

LIVERPOOL BRISK WALKERS: AUGUST 2018

Do You Use the Liverpool Brisk Walkers Website ?

There are several ways to find out about Brisk Walks and other events. You could look at the Briskies group on facebook, read the LBW News email. Or, you could use this website. If you do use the website, could you please let Jackie know, by either of the contact methods, (see below) or word of mouth.

*All brisk walks will start at 1.30p.m. from the Mansion House, Calderstones Park.
Please note that the mileage stated for each walk is approximate.*

Saturday 4th August: Black Wood / Childwall Woods Circular. 3.5 miles.

One of the shortest walks done by the group but usually very popular. We head up Druids Cross Road to the Black Wood, go down one side of that and reach Childwall Woods by crossing Woolton Road. Within Childwall Woods we take the perimeter path on the left and do a complete clockwise circuit. Exiting the woods the way we came in, we cross Woolton Road and re-enter the Black Wood. This time we do a three quarter circuit of the wood in a clockwise direction emerging at the exit by the junction of Aldbourne Avenue and Druids Cross Road. We go down the latter, cross Menlove Avenue and return to our starting point.

Saturday 11th August: Allerton Cemetery Walk. 6 miles.

This walk includes the golf course, Brunt Lane and a section of the cemetery.

Saturday 18th August: 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.

Saturday 25th August: Reynolds Park Circular. 4 miles.

This includes a partial circuit of the Black Wood, a full circuit of Reynolds Park and a whistle-stop tour of the walled garden.

Walking boots are not needed for any of these walks although bear in mind that some of the walks from this location 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"!)

Contact Jackie Abrams 07 917 568 675 (mobile). Or email jackieabes@sky.com .

Website at www.liverpoolbriskwalkers.co.uk/

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