

## Why walk?

- Reduces the risks of many diseases, for example: heart disease, osteoporosis, certain cancers, diabetes and stroke.
- Reduces stress.
- Helps you sleep better.
- Helps you regain your health and fitness after being ill.
- You can meet people and make new friends.
- Helps to control or reduce your body weight.
- You can increase fitness and stamina.
- Makes use of your local parks and green spaces.
- It's free and enjoyable!

**So come on, get going and walk your way to health!** No special equipment required, although footwear should be flat and comfortable and clothing should be appropriate to weather conditions. Children are welcome. Dogs are also welcome but **must be on a lead** and please remember your pooper scoop!

## There are a number of opportunities for walking within your area:

- **Jeanette Smith**, Walk for Health Secretary. For information about walks across Liverpool or Walk Leader Training opportunities, call (0151) 285 4975
- Park Ranger walks in the park. For details contact **Liverpool Direct** on (0151) **233 3000**
- Walk to School initiative. For details contact **Merseytravel** via Liverpool Direct on (0151) **233 3000**
- For bus and train information please contact the Mersey Travel Line on (0151) **236 7676**



**FREE**  
1 day  
gym pass  
available

## One FREE 1 day gym pass available


To obtain your free pass: ask your Leader for a 'Passport to the Gym' card. Simply collect a stamp after each walk from your Walk Leader and when you've collected 5 stamps you're eligible for a **FREE 1 day gym pass** to be used at any Lifestyles Gym. For more information see your Walk Leader or contact the Walk for Health Office. Terms and conditions apply.



## Free Millets discount card

15% discount card at Millets Outdoor Stores available for all Walk for Health walkers. Card can be used in every Millets and Blacks store in the country for a year. To obtain your FREE card pop into any of the following stores with this leaflet and ask to enrol to the specialist card discount scheme.

- Liverpool Millets  
15 Ranelagh Street  
Liverpool L1 1JW
- Birkenhead Millets  
32/34 Borough Pavement  
Birkenhead CH41 2XX
- St Helens Millets  
2/4 Cotham Street  
St. Helens WA10 1SA

Liverpool Community Health   
NHS Trust

## Walk for Health Liverpool Programme 16: 2011-2012



**FREE Millets discount card**

Terms and conditions apply.  
See back cover for details




**FREE**  
1 day  
gym pass  
available

A walking programme to help you get started if you haven't been active for a while




Organised by: Walk for Health in partnership with Liverpool Active City

Artwork produced by Liverpool Primary Care Trust's Design Team 2010 ©





## SUNDAY




- **Sefton Park L17: 11.00am**     
Meet at the public car park behind the Blenheim Lodge Hotel, Aigburth Drive, next to the Boating Lake.  
Bus numbers: X1, 60, 82 and 82A

## MONDAY

- **Stanley Park L4: 1.30pm**     
Meet at the gate on the corner of Priory Road and Walton Lane.  
Bus numbers: 19, 19B, 19E and 68





## TUESDAY




- **Liverpool ONE: 10.30am**     
Meet in the Galleria (outside the Odeon Cinema) Liverpool ONE.  
Bus numbers: Paradise Street Bus Terminal  






- **Woolton Woods/Camp Hill L25 1.30pm**     
Meet at the bus stop outside Browns Newsagents on High Street  
Bus numbers: 74, 75, 81, 188 and 288

## WEDNESDAY

- **Fazakerley Nature Reserve L9 10.30am**  
Meet at the corner of the Signal Works Road and Longmoor Lane, opposite University Hospital Aintree.  
Bus numbers: 17, 20, 21 62, 102

- **Belle Vale: 11.30am**      
Meet at Lee Valley Millennium Centre, Childwall Valley Road, L25 2RF  
Bus numbers: 79, 79c, 14 and 173.

- **Albert Dock: 12.00 noon**     
Meet opposite the Pumphouse Pub, Albert Dock (a small, cobbled area with benches).  
Bus numbers: All buses to Paradise Street Bus Depot





- **Croxteth Park L12 1.30pm**      
Meet at park gates on the corner of Oak Lane and Firtree Drive.  
Bus numbers: 18, 102, 215 and 216




### Key to symbols:

-  Wheelchair access
-  Toilets available
-  Drinks available
-  Play area





For information on any of these walks contact the Walk for Health Office on (0151) 285 4975





## THURSDAY

- **Calderstones Park L18 10.30am**      
Meet at the public and visitors car park, Calderstones Road, off Menlove Avenue.  
Bus numbers: 61, 61A, 176 and 177




- **Croxteth Park L12: 6.00pm**     
Meet at the 'Communiversities' on Altcross Road off Stonebridge Lane and Croxteth Hall Lane.  
Bus numbers: 14, 102, 215 and 216

## FRIDAY

- **World Museum walk: 11.00am**     
Meet in the Atrium, World Museum, William Brown Street, Liverpool 3. Two minute walk from Queens Square bus depot.  


- **Walton Park L4: 1.30pm**      
Meet at Walton Park Sports Centre off Walton Hall Avenue.  
Bus numbers: 19, 19B, 19E, 60 and 81

## SATURDAY

- **Speke and Garston Coastal Reserve L19: 10.30am**     
Meet at the Garston Urban Village Hall, Banks Road, off Speke Road, Liverpool 19.  
Bus numbers: 80, 82, and 82B