

LIVERPOOL BRISK WALKERS: APRIL 2019

We are sorry to announce that Mary, wife of regular Briskie John Mines, died recently after a long illness. Our condolences to John.

All brisk walks will start at 1.30p.m. The starting point for the month is outside the Miller and Carter Pub and Grill (The Otters Pool) at the bottom of Jericho Lane. Please note that the mileage stated for each walk is approximate.

Saturday 6th April: Denise's Walk (Peter's Version): Otterspool/Sudley Circular. 6 miles. This walk includes the promenade path, public footpaths near Liverpool cricket ground, Sudley Park, and the wooded area off Mersey Road. A detailed route description will be available nearer the time.

Saturday 13th April: Otterspool/Grassendale Circular. 3.5 miles. The walk will include a section of Otterspool Wood, paths near Liverpool Cricket Ground, the Mersey Road wood and the promenade.

Saturday 20th April: Otterspool/St. Michael's Circular (Longer version). 4.5 miles. We head down the promenade path towards the city and, after a mile or less, we turn right and pass the former Garden Festival site on our left. A footpath brings us to a road but we turn left and walk a few yards so that we can use the pedestrian crossing which leads us to Priory Wood. Exiting we are in the St Michaels area. We cross Aigburth Road at the bottom, pass the library and turn on to Livingstone Drive. At the junction we take the road on the right which is Livingstone Drive North and then cross Sefton Park near the cafe towards the far perimeter path before returning to Otterspool via the wood.

Saturday 27th January: Jean's Walk, Otterspool/Britannia Inn Circular. 5.5 miles. Plenty of sea air on this one as we go on the promenade path at both the beginning and the end of the walk.

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, 07917568675 or email jackieabes@sky.com

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