

LIVERPOOL BRISK WALKERS: MAY 2018

All brisk walks will start at 1.30p.m. The starting point for the month is the Mansion House in Calderstones Park. Please note that the mileage stated for each walk is approximate.

SAT 5th May: Voyage of Discovery. 6.5 miles. Black Wood, Gateacre, Loopline, Childwall Fields, Childwall Woods, Black Wood.

SAT 12th May: The Bishop's Walk. 4 miles. Allerton Park Golf Course, Ronnie's path, Woolton Quarry, Reynolds Park.

SAT 19th May: Black Wood/Childwall Woods Circular. 3.5 miles. One of the shortest walks done by the group but usually very popular.

SAT 26th May: Calderstones/Woolton Village/Camp Hill Circular. 5 miles. Most of the paths will be familiar to regular Saturday walkers who have done the Cross Country March on several occasions. However, the main difference with this walk is that we do it in the reverse direction which means that we go down Camp Hill rather than up it. On a clear day this will give us good views. It will also demonstrate that walks often look quite different when done 'in reverse'. After coming down the hill we cross the main road, take the footpath by the side of the cemetery and then the lane by the side of the crematorium. In due course pleasant footpaths and lanes take us to Allerton Park Golf Course which we cross with care using the public footpath. After that partially-wooded paths take us back to Calderstones.

Please remember to give in your name to Jackie or whoever is doing the register on Saturday.

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 may be 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 or email jackieabes@sky.com .

Website at www.liverpoolbriskwalkers.co.uk/ .

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