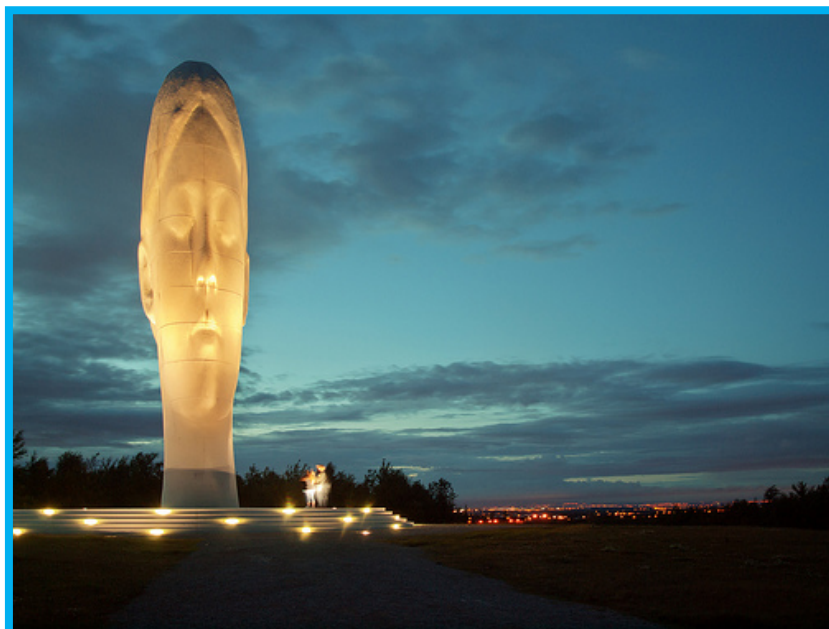






# St Helens Walks Programme




  
Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are usually between 30-45 minutes.



  
Suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes and uneven surfaces. Ideal for building up to our progression walks.



  
(Progression Walks)  
These walks are more than 90 minutes in duration and are likely to include slopes, steps, stiles and uneven surfaces walking at a brisk pace.

## October & November Walks 2017

More than 17 years of Health Walks in St Helens



0300 300 0103



www.healthysthelens.co.uk



@HealthySTH





**Welcome...** To our walks programme. We have a range of different walks including Health Walks and Progression walks which are led by qualified, friendly **Volunteer Walks Leaders**, **St Helens Council Rangers** and **Healthy Living Team Staff**.

**Volunteer Lead Walks**

These walks are led by volunteers who have trained to become walk leaders.

**Ranger Lead Walks**

These walks are led by Rangers who look after our Parks and Green Spaces. They are extremely knowledgeable about the areas they look after.

**Healthy Living Team**

These walks are led by members of the team who will be happy to give you any other information about all our services.

St Helens Healthy Living Team are proud to be an accredited Walking for Health scheme, who's aim is to have people able to attend FREE walks whatever the weather, for however long that is suitable to them.

**Walking can....**

Keep your heart strong.

Give more energy.

Reduce high blood pressure.

**And remember....**

All our walks are free of charge.

Please come prepared with suitable footwear and clothing.

Bring a drink of water.

All new walkers need to arrive at the walk 10mins before the walk starts.



## Frequently asked questions..

**Footwear:** For each walk we recommend sensible flat shoes or walking boots. No slip on or high heels.

**Dogs:** Well-behaved dogs on a lead at all times are welcome. Owners must take responsibility for their own dogs at all times including getting them over stiles etc.

**Weather:** Walks usually take place whatever the weather.

**How much should I do?** The recommended amount of physical activity is at least 30 minutes a day, 5 times a week. This can be achieved in bouts of 10 minutes or more. However if you currently do no or little physical activity it is recommended that you start at a low level 1-2 days for 10-15 minutes and gradually build up to the recommended amount.

**How hard should I work?** The recommendation is 5 x 30 minutes of moderate to vigorous intensity physical activity. The best way to judge if you're working hard enough is that you're breathing slightly faster, feeling warmer and have an increase in heart rate (you should still be able to hold a conversation) Adults should also aim to do at least two days of activity to improve muscle strength and minimise the amount of time spent being sedentary.

**What happens if the walk leader doesn't turn up?** If a walk is cancelled, we will try and contact all walkers prior to the walk, update our website and tweet. If we are unable to get in touch with you assume the walk is cancelled if the walk leader does not arrive within 10 minutes.

**Is there anything else other than the walks programme that can improve my fitness?** We have a Lifestyle Referral scheme which is a programme offering one to one advice and support to local people who want to become more physically active in their daily lives whatever their age or ability. We have a Health Trainer scheme where we offer a Health Plan, and we also do Health Checks which check your blood pressure, height, weight, BMI, waist measurements etc.

**Change in Health Status:** If your health changes please inform your walk leader and complete a new physical activity readiness questionnaire.



Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They usually last between 30-45 minutes.



Suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes and uneven surfaces. Ideal for building up to our progression walks.



## Health Walks

### Monday

2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup>  
October

13:00

Lasts approx.  
30 mins.

6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> 27<sup>th</sup>  
November

### Lunch Time Lap Town Hall Walk

Meet at The Town Hall steps, WA10 1HF,  
and enjoy the walk around Fosters Park



### Wednesday

11<sup>th</sup> 25<sup>th</sup>  
October

13:00

Walk lasts  
approx.  
30 mins. – 1hr

8<sup>th</sup> 22<sup>nd</sup>  
November

### Taylor Park

Meet at Taylor Park Boat House for a  
walk around the lake and then a walk in  
the park. WA10 3HX



### Thursday

5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup>  
October

12:30

Lasts approx.  
30 mins.

2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup>  
November

### Victoria Park Stroll

Meet at Bistro near Mansion House, WA10  
2UE.



### Thursday

26<sup>th</sup>  
October

10:00

Walk lasts  
approx.  
45mins

30<sup>th</sup>  
November

### The Earlestown Walk

Meet at the Forum Cafe by the Market  
Square, Stanley Street and go Down and  
Round the Dingle. WA12 9DP





**Friday**

6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> 27<sup>th</sup>  
October

10:00

3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup>  
November

Walk lasts  
approx.  
45-90 mins

**Wargrave Walk**

Meeting at Newton Community Centre,  
Park Road, WA12 8EX

Everyone welcome, children must be  
accompanied by an adult





## Progression Walks



These walks are more than 90 minutes in duration and are very likely to include slopes, steps and uneven surfaces. The walks will be at a very brisk pace, we would advise you to try out the Health Walks before attending these to build up stamina.

### Monday

20<sup>th</sup>  
November

13:30

Lasts approx.  
2hrs

#### Rainford Siding Lane Reserve Walk

Meet at Visitor Centre, Siding Lane, Car Park off A570 Rainford, WA11 7SR. The walk is approximately 3.5 miles.



**P**

### Tuesday

24<sup>th</sup>  
October

13:30

Lasts approx.  
2hrs

28<sup>th</sup>  
November

#### Bankes Park

Meet at main entrance of A571, Billinge, WN5 7HE Some steep slopes.



**P**

### Tuesday

14<sup>th</sup>  
November

13:30

Lasts approx.  
2hrs

#### Sankey Valley Walk

Meet at the visitor centre, Blackbrook Road, St Helens WA11 0AB



**P**

### Wednesday

18<sup>th</sup>  
October

13:30

Lasts approx..  
2 hrs

8<sup>th</sup> 29<sup>th</sup>  
November

#### Wheatacre Walk

Meet at Burtonwood Playground Carpark, Gorse Lane, WA5 4HP. Includes steep slope as going over to Bold Moss - alternative route available.



**P**



**Wednesday**

**Walk suspended until Spring.**

13:30  
Lasts approx.  
1hr.

**The Pastures and Evergreen Way Walk**

Meet at the noticeboard on The Pastures WA9 4ZB for a walk around Bold Country Park / Colliers Moss.



**Wednesday**

4<sup>th</sup>  
October  
1<sup>st</sup>  
November

13:30  
Lasts approx.  
2hrs

**Mesnes Park – Newton-Le-Willows**

Meet at Ranger Centre, Park Road North, Just off Newton High Street, WA12 9DT



**Wednesday**

**Walk suspended until Spring.**

13:30  
Lasts approx.  
1hr

**Clock Face Country Walk**

Meet at King George V Playing Fields, Car Park Jubits Lane, WA9 4BB



**Thursday**

5<sup>th</sup>  
October  
2<sup>nd</sup> 30<sup>th</sup>  
November

13:30  
Lasts approx.  
90 mins

**Bold Loop Walk**

Starting at the Griffin Inn, Warrington Rd, Widnes, WA8 3XT



**Thursday**

12<sup>th</sup>  
October

13:00  
Lasts approx.  
2hrs

**Inglenook Farm – Rainford**

Moss Nook Lane, Rainford, WA11 8AE

**Some rough terrain**





**Thursday**

26<sup>th</sup>  
October

13:00

**Fir Tree Farm Walk**  
May be some steep hills, Meet at Fir Tree Farm, Pimbo Road, Kings Moss, WA11 8RD



23<sup>rd</sup>  
November

Lasts approx.  
2hrs



**Saturday**

7<sup>th</sup>  
October

13:30

**Dream Clock Face Country Park**  
Meet at the Car Park Notice Board, Opposite Clock Face Colliery, Gorsey Lane, WA9 4SE



4<sup>th</sup>  
November

Lasts approx.  
90 mins



**Sunday**

22<sup>nd</sup>  
October

14:00

**Rainford Walk**  
Car Park opposite Village Hall, Rainford, WA11 8HB.



12<sup>th</sup>  
November

Lasts approx.  
2hrs







 Follow us on Twitter: **@HealthySTH**  
Hit@sthelens.gov.uk

The walks programme and more information can also be found at  
[www.healthysthelens.co.uk](http://www.healthysthelens.co.uk) or [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

**'Get Yourself Outdoors!'**

**Travel Website:**  
For buses from where you live to the walk please check out  
<http://www.merseytravel.co.uk/pages/welcome.aspx>

### Walks Symbols



Suitable for most pushchairs.  
Suitable for wheelchair access.



Café, Parking, Toilets