

# LIVERPOOL BRISK WALKERS : JUNE 2017

*With the exception of the walk on **Wednesday 14th June** 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). Please note that the mileage stated for each walk is approximate.*

**Saturday 3rd June: 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 10th June: Sefton Park/St Michaels/Otterspool Circular. 3.5 miles** On this occasion we start the walk by heading for Aigburth Road via the park perimeter path and Livingstone Drive South.

**Wednesday 14th June: 6.30pm start: 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. 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 17th June: Sefton Park/Princes Park Circular. 4 miles** We take one of the paths near the lake and then go diagonally across exiting the park near to Ullet Road. We cross this road and walk down Windermere Terrace prior to entering Princes Park. We then go clockwise around Princes Park and do a full circuit before exiting and re-tracing our steps.

**Saturday 24th June: 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.

*Walking boots are not needed for any of these walks. In any event stout shoes should be worn. Consider bringing a bottle of water or diluted fruit juice on the longer walks and in hot weather.*

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. The taking of photographs on walks for the Facebook page and the website is encouraged : please seek the agreement of any individuals who may be included in a photo.

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 07917 568 675 (mobile) or email [jackieabes@sky.com](mailto:jackieabes@sky.com) .

Website at [www.liverpoolbriskwalkers.co.uk/](http://www.liverpoolbriskwalkers.co.uk/) .

Or, find us on facebook at <https://www.facebook.com/groups/briskies/> .