

## LIVERPOOL BRISK WALKERS: DECEMBER 2017

*All brisk walks will start at 1.30pm. The starting point for the month is the Gothic Fountain, Sefton Park Boating Lake (Aigburth Vale end). The mileage stated for each walk is approximate.*

**Saturday 2nd December: Sudley Park Circular. 5.5 miles.** Some walking on the pavement is unavoidable but our journey through Greenbank ensures that this is cut to a minimum. The path around Sudley is very pleasant.

**Saturday 9th December: Sefton Park/Wavertree Playground Circular. 4.5 miles.** We head for Greenbank Park by going initially along the perimeter path of Sefton Park. We start doing a clockwise circuit of Greenbank but exit on to a street which leads to Smithdown Road and Grant Avenue. From there we make our way to Wavertree Playground. Once we are inside the "Mystery" playground, we will keep to the path alongside the railway before turning right just before the new swimming pool. As far as possible we stay on the paths nearest the perimeter and then exit on to Grant Avenue before heading back to our starting point.

**Saturday 16th December: Sefton Park/Princes Park/Greenbank Circular. 5.5 miles.** Three parks in one afternoon make for an invigorating afternoon and some varied scenery. There is very little road walking on this route.

**Saturday 23rd December: Joyce's Walk: Sefton Park/The Obelisk/Cricket Club/Greenbank Circular. 3.5 miles.** From the start point we begin a clockwise circuit of Sefton Park, keep going right round past the obelisk, and past the multi storey flats. Stay on the park perimeter road, until you see the pavilion of the Cricket Club on the left, and take the path at the far right of the cricket ground. Continue ahead on Greenbank Drive, then a very short walk along Smithdown Road, turn right at the garage which brings you to Greenbank Park. Take the upper path to the right of the lake and exit on to Greenbank Lane. At the bottom of Greenbank Lane, turn left, and complete the circuit of Sefton Park.

**Saturday 30th December: Sefton Park/St Michaels Circular. 3.5 miles.** During the course of this walk we will go through Priory Wood and along the promenade path. On this occasion we will start by making for Otterspool Wood after crossing Aigburth Road via the underpass.

There is no charge for any of these walks which are organised on a purely voluntary basis without grant or subsidy of any kind. Except where otherwise stated, the walks are brisk and on the level with the aim of improving the health of participants. Nevertheless a reasonable degree of fitness is needed. Whilst every care is taken in planning the walks, participation is entirely at your own risk. You are advised to keep the walk leader, middle-marker or the back-marker in sight and tell one of them if you intend to leave the walk early. **To avoid the possibility of becoming isolated on a walk, new participants or those unfamiliar with the route are strongly urged to stay near the back-marker.**

In addition, walkers are asked to :-

**-listen** carefully to any route announcements made before the walk starts

**-print** and bring along the route if this is e-mailed in advance (a small number of printed copies is usually available on the day for those not on e-mail)

**-concentrate** on who is in front and look out for those behind (on occasions "talking can be the enemy of walking"!)

More details from Jackie Abrams on 07 917 568 675 (mobile) or at [jackieabes@sky.com](mailto:jackieabes@sky.com) .

Website at <http://www.liverpoolbriskwalkers.co.uk/> .

Find us on facebook at <https://www.facebook.com/groups/briskies/> .