

LIVERPOOL BRISK WALKERS: FEBRUARY 2019 PROGRAMME

The venue for all brisk walks this month is the Mansion House in Calderstones Park. Walks will start at 1.30pm. Please note that the mileage stated for each walk is approximate.

SAT 2nd February: Black Wood/Childwall Woods Circular. 3.5 miles One of the shortest walks done by the group but usually very popular.

SAT 9th February: Cross Country March (Longer version). 6 miles This version of the walk includes a journey through the Eric Hardy Nature Reserve.

SAT 16th February: 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 23rd February: A Taste of Everything. 5 miles Black Wood, Childwall Woods, Loopline, Gateacre and Reynolds Park.

Walking boots are not needed for any of these walks although bear in mind that some of the walks from Calderstones Park can be muddy. In any event stout shoes should be worn. Consider bringing a bottle of water on the longer walks or 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. **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, 07917568675 or email jackieabes@sky.com

Website at www.liverpoolbriskwalkers.co.uk/ Facebook www.facebook.com/groups/briskies