a GP and ask for a referral via their GP surgery

Apply directly to our team by self-referral by contacting the team:

Email: [weightmanagement@wirral.gov.uk](mailto:weightmanagement@wirral.gov.uk)

Telephone: 07917 264 662



**A guided walk around places of worship and sites of environmental interest in Wallasey Village to find out how we can take action in the Climate Emergency. Different faiths will be represented on the walk, and we will use reflections from Laudato Si'. Walking mostly on pavements but some grass paths and slight inclines.**

**Contact details: Anne Litherland 07910960316  
[alitherland@virginmedia.com](mailto:alitherland@virginmedia.com)**

**Name of Group: Holy Apostles and Martyrs parish and Faiths4Change**

**Title of Walk: Faith and Climate Walk**

**Date 18th May**

**Start: 7pm - 9pm**

**Start and Finish Location: Grove Road Station, CH45 8JX**

**Walk Length 3 miles**

**Booking not needed  
Dogs assistance only  
Charge-none**



Join The Race for Life 2022



# Race For Life Comes To Birkenhead Park

## Sunday 22nd May

Invigor8 are pleased to support this event and provide the Warm Up Engersisers from our excellent instructors

To book your place then please go to <https://raceforlife.cancerresearchuk.org>



# TEDDY BEAR'S PICNIC AND TODDLER TODDLE

## SUNDAY 29TH MAY

AT WIRRAL COUNTRY PARK, THURSTASTON 11AM - 1PM

COME AND JOIN US FOR A WALK AROUND THE PARK AND THEN PLAY SOME GAMES AND THEN YOU CAN BRING YOUR OWN PICNIC

Don't forget to bring a blanket & picnic



Places are limited so please email [fionahanik@wirral.gov.uk](mailto:fionahanik@wirral.gov.uk) to book



# Celebrating 20 Years

Monday 2nd May 2022

10.45am

## Birkenhead Park Visitor Centre

*We celebrate 20 years of Wellbeing Walks on Wirral with a special anniversary walk so that all the walkers from the many different weekly walks can join together to celebrate.*

*Some of our walkers have been walking with us all that time but we welcome all who want to walk in this beautiful park today. There will be several walks, with trained Wellbeing Walk leaders, so that all can walk at a pace suitable for themselves. There will also be a tree planting ceremony at the visitor centre*



*Previously know as....*



# Wirral Wombles



This is a group to try and get like minded people together to inspire and support to make the Wirral an even better place to be.

Let's all pledge to pick up a couple of pieces of litter when we're out and about.

Our main aim is to love where we live by removing litter from our own patches and also helping to improve various 'grot spots' on Wirral. All you need is a litter stick, some gloves and some bags.

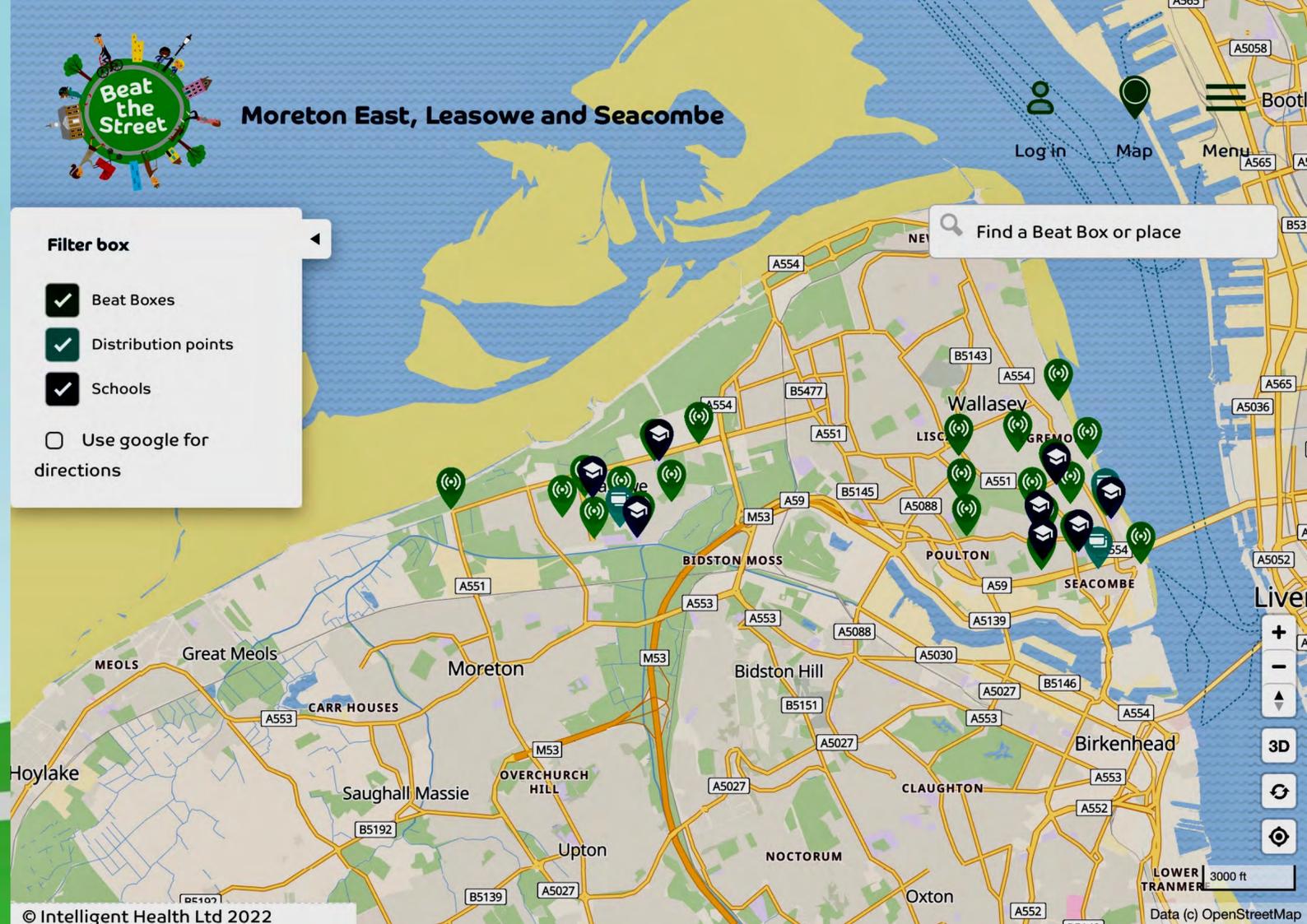
We can easily be reached by searching for Wirral Wombles on Facebook.





# Explore Moreton East, Leasowe and Seacombe

Beat the Street is coming on Wednesday 27th April to transform Moreton East, Leasowe and Seacombe in a giant game! A Beat the Street card is swiped at sensors called Beat Boxes which are mounted on street furniture across the area. Players gather points as they walk, cycle, or roll between Beat Boxes and climb the leaderboard for their school, group or for themselves as they progress.



To take part, people need first to get hold of 'Beat the Street' card. Under 11s will be given these directly from their primary school, older people will need to collect theirs from one of the local distribution points - Moreton Library, Leasowe Leisure Centre, Guinea Gap Leisure Centre and Seacombe Childrens' Centre.



To find out more info, please go to <https://www.beatthestreet.me/wirral>