

LIVERPOOL BRISK WALKERS: MARCH 2018

All brisk walks will start at 1.30p.m. The starting point for the month is the Gothic Fountain, Sefton Park Boating Lake (Aigburth Vale end). Please note that the mileage stated for each walk is approximate.

Saturday 3rd March: Sefton Park/Princes Park Circular: 4 miles. We take one of the paths near the lake and then go diagonally across exiting the park near to Ullet Road. We cross this road and walk down Windermere Terrace prior to entering Princes Park. We then go clockwise around Princes Park and do a full circuit before exiting and re-tracing our steps.

Saturday 10th March: Sefton Park/Princes Park/Greenbank Circular. 5.5 miles. Three parks in one afternoon make for an invigorating afternoon and some varied scenery. There is very little road walking on this route.

Saturday 17th March: Sefton Park/St.Michaels Circular. 3.5 miles. During the course of this walk we will go through Priory Wood and along the promenade path.

Saturday 24th March: Sudley Park Circular. 5.5 miles. Some walking on the pavement is unavoidable but our journey through Greenbank ensures that this is cut to a minimum. The path around Sudley is very pleasant.

Saturday 31st March: Sefton Park/Toxteth Park Cemetery Circular. 6 miles. The cemetery is more commonly known as 'Smithdown Road Cemetery'. We do a full circuit around the perimeter path. Before going to the cemetery we make our way to Greenbank Park and do a full circuit of that. The walk ends with us coming along the perimeter path of Sefton Park to reach the boating lake.

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. 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 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/> .