



June - July 2009 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, for example Joe who leads the Moss Bank Walk. 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
Monday 1 st June	1.30 pm (Lasts approx 1 hr)	Sherdley Park Walk Meet at Pets Corner, Sherdley Park, WA9 5DE
Tuesday 2 nd June	11.30 am (last approx. 20 mins)	West End Road Walk commences from 240 West End Road, Haydock, WA11 0AN
Tuesday 2 nd June	1.00 pm (Lasts approx 1 hr)	Clockface Maypole (Forestry Commission) Meet at the Country Park off Gorsey Lane, opposite the old Clock Face Colliery.
Wednesday 3 rd June	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 3 rd June	6.30pm ** (New time) ** (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 7 th June	11.00am (lasts approx 1½ hrs)	BBC Springwatch Dirty Weekend Event Meet at Chester Lane Library. Wildlife walk - slow amble on flat with a slight rise and fall. (Picnic - bring own food to share)	
Sunday 7 th June	2.00pm (Lasts approx 1.15 hrs)	Rainhill Walk Meet at Manor Farm Pub car park, Mill Lane, Rainhill.	
Monday 8 th June	1.30pm (Lasts approx 1 hr)	Clinkham Wood Walk (Ranger Lead) Meet at the Black Horse Pub car park,	
Tuesday 9 th June	1.00pm (Lasts approx 1 hr)	Sutton Manor Walk (Forestry Commision) Meet at Smithy Manor Pub car park, Jubits Lane, Sutton Manor	
Thursday 11 th June	1.45pm ** (New Walk)**	Moss Lane Liverpool St Helens RUFC, Windle, WA11 7PL	 
Thursday 11 th June	2.15pm ** (New Walk)**	Moss Lane Liverpool St Helens RUFC, Windle, WA11 7PL	
Friday 12 th June	10.00am (Lasts approx 45 mins)	Rothbury Court Walk Meet at Forest Road, Clock Face, WA9 4UL (For more information contact Sarah at Groundwork Merseyside on 0151 726 2728)	
Sunday 14 th June	2.00pm (Lasts approx 2 hrs)	Rainford Walk Car park opposite village hall, Rainford, WA11 8HB	
Monday 15 th June	1.00pm (Lasts approx 2 hrs)	The Sankey Valley Walk Meet at the Visitor Centre, Blackbrook Road, St Helens, WA11 0AB	
Monday 15 th June	1.30 pm (Lasts approx 1 hr)	Sherdley Park Walk Meet at Pets Corner, Sherdley Park, WA9 5DE	
Tuesday 16 th June	11.30 am (last approx. 20 mins)	West End Road Walk commences from 240 West End Road, Haydock, WA11 0AN	

Tuesday 16 th June	1.00 pm (Lasts approx 1hr)	Wheatacre Walk (Forestry Commission) Meet at Burtonwood Playground car park Gorse Lane. 
Wednesday 17 th June	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 17 th June	 6.30pm ** (New time) ** (Lasts approx 2 hrs)	Moss Bank and Billingale 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 21 st June	2.00pm (Lasts approx 1.15 hrs)	Rainhill Walk  Meet at Manor Farm Pub car park, Mill Lane, Rainhill.
Monday 22 nd June	1.00pm (Lasts approx 2 hrs)	The Sankey Valley Walk  Meet at the Visitor Centre, Blackbrook Road, St Helens, WA11 0AB
Tuesday 23 rd June	1.00 pm (Lasts approx 1 hr)	Clockface Maypole (Forestry Commission) Meet at the Country Park off Gorse Lane, opposite the old Clock Face Colliery. 
Thursday 25 th June	1.45 pm ** (New Walk) **	Inglenook Farm Walk  Moss Nook Lane, Rainford, WA11 8AE
Thursday 25 th June	2.15 pm ** (New Walk) **	Inglenook Farm Walk  Moss Nook Lane, Rainford, WA11 8AE
Friday 26 th June	10.00am (Lasts approx 45 mins)	Rothbury Court Walk  Meet at Forest Road, Clock Face, WA9 4UL (For more information contact Sarah at Groundwork Merseyside on 0151 726 2728)
Monday 29 th June	1.00pm (Lasts approx 2 hrs)	The Sankey Valley Walk  Meet at the Visitor Centre, Blackbrook Road, St Helens, WA11 0AB
Monday 29 th June	2.00 pm (Lasts approx 1 hr)	Siding Lane Nature Reserve Walk  & Meet at the Ranger Centre, Siding Lane car park off A570 Rainford.

Tuesday 30th June

11.30 am
(last approx. 20 mins)

West End Road Walk
commences from 240 West End Road,
Haydock, WA11 0AN



Tuesday 30th June

1.00 pm
(Lasts approx 1 hr)

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





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!

July Walks

Date

Time

Venue

Wednesday 1st July

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 1st July



6.30pm **** (New time) ****
(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 5th July

2.00pm
(Lasts approx 1.15 hrs)

Rainhill Walk



Meet at Manor Farm Pub car park, Mill Lane, Rainhill.

Monday 6th July

1.00pm
(Lasts approx 2 hrs)

The Sankey Valley Walk



Meet at the Visitor Centre, Blackbrook Road, St Helens, WA11 0AB

Monday 6th July

1.30 pm
(Lasts approx 1 hr)

Sherdley Park Walk



Meet at Pets Corner, Sherdley Park, WA9 5DE

Tuesday 7th July

1.00 pm
(Lasts approx 1hr)

Wheatacre Walk (Forestry Commission)



Meet at Burtonwood Playground car park, Gorse Lane.

Thursday 9 th July	1.45 pm ** (New Walk)**	Moss Lane Liverpool St Helens RUFC, Windle, WA11 7PL	
Thursday 9 th July	2.15 pm ** (New Walk)**	Moss Lane Liverpool St Helens RUFC, Windle, WA11 7PL	
Friday 10 th July	10.00am (Lasts approx 45 mins)	Rothbury Court Walk Meet at Forest Road, Clock Face, WA9 4UL (For more information contact Sarah at Groundwork Merseyside on 0151 726 2728)	
Monday 13 th July	1.30 pm (Lasts approx 1 hr)	Clinkham Wood Walk (Ranger Lead) Meet at the Black Horse Pub car park,	
Tuesday 14 th July	11.30 am (last approx. 20 mins)	West End Road Walk commences from 240 West End Road, Haydock, WA11 0AN	
Tuesday 14 th July	1.00 pm (Lasts approx 1 hr)	Clockface Maypole (Forestry Commission) Meet at the Country Park off Gorsey Lane, opposite the old Clock Face Colliery.	
Wednesday 15 th July	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 15 th July	 6.30pm ** (New time)** (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 19 th July	2.00 pm (Lasts approx 2 hrs)	Rainford Walk Car park opposite village hall, Rainford, WA11 8HB	
Sunday 19 th July	2.00pm (Lasts approx 1.15 hrs)	Rainhill Walk Meet at Manor Farm Pub car park, Mill Lane, Rainhill.	
Monday 20 th July	1.00pm (Lasts approx 2 hrs)	The Sankey Valley Walk Meet at the Visitor Centre, Blackbrook Road, St Helens, WA11 0AB	

Monday 20 th July	1.30 pm (Lasts approx 1 hr)	Sherdley Park Walk  &  Meet at Pets Corner, Sherdley Park, WA9 5DE
Tuesday 21 st July	1.00 pm (Lasts approx 1 hr)	Sutton Manor Walk (Forestry Commission) Meet at Smithy Manor Pub car park, Jubits Lane, Sutton Manor 
Thursday 23 rd July	1.45 pm ** (New Walk)**	Inglenook Farm Walk  Moss Nook Lane, Rainford, WA11 8AE
Thursday 23 rd July	2.15 pm ** (New Walk)**	Inglenook Farm Walk  Liverpool St Helens RUFC, Windle, WA11 7PL
Friday 24 th July	10.00am (Lasts approx 45 mins)	Rothbury Court Walk  Meet at Forest Road, Clock Face, WA9 4UL (For more information contact Sarah at Groundwork Merseyside on 0151 726 2728)
Monday 27 th July	1.00pm (Lasts approx 2 hrs)	The Sankey Valley Walk  Meet at the Visitor Centre, Blackbrook Road, St Helens, WA11 0AB
Monday 27 th July	2.00 pm (Lasts approx 1 hr)	Siding Lane Nature Reserve Walk  &  Meet at the Ranger Centre, Siding Lane car park off A570 Rainford.
Tuesday 28 th July	11.30 am (last approx. 20 mins)	West End Road Walk  commences from 240 West End Road, Haydock, WA11 0AN
Tuesday 28 th July	1.00 pm (Lasts approx 1hr)	Wheatacre Walk (Forestry Commission) Meet at Burtonwood Playground car park, Gorse Lane. 
Wednesday 29 th July	6.30pm ** (New time)** (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



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 purple person, and the 'f' is an orange person.