

LIVERPOOL BRISK WALKERS: FEBRUARY 2018

All brisk walkers will start at 1:30p.m. The starting point for this month is the Mansion House, Calderstones Park. Please note that the mileage stated for each walk is approximate.

Sat 3rd February: Allerton Cemetery Walk. 6 miles. This walk includes the golf course, Brunt Lane and a section of the cemetery.

Sat 10th February: Allerton Park Golf Course and Clarke Gardens Circular. 4.5 miles. There are two paths within this walk which may be muddy. These are part of the Eric Hardy Nature Reserve which we have explored in the past as part of the Cross Country March.

Sat 17th February: Calderstones / Brunt Lane Circular. 4.5 miles. We head up to the Allerton Park golf course, cross it with care on the public footpath and continue down a lane which leads to Woolton Road. Going a little to the right we then walk down the lane, part of which has Springwood Crematorium on the left, and we keep straight on to Brunt Lane. The route is then right on to Brunt Lane and we walk the whole length of this before emerging on to Woolton Road near the gates of Allerton Cemetery. Our return route to Calderstones includes playing fields, Drennan Road, part of Heath Road and then the golf course and the paths we went over at the beginning of the walk.

Sat 24th February: A Taste of Everything (reverse route). 5 miles. This is a really varied walk which takes in different sections of the many routes which we take from Calderstones Park. We will do this route in the reverse order to what has been done in the past. The walk will include parts of Reynolds Park, Gateacre, The Loopline, Childwall Fields, Childwall Woods and Calderstones Park.

Walking boots are not needed for any of these walks. In any event stout shoes should be worn. Consider bringing a bottle of water 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 07 917 568 675 (mobile) or email jackieabes@sky.com .

Website at www.liverpoolbriskwalkers.co.uk/ .

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