

LIVERPOOL BRISK WALKERS: NOVEMBER 2018

*All brisk walks will start at 1:30pm from the Mansion House, Calderstones Park.
Please note that the mileage stated for each walk is approximate.*

Saturday 3rd November: Voyage of Discovery. 6.5 miles.

A somewhat winding circular route which takes us through the Black Woods, the Loopline path, Gateacre, Childwall Fields and Childwall Woods to name but a few.

Saturday 10th November: Reynolds Park/Black Woods Circular. 4 miles

This includes a partial circuit of the Black Wood, a full circuit of Reynolds Park and a whistle-stop tour of the walled garden.

Saturday 17th November: Calderstones/Black Woods/Childwall Woods Circular. 3.5 miles

One of the shortest walks done by the group but usually very popular. We head up Druids Cross Road to the Black Wood, go down one side of that and reach Childwall Woods by crossing Woolton Road. Within Childwall Woods we take the perimeter path on the left and do a complete clockwise circuit. Exiting the woods the way we came in, we cross Woolton Road and re-enter the Black Wood. This time we do a three quarter circuit of the wood in a clockwise direction emerging at the exit by the junction of Aldbourne Avenue and Druids Cross Road. We go down the latter, cross Menlove Avenue and return to our starting point.

Saturday 24th November: Calderstones Cross Country March. 6miles

This walk includes a journey through the Eric Hardy Nature Reserve.

Walking boots are not needed for any of the brisk walks although bear in mind that some of the walks from Calderstones can be muddy. In any event stout shoes should be worn.

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"!)