Wirral Walking Festival 2013

Choose from over 100 varied walks in May:
History & Heritage, Food & Drink, Habitats & Wildlife
and Health Walks - there's something for everyone!
Wirral Walking Festival 2013

With over 100 guided walks this is the biggest walking festival that has been organised on the Wirral Peninsula and I’m delighted that so many organisations and individuals have contributed to the event to make it one of the highlights of the Wirral 2013 events calendar.

There is a full and varied walks programme throughout the festival, with short walks around some of our historic villages to longer ‘treks’ through the Wirral countryside and around the coast. The Wirral Footpaths and Open Spaces Preservation Society celebrate their 125th anniversary in 2013, and have kindly sponsored the printing of the event publicity posters, and Wirral Country Park will be celebrating its 40th birthday as one of the very first designated Country Parks in Britain. Wirral Council’s Rangers are organising a number of guided walks for the Walking Festival in addition to their regular events and activities programme which can be found by visiting the Parks and Countryside Section at www.wirral.gov.uk

This truly Wirral-wide event will hopefully introduce people to parts of Wirral that they have never visited and will ‘showcase’ the peninsula as one of the most diverse and interesting places in the country to live and visit. If you prefer to explore the peninsula on your own then please have a look at the self-guided trails available to download at www.visitWirral.com

If you want to explore the wonderful Wirral coastline, tide times are available for any single day throughout the year by phoning the Thurstaston Visitor Centre on 0151 648 4371 or by e-mail to wcp@wirral.gov.uk

I hope you will join us on one of the 2013 Wirral Walking Festival walks and I know that the festival organiser would appreciate any feedback which will be used to help us plan the festival in 2014. Please contact josephanik@wirral.gov.uk

Chris Meaden
Cabinet Member for Culture, Leisure and Tourism

Access For All

Many of the walks in this brochure are accessible to people with limited mobility. However it is recommended that you check with the walk organiser for each event if you have specific requirements including wheelchair access or are unable to step over stiles. In many cases the walk route can be adapted to provide access for all. Also, if you are unable to attend the walk at the times shown, again please contact the walk leader who will be able to advise alternative meeting points for you to join the walk at a different location later on. Finally, if you need to leave a walk early please let the walk leader know!
## Wirral Walking Festival 2013

### Calendar of Walks

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Wirral Walking Festival 2013
Habitats & Wildlife

Wirral has a rich diversity of habitats from rocky foreshores, saltmarsh and dunes to heathland, meadows and freshwater reedbeds. Our internationally protected estuaries are no further than 4 miles away from woodland and rocky sandstone outcrops where you can see a variety of wildlife along with spectacular views over the peninsula to North Wales and Liverpool Bay.

Hilbre in the Spring
Thursday 2nd May, 9am - 2pm
Cost: FREE
Join the Coastal Rangers on a guided walk across the sands to Hilbre Island. Here we will look for some of the wildlife that Hilbre is famous for and learn more about the fascinating history of this tidal island. Waterproofs and good walking boots recommended. Bring sunblock and some binoculars.
Booking essential.
Contact: 0151 648 4371

Thurstaston
Friday 3rd May, 10am - 3pm
Cost: FREE
Starting at the junction of Dee Lane/South Parade, West Kirby this 7 mile walk heads out to Thurcaston where we stop for coffee/toilets. From here, we go via The Dungeons to enjoy the fine views at the top of Thurcaston Hill. We descend via Stapledon Wood through Caldy and on to the Mariners Beacon before returning to West Kirby.
No booking required.
Contact: 0151 648 1411

Birkenhead Park Bat Talk and Walk
Friday 3rd May, 7.30pm - 10pm
Cost: £2
Talk and slideshow about bats at the Visitor Centre ending in a guided walk looking for bats in Birkenhead Park. Suitable for accompanied children over 8 years old.
Booking essential.
Contact: 0151 652 5197 or email birkenheadpark@wirral.gov.uk

The Hilbre Islands - A Family Adventure Walk
Saturday 4th May, 10am - 2pm
Cost: FREE
Enjoy a walk over to Middle Eye and explore some of the geology of this rocky tidal outcrop before heading towards the main island and a look in the rock pools.
Booking essential.
Contact: 0151 648 4371

Bird Song and Breakfast
Saturday 4th, 7am - 9am
Cost: £3 RSPB members/£5 non members
Join RSPB staff and volunteers for a walk around the Burton Mere Wetlands for an informal introduction to the beauty of birdsong followed by a light breakfast of coffee and croissants at one of Wirral’s premier birdwatching sites.
Booking essential.
Contact: 0151 353 8478, deeestuary@rspb.org.uk
Ness Botanic Gardens

Come and join the Ness staff and volunteer guides on a walk through some of the wilder parts of Ness. Our Perimeter Walk takes you around the edge of the 64 acre garden looking at the wild flowers and wildlife that make Ness such a special place. The views across the Dee Estuary framed by our internationally renowned tree collections are simply stunning. Self guided walks are available, or alternatively meet at The Visitor Centre for a guided 1-1.5 hour walk Saturday, Sunday & Monday 4th-6th May, 11am. Cost: FREE. No booking required. Contact: 0845 030 4063 or visit www.nessgardens.org.uk

International Dawn Chorus Day Walk

Sunday 5th May, 4am - 7am
Cost: FREE
Join the Rangers on a (very!) early morning stroll around Wirral Country Park. The walk will be soundtracked by the resident and migrant birds that nest in the hedgerows of the Wirral Way as the dawn chorus starts when we set off from the Visitor Centre. Waterproofs and walking boots recommended. Bring some binoculars if you have some.
Booking essential.
Contact: 0151 648 4371

Brimstage

Tuesday 7th May, 7.30pm
Cost: FREE
Meet at Brimstage Green for a gentle walk of 3-4 miles. Boots or strong shoes are required along with some money as the walk will probably finish close to a hostelry!
No booking required.
Contact: 0151 677 6605

Irby and Royden Park

Wednesday 8th May, 9.45am - 2.30pm
Cost: FREE
Meet at the Cherry Orchard car park for this gentle 5 mile stroll around the Wirral. From the Cherry Orchard we will walk through Arrowe Park to Irby, through Harrock Wood, Thurstaston Common and Royden Park returning to the Cherry Orchard via Limbo Lane.
No booking required.
Contact: 0151 334 9941

For a printer-friendly version: www.visitWirral.com
The Birds of Wirral Country Park  
Friday 10th May, 10am  
Cost: FREE

Join staff and volunteers from the RSPB and Coastal Rangers to discover some of the birds that can be found in the freshwater, hedgerow, woodland, grassland and estuarine habitats within and adjacent to Wirral Country Park. This walk includes stepped access to the Dungeons. Bring binoculars if you have them  
Booking essential.  
Contact: 0151 648 4371

Discover Wirral Country Park - Green Route  
Saturday 11th May, 10am - 11.30am  
Cost: FREE

A leisurely stroll around the Thurstaston Centre, towards Caldy, and across Dawpool Nature Reserve. This is a short guided walk of around one and a half miles is ideal for beginners or people new to the Park. Warm waterproofs and strong footwear are recommended. Meet at the Visitor Centre, Thurstaston.  
No booking required.  
Contact: 0151 648 4371

Bromborough to Eastham  
Friday 10th May, 7.30pm  
Cost: FREE

Meet at Spital Railway Station for a gentle walk of 3-4 miles. Boots or strong shoes are required along with some money as the walk will probably finish close to a hostelry!  
No booking required.  
Contact: 07887 663 610

Ancient Woodland  
Saturday 11th May, 10am  
Cost: FREE

Enjoy a walk through Dibbinsdale Local Nature Reserve looking for Bluebells, Wood Anemones and other plants associated with our ancient woodlands as well as discovering more about the local history of the area. Meet at Bromborough Rake Station, Bromborough Rake.  
No booking required.  
Contact: 0151 648 4371

The Wildflowers of the North Wirral Coast  
Sunday 12th May, 12.30pm - 3.30pm  
Cost: FREE

The North Wirral Coastal Park dune, grassland, freshwater and woodland habitats provide a rich diversity of wildflowers between Wallasey and Meols. Join the Coastal Ranger for a walk to discover some of the species that can be found there.  
Booking essential.  
Contact: 0151 648 4371

Grange Hill and Red Rocks  
Sunday 12th May, 1pm - 4pm  
Cost: FREE

Meeting at Hoylake Station Car Park for a circular walk over to Grange Hill, then over the golf course to the shore, along to Red Rocks then back to Hoylake.  
No booking required.  
Contact: 0151 604 1057

For a printer-friendly version: www.visitWirral.com
**About the groups...**

**Wirral Footpaths and Open Spaces Preservation Society**
In 1888, the Wirral Footpaths & Open Spaces Preservation Society was formed to ‘preserve, maintain and defend’ the public’s use of footpaths, bridlepaths, commons and open spaces in the Wirral peninsula. Plans are afoot this year to celebrate our 125th anniversary! We still need the support of all those who walk.
wirralfootpaths.org.uk

**The Wirral Group of the Ramblers Association**
The Wirral Group of the Ramblers Association is a friendly and active collection of people who enjoy a varied and interesting programme of walks and social activities. With nearly 900 members, Wirral Ramblers is the largest group in the region.
wirralramblers.org.uk

**Wirral Rangers**
Part of Wirral Council’s Parks and Countryside Section, the Wirral Rangers assist in the management of the peninsula’s parks, coast and countryside areas and provide a full and varied programme of public events and activities throughout the year. For details of more Ranger-led walks and other events visit: www.wirral.gov.uk

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**Bidston**
Tuesday 14th May, 7.30pm
Cost: FREE
Meet at Bidston Railway Station for a gentle walk of 3-4 miles. Boots or strong shoes are required along with some money as the walk will probably finish close to a hostelry!
No booking required.
Contact: 0151 639 3955

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**A Walk over Bidston Moss**
Thursday 16th May, 10.30am - 11.45am
Cost: FREE
A leisurely walk over Bidston Moss looking at how this landfill site has been converted to a leisure and wildlife facility - with excellent views from the summit. Meet at Bidston B&Q Car Park by the flyover.
No booking required.
Contact: 0151 677 6250

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**Caldy**
Wednesday 15th May, 10.30am - 3pm
Cost: FREE
Meeting at Royden Park Car Park the walk passes Hillbark Hotel to Thurstaston Hill with views of North Wales and Liverpool in the distance. Passing Thurstaston Church we continue to The Dungeons and past the small waterfall to the Wirral Way and to the Thurstaston Visitor Centre. The walk continues along the Wirral Way to Caldy Church and then through Stapleton Wood and back to Royden Park.
No booking required.
Contact: 07553 955 695

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**Frankby**
Friday 17th May, 10am - 3pm
Cost: FREE
Starting at Hoylake Railway station car park, this 7 mile walk takes you on paths and across fields to Frankby, Royden Park, Stapledon Wood, Caldy and the Wirral Way to the Marine Lake in West Kirby. From here we take the boardwalk by the golf course and Red Rocks before returning to Hoylake Railway station.
No booking required.
Contact: 0151 648 1411

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For a printer-friendly version: www.visitwirral.com
Discover Wirral Country Park - Red Route
Saturday 18th May, 10am - 1pm
Cost: FREE
Explore more of Wirral Country Park on this walk starting and finishing at the Visitor Centre. We will walk along the Wirral Way, cross Heswall Fields and return to the Centre along Thurstaston Shore. This is an easy walk of approximately two and a half miles. Warm waterproofs and strong footwear are recommended. Meet at the Visitor Centre, Thurstaston.
No booking required.
Contact: 0151 648 4371

Wirral’s Biggest Dog Walk
Saturday 18th May, 9.30am
Cost: £5 (includes doggy bag & certificate)
Join a sponsored walk with your dog along the Wirral Way and beach at Thurstaston to help raise money and awareness for Wirral Hospice (St John’s). Receive a doggie goody bag and a certificate at the end of the walk. Sponsor forms are available from hayley@wirralhospice.org
Contact: 0151 343 0778

Raby and Cherry Wood
Tuesday 21st May, 7.30pm
Cost: FREE
Meet at Raby Village for a gentle walk of 3-4 miles. Boots or strong shoes are required along with some money as the walk will probably finish close to a hostelry.
No booking required.
Contact: 0151 678 0039

Heswall Dales
Saturday 18th May, 11am
Cost: FREE
Join members of Liverpool HF Ramblers on this circular walk over Heswall Dales. No need to book. Meet at Heswall Bus Station. Packed lunch required.
No booking required.
Contact: 01704 874 922

Notable and Important Trees of Birkenhead Park
Sunday 19th May, 2pm - 3.30pm
Cost: FREE
A Ranger led guided walk suitable for the whole family to enjoy looking at the magnificent trees in Birkenhead Park.
No booking required.
Contact: 0151 652 5197

Raby and Cherry Wood
Tuesday 21st May, 7.30pm
Cost: FREE
Meet at Raby Village for a gentle walk of 3-4 miles. Boots or strong shoes are required along with some money as the walk will probably finish close to a hostelry.
No booking required.
Contact: 0151 678 0039

Storeton
Wednesday 22nd May, 9.45am - 12pm
Cost: FREE
Meet at the Cherry Orchard car park for this gentle 4 mile stroll around the Wirral. From the Cherry Orchard we head down Landican Lane and cross under the motorway to Storeton. From here we return over the motorway and pick up the track that takes us across the railway line to the Bassett Hound before returning to the Cherry Orchard.
No booking required.
Contact: 0151 678 3316

Peak and Northern Footpaths Society
Friday 24th May, 10.30am - 3.30pm
Cost: FREE
Join the Peak and Northern Footpaths Society on this 10 mile walk to Hoylake, Frankby and Royden Park, to Thurstaston Hill and Stapleton Woods before returning to Calder. Meet at Wirral Country Park car park in Calder on the Wirral Way.
No booking required.
Contact: 01925 762 472
Discover Wirral Country Park - Blue Route
Saturday 25th May, 10am - 3.30pm
Cost: FREE
This is a more strenuous walk of approximately four and a half miles with a break to eat a packed lunch. We start and finish at the Visitor Centre and the walk takes in the Wirral Way, the Dungeon Woodlands, Heswall Dales and Thurstaston Shore. Warm waterproofs and strong footwear are recommended. No need to book, meet at the Thurstaston Visitor Centre.
No booking required.
Contact: 0151 648 4371

The Geology of Wirral Country Park
Sunday 26th May, 12.30pm - 2.30pm
Cost: FREE
Learn about the geology of Wirral Country Park in a walk looking at the 230 million year old deposits that shaped west Wirral and the ice ages that carved out the Dee Estuary. Join the Coastal Rangers for a walk to Dawpool Nature Reserve and then along Thurstaston Beach before continuing to the Dungeons. This walk includes accessing steps to the beach and steps to the Dungeons.
Booking essential
Contact: 0151 648 4371

Birkenhead Park Bat Walk
Tuesday 28th May, 9pm - 10.30pm
Cost: £2
A guided walk looking for bats in Birkenhead Park. Suitable for accompanied children over 8.
Booking essential.
Contact: 0151 652 5197 or birkenheadpark@wirral.gov.uk

Meols
Tuesday 28th May, 7.30pm
Cost: FREE
Meet at Meols Railway Station for a gentle walk of 3-4 miles. Boots or strong shoes are required along with some money as the walk will probably finish close to a hostelry!
No booking required.
Contact: 07806 924 477

West Wirral Walk
Wednesday 29th May, 10.30am
Cost: FREE
Join the National Trust Rangers for an 8 mile walk exploring some of their Wirral sites at Thurstaston Common, Caldy and Heswall Fields, stopping for a picnic lunch at Wirral Country Park.
Booking essential.
Contact: 0151 648 9887

Arrowe Park to Parkgate Circular Trail
Wednesday 29th, 9.30am - 3pm
Cost: FREE
Starting from the Cherry Orchard this 12 mile walk will cover the northern part of the Arrowe Park - Parkgate Circular Trail. From the Cherry Orchard we will walk through Storeton, Brimstage, Gayton, Heswall and Thingwall.
No booking required.
Contact: 0151 605 0591

For a printer-friendly version: [www.visitwirral.com](http://www.visitwirral.com)
Wirral Walking Festival 2013

Food & Drink

Wirral presents the perfect combination of quality food, great walks and a wide variety of stunning views. Join us on one of these specially prepared walks which take in rural and coastal settings across the peninsula. Dig out the wellies, see the sun set on the Welsh hills whilst eating tapas or join a gourmet evening... these are just some of the highlights on offer.

Powered Wheelchair Walk from Seacombe
Friday 10th May, 11am
Cost: FREE
Join members of Wheelie Walkers for a powered wheelchair walk that starts at Seacombe Ferry and finishes at Wallasey Beach with a stop off at Caffe Cream in New Brighton for some refreshments and for some stunning views over New Brighton Beach and Fort Perch Rock and Liverpool Bay.
No booking required.
Contact: 01744 813 801

A Walk around Royden and Thurstaston
Sunday 12th May, 10.30am - 2.30pm
Cost: FREE
Join the Ranger on a stroll through Royden Park and Thurstaston Common; explore some of the local footpaths and enjoy lunch at the historic public house, The Irby Mill. Meet at the Coach House/Court Yard at Royden Park. Wind/waterproof clothing and stout footwear are essential.
Booking essential.
Contact: 0151 648 4371

Sunset over the Dee
Wednesday 15th May, 5pm - 7pm
Cost: £8 (including walk & tapas)
Enjoy a leisurely guided walk along the Dee Estuary with Coastal Rangers and Cheshire Wildlife Trust to discover what can be seen along the estuary and cliffs returning along Heswall Fields and the Wirral Way to a Mediterranean-style tapas taster at Sheldrakes Restaurant as the sun sets over the estuary.
Booking essential. Contact: 0151 342 1556, bookings@sheldrakesrestaurant.co.uk

For a printer-friendly version: www.visitWirral.com
Hoylake Vision - Walk the Plan  
Saturday 18th May, 10am - 3pm  
Cost: FREE  
An opportunity to look at the neighbourhood plan for Hoylake and be part of the public consultation process. The walk will include a look at the Parade Gardens and beach, along Kings Gap and Market Street before a stop for refreshments at the Vanilla Lounge before continuing to the industrial estate and proposed golf resort. This event is free but you will need to pay for your own refreshments at the Vanilla Lounge. Transport for people with walking difficulties will be provided.  
Booking essential.  
Contact: 07973 637 605,  
www.hoylakevision.org.uk

Claremont Farm

Welly Walks with Farmer Andrew  
Sunday 19th May, 11am - 1pm  
Cost: FREE  
This free Welly Walk is 2 hours of fun for children and accompanying parents taking you across the fields at Claremont to learn about the seasonal food production from table top indoor strawberries and the outdoor soft fruits, to potatoes, rhubarb and a variety of vegetables. Learn where bread originates from and discover the diversity of the environment and wildlife to be found whilst farming on the urban fringe.  
Booking essential.  
Contact: Andrew 07785 783 408,  
email: thefamily@claremontfarm.co.uk  
www.claremontfarm.co.uk

‘Field to Fork’ at Claremont Farm  
Friday 31st May, 7pm  
Cost: £60  
For a limited time during the asparagus season, ‘Field to Fork’ invites you to come and spend a gourmet evening at the farm and find out why we think asparagus is the Godfather of vegetables. A chance to stroll across the farm with the farmer to the asparagus field, learn all about the crop and how it’s grown and harvested and then have a go yourself. Then it’s back to the kitchen for a well earned drink and a short demo and tasting before tucking into the main buffet with lots of asparagus inspired dishes.  
Booking essential.  
www.claremontfarm.co.uk/forthcomingevents
Wirral Walking Festival 2013
History & Heritage

Join one of our History and Heritage walks and learn more about the Wirral peninsula as well as discovering some of its hidden secrets with walks by the Oxton Society and Wirral History and Heritage Association. Short walks will look at some of our Wirral villages whilst longer walks will explore the development of Wirral - perhaps crossing the sands around our coast or through the countryside on a journey of discovery!

**Discover East Oxton**
Saturday 4th May, 11am - 12.30pm
Cost: FREE

Join an Oxton Society Guide for a walk around the more secret parts of this busy village community, which is a designated Village Conservation Area. Please book at the Oxton Village Bookshop on Christchurch Road.
Booking essential.
Contact: 0151 201 2710
info@oxtonsociety.org.uk

**A History of the Hilbre Islands**
Wednesday 1st May, 10am - 1pm
Thursday 2nd May, 11am - 2pm
Friday 3rd May, 12pm - 3pm
Saturday 4th May, 1pm - 4pm
Sunday 5th May, 1pm - 4pm
Cost: £5

Join local industrial archaeologist Roy Forshaw, who is currently undertaking a topographical survey of the islands, for a walk looking at the salt works, and the Victorian buildings. Learn about the work of Mersey Docks and Harbour Board and the inhabitants of the islands from the monks from Chester Diocese to the Landlords of the Seagull Inn! The event starts on the main island and finishes on Middle Eye and will include an update of geophysical surveys undertaken by Oxford University with assistance from Birmingham University. (This is not a guided walk across to the islands and payment needs to be made in advance).
Booking essential.
Contact: 0151 648 4371

For a printer-friendly version: www.visit wirral.com
Birkenhead Twelve Quays Walk
Wednesday 8th May, 10am
Cost: FREE
Seacombe Ferry to Woodside Ferry and back along the new Twelve Quays. The walk is about 3 miles in length or you can take the ferry or bus back to Seacombe. The walk will be conducted at a leisurely pace and is suitable for wheelchair users. The route offers some wonderful views of the Liverpool skyline, a World Heritage Site, and there are toilet facilities available at both of the ferry terminals and with a refreshment break at Woodside.
No booking required.
Contact: 0151 625 7361

New Ferry and Rock Park
Friday 10th May, 11am - 12pm
Cost: FREE
Meet outside Bebington Station for a walk through New Ferry, down to the Esplanade exploring Rock Park and to the newly revamped Admiral pub. There will be an opportunity to extend the walk along the cliff top at Shorefields.
No booking required.
Contact: stolen.maq@gmail.com

Birkenhead Park, Bidston & Flaybrick Cemetery
Friday 10th May, 11am - 3.30pm
Cost: FREE
Join the Birkenhead Park Rangers and the Ranger at Bidston Hill and Flaybrick Cemetery on a journey through the historic landscapes of Birkenhead Park and Bidston. Discover the links between these areas rich in history and wildlife. Suitable for all walkers of average fitness. Stout footwear essential. Food is available for purchase at Tam o’ Shanter or bring a packed lunch. Meet at Birkenhead Park Visitor Centre.
No booking required.
Contact: 0151 652 5197, birkenheadpark@wirral.gov.uk

A Walking Tour of Bidston Village
Sunday 12th May, 2pm
Cost: £2
Join members of Wirral Archaeology on this walk which will include looking at some of the carvings and other features on Bidston Hill. This walk may be muddy in areas and includes a steep climb. The charge of £2 includes literature on the walks and an update on the work of Wirral Archaeology.
Booking essential.
Contact: 0151 200 9545 / 0151 342 2859

The Secret Gardens of Oxton
Sunday 12th May
Cost: £6 (in advance) £8 (on the day), Children FREE
Celebrating 12 years of working with local charities, this popular event, organised by the Oxton Society, throws open over 20 normally private gardens in Oxton Village Conservation Area. Visitors can also enjoy refreshments, stalls, art and poetry, plants sales, children’s activities and much more.
Visit: oxtonsoociety.org.uk

For a printer-friendly version: www.visitwirral.com
History of the Dee Marshes
Friday 17th May, 5pm
Cost: £3 (50% donated to RSPB)

A 4 mile, 3-4 hour walk along the old coastline of the Dee Estuary, from Marshlands Road to Burton Point. Points of interest covered are WW2 Bombing Decoys, RAF Bombing Ranges, but also including Wirral Colliery, Little Neston Colliery, and other items and locations along the way. Stout footwear and waterproofs recommended.
Booking essential.
Contact: 0151 648 4371

Discover West Oxton
Saturday 25th May, 11am - 12.30pm
Cost: FREE

Join an Oxton Society Guide for a walk around the more secret parts of this busy village community, which is a designated Village Conservation Area. Please book at the Oxton Village Bookshop on Christchurch Road.
Booking essential.
Contact: 0151 201 2710
info@oxtonsociety.org.uk

A Walk around Dibbinsdale
Saturday 25th May, 10am - 12pm
Cost: FREE

Trace the local history of the nature reserve and go back in time from Victorian estate, Medieval hospital, Viking Battle and Triassic dinosaurs. This walk is free but donations to the Friends of Dibbinsdale are welcome on the day. Meet at The Rangers Office, Woodslee Cottages, Bromborough.
No booking required.
Contact: 0151 334 9851

Port Sunlight - A Pioneering Urban Village
Friday 31st May, 2pm
Cost: FREE

A one hour circular walk with a Blue Badge Mersey Guide around this model village, created by William Hesketh Lever for his Sunlight soap factory workers in 1888. Meet outside the Lady Lever Art Gallery. This walk is free but the walk leaders will be happy to accept any donations on the day to be given to a local environmental group.
No booking required.
Contact: 0151 645 2075

‘Short Walks from Wirral Villages’
by Joanna McIlhatton

The walks in this book have been written with the non-serious walker in mind, varying in length from just 1 to 4¾ miles. Each walk has something of interest to discover - you will visit the site of an ancient port now completely dried out and over a mile inland; a seafront with neither sand nor sea; a wild, wooded river valley in the heart of industrial Merseyside and a lowland heath with wide views to the Welsh Hills. The author, Joanna McIlhatton, will be leading two walks from her book as part of the Wirral Walking Festival and signed copies of her book will be available.

West Kirby
Saturday 25th May, 11.30am
Cost: FREE

A 3-4 mile walk from the Marine Lake and beach to the Old Village, with a chance to stop for a packed lunch break before returning via the Mariners Beacon and Ashton Park.
Booking essential.
Contact: 0151 648 4371

Bidston Village
Monday 27th May, 2pm
Cost: FREE

Starting from Tam O’Shanter Cottage over the hill to Bidston Village and returning to the Urban Farm for a cup of tea!
Booking essential.
Contact: 0151 648 4371

For a printer-friendly version: www.visitWirral.com
Wirral Walking Festival 2013

Health Walks

Wirral Health Walks are FREE short weekly walks for all abilities. Everyone is welcome! Meet new people, get healthy and enjoy the fresh air and beauty of the Wirral. There’s no need to book - just turn up! Walks start and finish at the meeting point and all walk leaders are trained. All you need are comfy shoes and some water if it is hot. Easy walks at your own pace, walking aids and mobility scooters welcome.

Birkenhead Park
Sundays, 11am
Cost: FREE
A faster than usual walk, plus a beginner’s walk. Meet at the Visitor Centre.
Contact: 0151 652 5197
birkenheadpark@wirral.gov.uk

West Kirby
Wednesdays, 12pm
Cost: FREE
Particularly suitable for beginners.
Meet at Wirral Sailing Centre.
Contact: 0151 652 5197
birkenheadpark@wirral.gov.uk

Birkenhead Park
Mondays, 11am
Cost: FREE
Particularly suitable for beginners.
Meet at the Visitor Centre.
Contact: 0151 652 5197
birkenheadpark@wirral.gov.uk

Royden Park
Thursdays, 2.30pm
Cost: FREE
A longer than usual walk - not suitable for beginners. Meet at the car park.
Contact: 0151 652 5197
birkenheadpark@wirral.gov.uk

Port Sunlight
Wednesdays, 11am
Cost: FREE
Particularly suitable for beginners.
Meet at Port Sunlight Station.
Contact: 0151 652 5197
birkenheadpark@wirral.gov.uk

Wallasey
Tuesday evenings, 7pm
Cost: FREE
Particularly suitable for beginners.
Meet at Grove Road Station.
Contact: 0151 652 5197
birkenheadpark@wirral.gov.uk

For a printer-friendly version: www.visitwirral.com
Stroke Association Sponsored Walk
Wednesday 1st May, 10.30am
Cost: £5 (includes a t-shirt & info pack)

Get Active, Do More, Feel Better
Did you know that 13th-17th May is National Walk to Work Week or that Walk to School Week is from the 20th-24th May?

Change4Life in Wirral is a new community programme to help you be more active and feel better. You probably already know that being active is good for your health and wellbeing. Getting started or keeping going can be difficult - our aim is to help you. Change4Life in Wirral can connect you and your family to a wide range of affordable and free activities happening nearby. There’s sure to be something that’s right for you. Our team are on hand to give you any help, support and encouragement you need. See what changes you can make by visiting our website:
www.change4lifeinWirral.org.uk

Wirral Summer Special Health Walk Leasowe Foreshore
Friday 24th May, 11am - 2pm
Cost: FREE

With a choice of three different walks to suit all abilities from a short accessible walk for beginners to longer walks. Meet at the car park next to the snack bar at the end of Leasowe Road and Pasture Road. All walks will meet together for lunch.
No booking required.
Contact: 0151 652 5197
birkenheadpark@ wirral.gov.uk

Buggy Park Fitness
Invigor8
Looking to get back in shape, make new friends and get fit at the same time? Have a go today! We cater for all levels of fitness and offer a choice of times and locations to suit - plus, no babysitter needed!

Mondays & Wednesdays,
10.30am - 11.30am
Ashton Park, West Kirby. Meet at the tennis courts, Upper Park.

Thursdays, 10.30am - 11.30am
Birkenhead Park, Meet at Birkenhead Park Visitor Centre.
Contact: Fiona Hanik 0151 637 6434
Cost: £3, or free to Invigor8 members

For a printer-friendly version: www.visitWirral.com
Wirral Coastal Walk
Sunday 19th May
Cost (registration fee): £4 per walker / £1 per child aged 10 and under
The Wirral Coastal Walk is your chance to raise money for the charity of your choice. Join the 5000 people who every year participate in this event. The walk starts at Seacombe Ferry Terminal and finishes at Thurstaston Country Park Visitor Centre, 15 miles in all. Entrants not wishing to do the full distance can complete their Walks at any of the three Control Points: at Derby Pool (4 Miles), King’s Gap (10 Miles) or Shore Road Caldy (14 miles).

Sponsorship forms are available from:
• By letter to: VCA Wirral, 224 Liscard Road, Wallasey CH44 5TN
• By phoning: 0151 353 9700 Monday to Friday - 9.30am to 4.30pm
• By email: coastalwalk@vcawirral.org.uk
• Download: via the website www.wirralcoastalwalk.org

• Registration: 8.30am - 11am at Seacombe Ferry. Please ensure you register to qualify for your certificate at the finish line.
• Cost: The Registration Fee is £4 per walker and £1 per child aged 10 and under.
• Who Benefits: You raise money for the ‘good cause’ or charity of YOUR choice through use of sponsorship form.
• Return Trip: Free parking is available at Thurstaston from 8am on the day of the Walk. There will be a limited number of buses between 1.30 pm and 6pm from Thurstaston Country Park to West Kirby Station (£1 donation) and Seacombe Ferry Terminal (£3 donation).
• Gift Aid: The sponsorship form is designed to facilitate the use of Gift Aid where appropriate.