



St.Helens Council



Halton and St Helens

December 2009 - January 2010 Walks Programme

Welcome to St Helens 'Get Yourself Lively....Walking' scheme, managed and supported by Halton & St Helens Primary Care Trust. The aim of the scheme is to promote the benefits of walking across St Helens through a programme of volunteer led health walks.

All of our walks are led by friendly volunteer Walk Leaders. Simply choose the walk that best suits your ability and fitness using the grading table below.

Grade	Description
	Walk distance between ½ mile and 2 miles. Very light intensity - ideal for beginners.
	Walk distance between 2 miles and 4 miles. Light intensity
	Walk distance between 3 and 6 miles. Moderate intensity - something to aim for!

Date

Time

Venue

Tuesday 1st December



1.00pm
(Lasts approx 1 hr)

Sutton Manor Walk (Forestry Commission)

Meet at Smithy Manor Pub car park, Jubits Lane, Sutton Manor, WA9 4BB



Wednesday 2nd December



1.00pm
(Lasts approx 2 hrs)

Moss Bank and Billinge Walk

Meet at the far car park round the back of the Black Horse pub, Moss Bank Rd, WA11 7DF
PLEASE NOTE THERE MAY BE STEEP HILLS



Wednesday 2nd December



1.30pm
(Lasts approx 2 hrs)

The Dream Walk

Includes Environmental Talk
Meet at Smithy Manor Pub, Jubits Lane
WA9 4BB <http://www.sthelens.gov.uk/dream/>



Wednesday 2nd December



1.30pm
(Lasts approx 2 ½ hrs)

Mesnes Park - Newton-le-Willows

Meet at the Ranger Centre, Park Rd North, just off Newton High Street, WA12 9DT



Wednesday 2 nd December	1.30pm (last approx 1½ hrs)	Town Centre Walk Meet at Re:new Town Centre Office, 77b Standish Street, WA10 1HY	
Sunday 6 th December **(New Extra Walk) **	10.30am (lasts approx 3 hrs)	Ravenhead Greenway Meet at Pets Corner, Sherdley Park (No steep hills), WA9 5DE	
Monday 7 th December	1.30pm (Lasts approx 1 hr)	Sherdley Park Walk Meet at Pets Corner, Sherdley Park, WA9 5DE	
Tuesday 8 th December	 1.00pm (Lasts approx 1hr)	Wheatacre Walk (Forestry Commission) Meet at Burtonwood Playground car park Gorse Lane., WA5 4	
Wednesday 9 th December *** (New Walk) ***	11.00am (lasts approx 1 hr)	Thatto Health Walk Meet at Haven Centre, Balmer Street WA9 5QS	
Wednesday 9 th December *** (New Walk) ***	1.30pm (lasts approx 1 hr)	Parr Walk (Walk Visits Ashtons Green Open Space) Meet at Ashtons Green Allotments Moorfoot Road, WA9 2DY	
Thursday 10 th December	 1.00pm ** (New Time) ** (Lasts approx 30 mins)	Inglenook Farm Walk Moss Nook Lane, Rainford, WA11 8AE	
Thursday 10 th December	 1.30pm ** (New Time) ** (Lasts approx 2 hrs)	Inglenook Farm Walk Moss Nook Lane, Rainford, WA11 8AE	
Sunday 13 th December	2.00pm (Lasts approx 2 hrs)	Rainford Walk Car park opposite Village Hall, Rainford WA11 8HB	
Sunday 13 th December	2.00pm (Lasts approx 1.15 hrs)	Rainhill Walk Meet at Manor Farm Pub car park, Mill Lane, Rainhill, L35 6NE	
Monday 14 th December	1.30pm (Lasts approx 1 hr)	Clinkham Wood Walk (Ranger Lead) Meet at the Black Horse Pub car park, Moss Bank Road, WA11 7DF	
Tuesday 15 th December	 1.00pm (Lasts approx 1 hr)	Clockface Maypole (Forestry Commission) Meet at the Country Park off Gorse Lane, opposite the old Clock Face Colliery. WA9 4SE	

Wednesday 16th December  1.00pm
(Lasts approx 2 hrs)

Moss Bank and Billinge Walk 
Meet at the far car park round the back of the
Black Horse pub, Moss Bank Rd, WA11 7DF
PLEASE NOTE THERE MAY BE STEEP HILLS

Wednesday 16th December  1.30pm
(Lasts approx 1 hr)

Brickfields "Daisyfield Walk" 
Meet at the Leaf Centre, Chester Lane Library
Four Acre Lane, WA9 4DE


Wednesday 16th December  1.30pm
(Lasts approx 2½ hrs)

Mesnes Park - Newton-le-Willows 
Meet at the Ranger Centre, Park Rd North,
just off Newton High Street, WA12 9DT

Saturday 19th December 10.00am
(last approx 1½ hrs)

Town Centre Walk 
Meet at Re:new Town Centre Office,
77b Standish Street, WA10 1HY

Monday 21st December 1.30pm
(Lasts approx 1 hr)

Sherdley Park Walk 
Meet at Pets Corner, Sherdley Park, WA9 5DE

Tuesday 22nd December  1.00pm
(Lasts approx 1 hr)

Sutton Manor Walk (Forestry Commission)
Meet at Smithy Manor Pub car park, Jubits
Lane, Sutton Manor, WA9 4BB 

Wednesday 23rd December 11.00am
*** (New Walk) *** (lasts approx 1 hr)

Thatto Health Walk 
Meet at Haven Centre, Balmer Street
WA9 5QS

Wednesday 23rd December 1.30pm
*** (New Walk) *** (last approx 1 hr)

Parr Walk 
(Walk Visits Ashtons Green Open Space)
Meet at Ashtons Green Allotments
Moorfoot Road, WA9 2DY

Thursday 31st December 1.00pm
(NEW YEARS EVE) (Lasts approx 2 hrs) 

Moss Lane 
Liverpool St Helens RUFC, Windle, WA11 7PL



St. Helens Council



Halton and St Helens

Grade	Description
	Walk distance between $\frac{1}{2}$ mile and 2 miles. Very light intensity - ideal for beginners.
	Walk distance between 2 miles and 4 miles. Light intensity
	Walk distance between 3 and 6 miles. Moderate intensity - something to aim for!

January Walks

Date

Time

Venue

Monday 4th January

1.30pm
(Lasts approx 1 hr)

Sherdley Park Walk &
Meet at Pets Corner, Sherdley Park, WA9 5DE

Tuesday 5th January



1.00pm
(Lasts approx 1hr)

Wheatacre Walk (Forestry Commission)
Meet at Burtonwood Playground car park
Gorse Lane, WA5 4

Wednesday 6th January
*** (New Walk) ***

11.00am
(lasts approx 1 hr)

Thatto Health Walk
Meet at Haven Centre, Balmer Street
WA9 5QS

Wednesday 6th January



1.30pm
(Lasts approx 2 hrs)

The Dream Walk
Meet at Smithy Manor Pub, Jubits Lane
WA9 4BB
<http://www.sthelens.gov.uk/dream/>

Wednesday 6th January



1.30pm
(Lasts approx 2½ hrs)

Mesnes Park - Newton-le-Willows
Meet at the Ranger Centre, Park Rd North,
just off Newton High Street, WA12 9DT

Wednesday 6th January

1.30pm
(last approx 1½ hrs)

Town Centre Walk
Meet at Re:new Town Centre Office,
77b Standish Street, WA10 1HY

Wednesday 6th January
*** (New Walk) ***

1.30pm
(lasts approx 1 hr)

Parr Walk
(Walk Visits Ashtons Green Open Space)
Meet at Ashtons Green Allotments
Moorfoot Road, WA9 2DY



Thursday 7th January



1.00pm ** (New Time) **
(Lasts approx 30 mins)

Inglenook Farm Walk
Moss Nook Lane, Rainford, WA11 8AE



Thursday 7th January

1.30pm ** (New Time) **
(Lasts approx 2 hrs)

Inglenook Farm Walk
Moss Nook Lane, Rainford, WA11 8AE



Monday 11th January

1.30pm
(Lasts approx 1 hr)

Clinkham Wood Walk (Ranger Lead)
Meet at the Black Horse Pub car park,
Moss Bank Road, WA11 7DF



Tuesday 12th January



1.00pm
(Lasts approx 1 hr)

Clockface Maypole (Forestry Commission)
Meet at the Country Park off Gorse Lane,
opposite the old Clock Face Colliery.
WA9 4SE



Wednesday 13th January



1.00pm
(Lasts approx 2 hrs)

Moss Bank and Billinge Walk
Meet at the far car park round the back of the
Black Horse pub, Moss Bank Rd, WA11 7DF
PLEASE NOTE THERE MAY BE STEEP HILLS



Sunday 17th January

2.00pm
(Lasts approx 2 hrs)

Rainford Walk
Car park opposite Village Hall, Rainford,
WA11 8HB



Sunday 17th January

2.00pm
(Lasts approx 1.15 hrs)

Rainhill Walk
Meet at Manor Farm Pub car park,
Mill Lane, Rainhill, L35 6NE



Monday 18th January

1.30pm
(Lasts approx 1 hr)

Sherdley Park Walk
Meet at Pets Corner, Sherdley Park, WA9 5DE



Tuesday 19th January



1.00pm
(Lasts approx 1 hr)

Sutton Manor Walk (Forestry Commission)
Meet at Smithy Manor Pub car park, Jubits
Lane, Sutton Manor, WA9 4BB



Wednesday 20th January
*** (New Walk) ***

11.00am
(lasts approx 1 hr)

Thatto Health Walk
Meet at Haven Centre, Balmer Street
WA9 5QS



Wednesday 20th January



1.30pm
(Lasts approx 1 hr)

Brickfields "Daisyfield Walk"



Meet at the Leaf Centre, Chester Lane Library
Four Acre Lane, WA9 4DE

Wednesday 20th January



1.30pm
(Lasts approx 2½ hrs)

Mesnes Park - Newton-le-Willows



Meet at the Ranger Centre, Park Rd North,
just off Newton High Street, WA12 9DT

Wednesday 20th January
*** (New Walk) ***

1.30pm
(last approx 1 hr)

Parr Walk



(Walk Visits Ashtons Green Open Space)
Meet at Ashtons Green Allotments
Moorfoot Road, WA9 2DY

Thursday 21st January



1.00pm ** (New Time) **
(Lasts approx 30 mins)

Moss Lane



Liverpool St Helens RUFC, Windle, WA11 7PL

Thursday 21st January



1.30pm ** (New Time) **
(Lasts approx 2 hrs)

Moss Lane



Liverpool St Helens RUFC, Windle, WA11 7PL

Monday 25th January



2.00pm
(Lasts approx 1 hr)

Siding Lane Nature Reserve Walk



Meet at the Ranger Centre, Siding Lane
car park off A570 Rainford.

Tuesday 26th January



1.00pm
(Lasts approx 1hr)

Wheatacre Walk (Forestry Commission)

Meet at Burtonwood Playground car park
Gorse Lane, WA5 4



Wednesday 27th January



1.00pm
(Lasts approx 2 hrs)

Moss Bank and Billinge Walk



Meet at the far car park round the back of the
Black Horse pub, Moss Bank Rd, WA11 7DF
PLEASE NOTE THERE MAY BE STEEP HILLS

Saturday 30th January

10.00am
(last approx 1½ hrs)

Town Centre Walk



Meet at Re:new Town Centre Office,
77b Standish Street, WA10 1HY

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 including getting them over stiles.

Weather: Walks run on a weekly basis whatever the weather.

How much should I do? The recommended amount of physical activity is 30 minutes a day, 5 times a week. However if you currently do no or little physical activity it is recommended that you start at a low level and gradually build up to the recommended amount.

How hard should I work? : The recommendation is 5 x 30 minutes of moderate intensity physical activity. The best way to judge if your 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).

What happens if the Walk Leaders doesn't turn up? : If a walk leader is ill, we will try and contact all walkers prior to the walk. 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.

**For more information please contact Michael Clinton -
Health Improvement Specialist for Physical Activity at
NHS Halton & St Helens**

Bold Miners Neighbourhood Centre
Fleet Lane
Parr
St Helens
WA9 2NH

Email: michaelclinton@sthelens.gov.uk
Tel: 01744697433

The logo for 'walk 4 life' is displayed on a yellow rectangular background. The word 'walk' is in blue, '4' is in red, and 'life' is in blue. The letters 'l', 'i', and 'f' in 'life' are stylized to include human figures: the 'l' is a green person, the 'i' is a pink person, and the 'f' is an orange person.