Choose from over 100 varied walks in May:
History & Heritage, Community, Food & Drink, Habitats & Wildlife and Health Walks - there’s something for everyone!

Wirral Walking Festival 2014
We would love to see any photos or videos you have taken during the festival. Please tweet @visit_wirral and use the hashtag #wirralwalkfest or post your photos to www.facebook.com/LoveWirral
Building on the success of the 2013 Wirral Walking Festival this event is again one of the highlights of Wirral’s events calendar.

A new category of ‘community’ has been added and I’m delighted to see that this has been used by some of our volunteer groups to showcase the work that they do and hopefully encourage others to get actively involved.

Volunteer task days have also been included in the 2014 Wirral Walking Festival Programme and the Friends of Birkenhead Park have organised a photographic competition on the theme of ‘Wirral Walks and Landmarks’ with judging and an exhibition to take place as part of the Walking Festival.

The festival provides a fantastic opportunity to show what Wirral has to offer and we would welcome contributions for next year so please contact joseghanik@Wirral.gov.uk to discuss your entry for 2015!

Finally, I would like to thank Merseyrail for their sponsorship which has allowed us to produce a hard copy brochure as well as posters for the Walking Festival.

Councillor Chris Meaden
Cabinet Member for Health & Wellbeing

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, 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 2014

### Calendar of Walks

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Wirral Walking Festival 2014

Community

A new theme for 2014 offering a wider range of walks including visits to some of our historic villages and landscapes. Discover a part of Wirral you’ve never visited!

Heswall Dales
Friday 2nd May, 7.30pm - 9pm
Cost: FREE
This walk is about 3.5 miles long. Starting at the Dales, we go past Dale Farm down through the Dales to Pipers Lane and onto the Wirral Way near Sheldrakes. We go up through the Dungeons and back to Oldfield Road. The walk is mostly flat except for the climb at the Dungeons. No dogs.
Event Grid Ref: SJ 259 824
Contact: 0151 605 0591
Email: dbeacher@waitrose.com
Meet at: The Dales, Oldfield Rd, Heswall
Nearest Station: Heswall

Coast to Coast - Parkgate to Eastham
Wednesday 7th May, 11am - 4.30pm
Cost: FREE
Walk along the Wirral Way to Hadlow Road Station for a picnic lunch (bring your own) before continuing to Raby Mere, Dibbinsdale Local Nature Reserve and finishing at Eastham Ferry. No dogs.
Contact: 0151 604 1057
Meet at: Mostyn House School, Parkgate, CH64 6SG
Nearest Station: Neston

Brimstage
Tuesday 6 May, 7.30pm – 9pm
Cost: FREE
A pleasant flat walk from Brimstage takes us via a bridleway and then paths across fields to Thornton Hough. A brief section on Thornton Common Road is then followed by a walk across more fields towards Clatterbridge, before turning north to Brimstage. No dogs.
Event Grid Reference: SJ 304 827
Contact: 0151 605 0591
Email: dbeacher@waitrose.com
Meet at: The Craft Centre, Brimstage
Nearest Station: Heswall

Spital
Friday 9th May, 7.30pm - 9pm
Cost: FREE
From the station we go through Brotherton Park, Spital Dam towards Bebington Village along disused Lever Railway line by the back of the Croft Retail Park before crossing the A41 and through Brotherton Park. You may wish to bring a torch for the short tunnel section. No dogs.
Event Grid Ref: SJ 339 829
Contact: 0151 605 0591
Email: dbeacher@waitrose.com
Meet at: Spital Station Car Park
Nearest Station: Spital
The New Brighteners - Litter Pickin’ Parade
Saturday 10th May, 11am – 1pm
Cost: FREE (cash donations to Claire House gratefully accepted on the day)
A litter picking beach promenade (approx 1.25 miles) from the Black Pearl II, to the Clown Roundabout for lunch (bring your own). Wellies or boots, strong gloves and appropriate clothing is recommended. Picking equipment supplied. Dogs welcome but must be under control at all times.
Booking Essential
Contact: 07769 554173
Email: thenewbrighteners@gmail.com
Event Grid Reference: SJ 31 3 938
Nearest Station: New Brighton

Heswall Dales
Tuesday 13th May, 10.30am – 1pm
Cost: FREE
From Heswall Bus Station this walk will visit Heswall Dales, Heswall shore, Heswall Fields and the Dungeons before returning via Cleaver Heath and to the bus station.
Event Grid Ref: SJ 271 818
Contact: 0151 342 4462
Email:margaret.lello@fiscal.co.uk
Meet at: Heswall Bus Station
Nearest station: Heswall

Arrow to Heswall
Monday 12th May, 9.30am - 4.30pm
Cost: FREE
This 13 mile walk goes from Arrowe Park through Landican and Storeton en route to Brimstage and is part of the Arrowe Park to Parkgate Circular Walk. From here we head through Thornton Hough to Raby and then on to Neston, Parkgate, Gayton and Heswall. Those not wanting to walk so far can catch a bus to Arrowe Park at a number of places. Packed lunch required. No dogs.
Event Grid Ref: SJ 275 858
Contact: 0151 605 0591
Email:dbeacher@waitrose.com
Meet at: The Cherry Orchard, Arrowe Park
Nearest Station: Upton

Bidston
Tuesday 13th May, 7.30pm - 9.15pm
Cost: FREE
From Bidston station we head first to Bidston village, then Bidston Hill and continue as far as the windmill. We follow the old deer park wall and head back to the village before returning to the railway station. Good views of Liverpool Bay are to be enjoyed from the top of Bidston Hill. No dogs.
Event Grid Ref: SJ 284 907
Contact: 0151 605 0591
Email:dbeacher@waitrose.com
Meet at: Bidston Station Car Park
Nearest station: Bidston
Storeton  
**Friday 16th May, 7.30pm - 9.15pm**  
**Cost:** FREE  
From Marsh Lane we walk south through Storeton Wood and Hancock Wood to Bracken Lane before descending through fields to Brimstage Lane. Here we turn right through fields and pass the cattery to Storeton. We then return via Lever Causeway to the start. Sorry no dogs.  
**Event Grid Ref:** SJ 314 853  
**Contact:** 0151 605 0591  
**E-mail:** dbeacher@waitrose.com  
**Meet at:** The Wheatsheaf Car Park, Raby, CH63 4JH  
**Nearest station:** Bebington

Nearest station: Bromborough

**Twelve Quays**  
**Wednesday 21st May, 2pm Start**  
**Cost:** FREE  
This walk will start from the booking hall in the ferry terminal and follow the public right of way, mostly along the river side. It will be conducted at an easy pace and is suitable for wheelchairs. Walkers can either return along the same route or take the bus or ferry back. The distance in each direction is about 1½ miles.  
**Contact:** 0151 625 7361  
**Meet at:** Seacombe Ferry, CH44 6QY  
**Nearest Station:** Hamilton Square

Raby to Cherry Wood  
**Tuesday 20th May, 7.30pm - 9.45pm**  
**Cost:** FREE  
From the Wheatsheaf we head south along a track that takes us to Cherry Wood and then emerges on to Quarry Road. We then go by track and road first to the Old Mill and then return passing Roselea Cottage. We have a pleasant walk up rural School Lane and then across fields to return to Raby. No dogs.  
**Event Grid Ref:** SJ 312 798  
**Contact:** 0151 605 0591  
**Email:** dbeacher@waitrose.com  
**Meet at:** The Wheatsheaf Car Park, Raby, CH63 4JH  
**Nearest Station:** Hamilton Square

Parkgate  
**Friday 23rd May, 7.30pm - 9.15pm**  
**Cost:** FREE  
From the Boathouse we head north west along the coast to Gayton Cottage and turn north east crossing the Wirral Way before turning into Gayton Farm Road. We pick up the track that runs parallel to Heswall Golf course, and then turn south west into Wood Lane and return to the Boathouse. No dogs  
**Event Grid Ref:** SJ 275 787  
**Contact:** 0151 605 0591  
**E-mail:** dbeacher@waitrose.com  
**Meet at:** The Boathouse, Parkgate  
**Nearest Station:** Heswall
Meols
Tuesday 27th May, 7.30pm - 9.15pm
Cost: FREE
From the station car park we walk via Dovepoint Road to the Prom. We head south west to King's Gap and walk along the coast to Red Rocks. We return via Stanley Road, the Green Lodge, Kings Gap and the Prom to Meols station car park. No ascent involved. Sorry no dogs
Event Grid Ref: SJ 233 897
Contact: 0151 605 0591
Email: dbeacher@waitrose.com
Meet at: Meols Station Car Park
Nearest station: Meols

Bebington
Wednesday 28th May, 2pm - 4.30pm
Cost: FREE
Brackenwood Golf Course and Brimstage Craft Centre before returning across the fields. No dogs.
Contact: 0151 334 9941
Email: bobroberts1158@gmail.com
Meet at: Old Clatterbridge Road (Claremont Farm)
Nearest Station: Spital

Royden Park
Friday 30th May, 7.30pm - 9pm
Cost: FREE
This walk is a gentle walk with little ascent passing Roodee Mere and Frankby Mere before returning via Hillbark to the car park. No dogs.
Event Grid Ref: SJ 245 860
Contact: 0151 605 0591
Email: dbeacher@waitrose.com
Meet at: Royden Park Car Park
Nearest station: West Kirby

“"If the benefits of exercise were in a pill form, it would be deemed a miracle cure.” That’s right, exercise is a MIRACLE CURE that is free and everyone of all ages, shapes and sizes can do it. So why not start walking today to start reaping the rewards.

What am I?
- I reduce the risk of major illnesses such as heart disease, stroke and diabetes.
- I can boost your mood and self esteem, as well as improving your quality of sleep.
- I can reduce your risk of stress, depression, dementia and Alzheimer’s disease.
- I am free and can be done anywhere.

What am I? Walking. There are lots of benefits to be gained from walking and it’s free too!

www.wirralct.nhs.uk

These walks are very enjoyable - good company!
Feedback comments from Wirral Walking Festival 2013
Wirral Walking Festival 2014
Port Sunlight

Members of the Port Sunlight Museum & Garden Village will be leading four walks as part of the 2014 Wirral Walking Festival.

The Public Gardens of Port Sunlight
Thursday 1st May, 2.30pm – 4pm
Cost: £7.50 (includes Port Sunlight Museum entry + hot/cold drink in ‘Tea’)
Walking tour of the public gardens of Port Sunlight including the trees, the bedding displays, and the two areas on English Heritage’s ‘Register of Historic Parks and Gardens of special historic interest in England’ - The Dell and The Diamond.
Booking essential
Contact: 0151 644 6466
Email: info@portsunlightvillage.com
Nearest station: Bebington

Conserving Port Sunlight Village
Thursday 15th May, 2.30pm – 4pm
Cost: £7.50 (includes Port Sunlight Museum entry + hot/cold drink in ‘Tea’)
Linked to 15th anniversary of Port Sunlight Village Trust, this walking tour will explore the village’s public buildings and houses focusing on the erosion of the built heritage and the work being done to conserve the village for another 100 years.
Booking essential
Contact: 0151 644 6466
Email: info@portsunlightvillage.com
Nearest Station: Bebington

Health and Wellbeing in Port Sunlight
Thursday 8th May, 2.30pm - 4pm
Cost: £7.50 (includes Port Sunlight Museum entry + hot/cold drink in ‘Tea’) 
Linked to 3rd annual Port Sunlight Road Race, this walking tour will explore the recreational facilities provided by village founder William Hesketh Lever for his workforce, and the importance he placed on health & wellbeing for the body and mind.
Booking essential
Contact: 0151 644 6466
Email: info@portsunlightvillage.com
Nearest Station: Bebington

Port Sunlight’s First Residents
Thursday 22nd May, 2.30pm – 4pm
Cost: £7.50 (includes Port Sunlight Museum entry + hot/cold drink in ‘Tea’)
Celebrating the 125th anniversary of the first village residents, this walking tour will explore the lives of these early tenants, the houses they lived in, and the first phase of the village’s development.
Booking essential
Contact: 0151 644 6466
Email: info@portsunlightvillage.com
Nearest Station: Bebington
Wirral Walking Festival 2014

History & Heritage

Join a local expert and discover some of Wirral’s past and the work being undertaken to protect and promote our diverse history and heritage.

Military Walk Around Flaybrick Cemetery
Thursday 1st May, 11am - 1pm
Cost: FREE (money required for café)

Walk around Flaybrick Cemetery which was opened in 1864 and overlooked by Bidston Hill. The walk will include some of the Military Graves and include many of the mature trees that are a prominent feature there. The walk is between 1-2 miles, ground is uneven. Refreshments will be available from ‘Best Bites’. No dogs.

Contact: 0151 608 5050
Email: j.p.morris@tesco.net
Meet at: Tam O’Shanter Cottage, CH43 7PD
Nearest station: Bidston

Storeton Village Historic Walk
Sunday 4th May, 2pm – 4pm
Cost: £3

A gentle walk over mainly level ground looking at the work of Wirral Archaeology in the area and especially the research undertaken on the suspected battlefield of Brunanburh in 937AD.

Booking Essential
Contact: 0151 647 1762
Email: psf2@hotmail.co.uk
Nearest station: Bebington

Neston Colliery and Burton Marsh WW2 History
Tuesday 6th May, 10am - 2pm
Cost: £3 (plus money required for café)

A there and back again walk along the new Sustrans Route 568 cycleway past Burton Point to the English / Welsh border. Starts with a walk around the Colliery sites, and then continues along the cycleway looking at WW2 remains and return. Packed lunch at Burton Point, facilities at Nets Café. About 5 miles. Access for all.

Booking Essential
Contact: 0151 336 5973
Email: pritchard_phil@hotmail.co.uk
Nearest Station: Neston
Brotherton Park and Dibbinsdale
Tuesday 6th May, 10am - 12.30pm
Cost: FREE
A guided walk around Brotherton Park and Dibbinsdale Local Nature Reserve looking at the recent heritage and history of the reserve and how the valley was formed. There are some hills on site and sturdy footwear is recommended. The walk will cover no more than two miles.
Contact: 0151 334 9851
Email: alansmail@wirral.gov.uk
Meet at: The Rangers Office, Dibbinsdale, CH62 2BJ
Nearest station: Spital

All Around the Vale
Monday 12th May, 11am - 12.30pm
Cost: FREE
A circular walk and talk all about the history of the Magazine Brow and Vale Park, with an optional prize quiz!
Booking Essential
Contact: 0151 638 0069
Email: t.irving36@btinternet.com
Nearest station: New Brighton

A Tale of Two Parks
Tuesday 13th May, 10am - 2pm
Cost: FREE
Join the Wirral Rangers walk around Dibbinsdale Local Nature Reserve and Eastham Country Park stopping at Eastham for lunch. There are food outlets at Eastham or you could bring a packed lunch. This walk will be no more than five miles and some of the walk will be on open roads. Dogs must be kept under control at all times.
Contact: 0151 334 9851
Email: alansmail@wirral.gov.uk
Meet at: The Rangers Office, Dibbinsdale, CH62 2BJ
Nearest station: Spital

A Stroll Through Hoylake’s History
Thursday 8th May, 2pm - 4pm
Cost: FREE
An urban seaside walk of 2-3 miles suitable for all including wheelchair users. We will walk slowly on hard surfaces around the oldest parts of Hoylake, taking note of the development and life of the village, from the fishing hamlet of the 18th century to the seaside resort and dormitory suburb of the early 20th century. This walk has been organised by the Wirral Pedestrians Association.
Contact: 0151 345 3816
Email: victoria.doran11@gmail.com
Meet at: Hoylake Merseyrail Station CH47 4AA
Nearest station: Hoylake

Central Park New York & Birkenhead Park
Wednesday 14th May, 1.30pm - 3pm
Cost: FREE
A ranger-led walk looking at the features in Birkenhead which inspired the design of Central Park, New York and information on the current exchange between the two parks.
Contact: 0151 652 5197
Email: birkenheadpark@wirral.gov.uk
Meet at: Birkenhead Park Visitor Centre, CH41 4HY
Nearest station: Birkenhead Park
Landican, Thingwall and Barnston Dale Historic Walk

Sunday 18th May, 2pm - 4pm
Cost: £3

A gentle walk over mainly public footpaths, but which may be wet and muddy in places, looking at the work of Wirral Archaeology in the area.

Booking Essential
Contact: 0151 647 1762
Email: psf2@hotmail.co.uk
Event Grid Ref: SJ 303 846
Nearest station: Bebington

Bidston Hill and Village Historic Walk

Sunday 25th May, 2pm - 4pm
Cost: £3

A walk over some rough ground, which may be wet in places, and with a steep climb back from the village, looking at the work of Wirral Archaeology in the area and including a look at the interesting rock carvings.

Booking Essential
Contact: 0151 647 1762
Email: psf2@hotmail.co.uk
Event Grid Ref: SJ 292 894
Nearest station: Birkenhead North End

How much exercise should I be doing each week?

a. 90 minutes a week
   (30 minutes 3 days a week)

b. 150 minutes a week
   (30 minutes 5 days a week)

c. 210 minutes a week
   (30 minutes 7 days a week)

ANSWER – b.

Adults aged 18+ should be doing 30 mins of moderate intensity activity 5 days a week. You know you are doing moderate intensity activity when your heart rate is raised and you feel hot and sweaty. And if you don’t have time to do it all at once, don’t worry, you can break it down into smaller bouts, e.g. 10 mins of walking to the post office, 10 mins of walking to school, 10 mins walking around the block in the evening. N.B. start slow and gradually build up your exercise habits.

Walk in a group & make new friends
And this will help you to stay motivated
Leave the car behind and walk your journey instead
Keep walking to get all of the benefits of activity
Ideal for all ages so….
Now is the time to start!
Goals – set yourself a walking goal to get you started and try and achieve 10,000 steps a day.

www.wirralct.nhs.uk

“A fantastic start to the day very friendly and informative!”
Feedback comments from Wirral Walking Festival 2013
Wirral Walking Festival 2014
Volunteer Task Days

Join one of the practical task days during the Walking Festival and help improve access along the Wirral footpath network and in our Green Flag Parks

Volunteer Path Clearance in Brimstage
Thursday 1st May, 10am - 1pm
Cost: FREE
Help Wirral’s Rights of Way Officer cut and trim some of the paths that make up the Wirral Public Right of Way network. No need to book. Appropriate clothing and footwear are essential.
Contact: 0151 606 2480
E-mail: robintutchings@ wirral.gov.uk
Meet at: Talbot Avenue/Brimstage Rd

Footpath Clearance with the Friends of North Wirral Coastal Park
Tuesday 6th May, 10am - 3pm
Cost: FREE
Help the Wirral Coastal Rangers and volunteers cut back the footpath from Leasowe Lighthouse to Meols.
Booking Essential
Contact: 0151 648 4371
Email: wcp@ wirral.gov.uk

Access Improvements with Wirral Autistic Society
Monday 5th May, 11am - 2pm
Cost: FREE
Wirral Autistic Society work at Wirral Country Park every Monday. Today the team will be working with the Wirral Coastal Rangers improving pedestrian access at Caldy car park and along the Wirral Way.
Booking Essential
Contact: 0151 648 4371
E-mail: wcp@ wirral.gov.uk

Friends of Hilbre
Wednesday 7th May, 10.15am - 2.30pm
Cost: FREE
Join the Friends of Hilbre and Wirral Coastal Rangers on Hilbre Island to undertake some access improvements.
Booking Essential
Contact: 0151 648 4371
Email: wcp@ wirral.gov.uk
Volunteer Path Clearance in Raby
Thursday 8th May, 10am - 1pm
Cost: FREE
Help Wirral’s Rights of Way Officer cut and trim some of the paths that make up the Wirral Public Right of Way network. No need to book. Appropriate clothing and footwear are essential.
Contact: 0151 606 2480
Email: robintutchings@ wirral.gov.uk
Meet at: Crossway, Raby Village

Volunteer Path Clearance in Thingwall
Thursday 15th May, 10am - 1pm
Cost: FREE
Help Wirral’s Rights of Way Officer cut and trim some of the paths that make up the Wirral Public Right of Way network. No need to book. Appropriate clothing and footwear are essential.
Contact: 0151 606 2480
Email: robintutchings@ wirral.gov.uk
Meet at: Lower Thingwall Lane, Thingwall

Wirral Country Park Task Force
Thursday 8th May, 10am - 3pm
Cost: FREE
The weekly volunteer group will be making improvements to the stepped access to the foreshore. Join them and the Coastal Rangers for a day on the beach!
Booking Essential
Contact: 0151 648 4371
Email: wcp@ wirral.gov.uk

Access Improvements with Wirral Autistic Society
Monday 19th May, 11am - 2pm
Cost: FREE
Wirral Autistic Society work at Wirral Country Park every Monday. The team will be improving pedestrian access.
Booking Essential
Contact: 0151 648 4371
Email: wcp@ wirral.gov.uk

As new walkers we found it a very welcoming group
Feedback comments from Wirral Walking Festival 2013
Footpath Clearance with the Friends of North Wirral Coastal Park
Tuesday 20th May, 10am - 3pm
Cost: FREE
Help the Wirral Coastal Rangers and volunteers improve pedestrian access at the Gunsites.
Booking Essential
Contact: 0151 648 4371
Email: wcp@wirral.gov.uk

Wirral Country Park Task Force
Thursday 22nd May, 10am – 3pm
Cost: FREE
The weekly volunteer group will be making improvements to access within Wirral Country Park
Booking Essential
Contact: 0151 648 4371
Email: wcp@wirral.gov.uk
Nearest station: West Kirby

Volunteer Path Clearance in Thurstaston
Thursday 22nd May, 10am - 1pm
Cost: FREE
Help Wirral’s Rights of Way Officer cut and trim some of the paths that make up the Wirral Public Right of Way network. No need to book.
Appropriate clothing and footwear are essential.
Contact: 0151 606 2480
Email: robitutchings@wirral.gov.uk
Meet at: Thurstaston Church

Undertaking some practical estate maintenance work is a great way to contribute to the management of your local environment – as well as a great way to stay fit and active.

If you are interested in other practical volunteering opportunities then please contact Wirral’s Parks and Countryside Rangers on 0151 648 4371 or email wcp@wirral.gov.uk
Wirral Walking Festival 2014

Habits & Wildlife

Another series of specialist guided walks, this time looking at our rich biodiversity and range of habitats from grasslands and woodlands to heathlands and our own tidal island!

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Birkenhead Park Bat Walk and Talk
Friday 2nd May, 7.30pm - 10pm
Cost: £2
A 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
Email: birkenheadpark@wirral.gov.uk
Nearest Station: Birkenhead Park

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International Dawn Chorus Day
Sunday 4th May, 4.30am - 7am
Cost: FREE
An early start but worth it to experience one of the best wildlife watching spectacles! As dawn breaks on International Dawn Chorus Day join the Ranger for a walk around Wirral Country Park to listen to our resident and newly arrived migrant birds burst into song. If you have them, bring a pair of binoculars.
Booking Essential
Contact: 0151 648 4371
Email: wcp@wirral.gov.uk
Nearest Station: (Not running at this time)

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Rings Around the World
Cost: £6.50
Monday 5th May, 6am – 11am
Join one of the Wirral Coastal Rangers and members of Hilbre Island Bird Observatory on a walk to Hilbre at the height of Spring migration. This is a unique opportunity to get a behind the scenes look at the work of HIBO as they study bird migration. We’ll have access to areas usually closed to the public & have a chance to see birds being ringed. No dogs
Booking Essential
Contact: 0151 648 4371
Email: wcp@wirral.gov.uk
Nearest Station: (Not running at this time)
**Willaston Fields and Paths**  
Friday 9th May, 10.30am – 12.45pm  
Cost: FREE  
This is a pretty and varied 4.25 mile ‘figure of eight’ footpath walk, to the north and west of Willaston village. N.B. walkers who do not want to continue on the second part can finish after the first 2 mile ‘loop’, which has no stiles. Can be muddy in parts depending on the weather. Total time 2.25 hrs approx.  
**Contact:** 0161 677 4594  
**Email:** happyrambler1@gmail.com  
**Meet at:** Hadlow Road Station Car Park, CH64 2UQ  
**Nearest Station:** Hooton

**The Birds of Wirral Country Park**  
Saturday 17th May, 10am Start  
Cost: FREE  
Join the Coastal Rangers and staff from the RSPB to discover some of the birds that can be found in the diverse habitats within and adjacent to Wirral Country Park. This walk includes stepped access to the Dungeons. Suitable footwear and clothing essential. Bring binoculars if you have them.  
**Booking Essential**  
**Contact:** 0151 648 4371  
**Email:** wcp@Wirral.gov.uk  
**Nearest station:** West Kirby

**Notable and Important Trees of Birkenhead Park**  
Sunday 18th May, 2pm – 3.30pm  
Cost: FREE  
A Ranger-led guided walk with the trees dressed in their new foliage and looking their best. Dogs allowed on a lead.  
**Contact:** 0151 652 5197  
**Email:** birkenheadpark@Wirral.gov.uk  
**Meet at:** Birkenhead Park Visitor Centre, CH41 4HY  
**Nearest station:** Birkenhead Park

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**Exploring Bidston Moss**  
Monday 12th May, 10.30am - 12pm  
Friday 16th May, 7pm - 8.30pm  
Cost: FREE  
Discover how an area of natural beauty which was heavily contaminated by landfill tipping has been reclaimed and restored. This is an easy walk with a gradual elevation of only 100 feet.  
**Event Grid Ref:** SJ 289 913  
**Contact:** 0151 677 6250  
**Meet at:** Bidston B&Q car park (by flyover)  
**Nearest Station:** Bidston
Bats in Brotherton Park
Tuesday 20th May, 8.45pm - 10.45pm
Cost: FREE
A walk around Dibbinsdale Local Nature reserve looking and listening for the bats that live in and around the valley. There are some hills on site and sturdy footwear is recommended. The walk will cover no more than two miles. Children are welcome but must be well supervised.
Booking Essential
Contact: 0151 334 9851
Email: alansmail@wirral.gov.uk
Nearest station: Spital

Royden Park
Sunday 25th May, 1pm - 4pm
Cost: FREE
Join the Wirral Rangers for a circular walk around Royden Park and learn about its management and the flora and fauna that can be found here.
Booking Essential
Contact: 0151 677 7594
Email: midwirralrangers@wirral.gov.uk
Nearest station: West Kirby

Birkenhead Park Bat Walk
Tuesday 27th 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
Email: birkenheadpark@wirral.gov.uk
Nearest Station: Birkenhead Park

There’s Lizards in Them Thar Hills!
Wednesday 30th May, 2pm - 4pm
Cost: FREE
Grange Hill, with its landmark War-Memorial is an iconic local feature. It is also a nationally recognised site of both biological and geological importance. We take a close look of the wildlife features of interest particular to the site, and how the ‘Friends’ group work to support these features.
Contact: 07790 352 394
Email: kjhatton@liverpool.ac.uk
Event Grid Reference: SJ 221 869
Meet at: Grange Old Road
Nearest Station: West Kirby
Sunset Walk to Hilbre
Thursday 31st May
Cost: FREE

Join the Friends of Hilbre, Wirral Coastal Rangers, and staff from the RSPB and Cheshire Wildlife Trust on this guided walk to the Hilbre Islands. Suitable footwear and clothing essential. Bring binoculars if you have them.

Booking Essential
Contact: 0151 648 4371
Email: wcp@wirral.gov.uk
Nearest Station: West Kirby
Wirral Walking Festival 2014

The Wirral Circular Trail

Two groups from the Long Distance Walkers Association will be leading two guided walks to cover the 35 mile Wirral Circular Trail in its entirety as part of the 2014 Wirral Walking Festival.

Hooton to Hoylake Clockwise (approx 20 miles)
Saturday 10th May, 9am - 5pm
Cost: FREE
(Money required for return train and car parking at Hooton if applicable)

From Hooton, the walk will proceed along the Wirral Way popping into Parkgate for morning tea and calling into the Thurstaston Visitor Centre for lunch (not provided) at about 1.30pm. The walk will then continue to West Kirby crossing over to Hilbre before finishing at Hoylake and return to Hooton via the train (optional travel back from West Kirby station before or after Hilbre).

Booking essential
Contact: 01942 874719
Email: j.bullen1@ntlworld.com
Nearest station: Hooton

Hooton to Hoylake Anti-Clockwise (approx 19 miles)
Sunday 18th May, 9am - 5pm
Cost: FREE
(Money required for return train and car parking at Hooton if applicable)

From Hooton, the walk will proceed to Eastham Village and Eastham Country Park along the banks of the River Mersey to Shorefields and Birkenhead for a lunch stop at Birkenhead Priory (packed lunch recommended). The walk will then continue along the north Wirral coast to Seacombe, New Brighton, Wallasey, Leasowe and Meols and ending at Hoylake to return to Hooton via the train (optional travel back to Hooton from any of the above Merseyrail stations).

Booking essential
Contact: 01942 874719
Email: j.bullen1@ntlworld.com
Nearest Station: Hooton

For a complete and detailed route, download the free Wirral Circular Trail brochure at www.visitWirral.com/circulartrail

Take it with you on one of the above walks. Can’t make one of the above walks? Why not download the free brochure and complete the Circular Trail at your leisure!
Trying to lose weight?

Fad diets don’t work in the long term. To lose weight successfully you need to improve your lifestyle by following a healthy balanced diet and doing regular exercise.

Walking can help you lose weight and improve your body shape, therefore gaining all the benefits of exercise and weight loss. If you are interested in trying to lose weight in the long term then why not join Measure Up?

Measure Up is a free adult weight management programme which helps you to take control of your weight in the long term.

We will devise you an individual portion plan so you know exactly how much and what foods to eat to lose weight.

If you are interested in joining this free 12 week programme please call 0151 630 8383 stating your height and weight or ask your GP to refer you onto the service.

www.wirralct.nhs.uk
Wirral Walking Festival 2014

Food & Drink

The first walk of the 2014 Wirral Walking Festival is a walk with the Wirral Footpaths and Open Spaces Preservation Society from the Irby Mill. Enjoy a pleasant walk around Wirral’s countryside and then enjoy the hospitality from one of our ‘food and drink’ partners. Pre-booking is essential.

Irby Mill Circular walk
Thursday 1st May, 10am – 12pm
Cost: £5.50 (includes walk & meal)
Join one of the members of the Wirral Footpaths and Open Spaces Preservation Society for a 4 ½ mile morning walk to Royden Park, Stapleton Woods, Thurstaston Hill and Thurstaston Common before returning to the Irby Mill Pub for a Ploughman’s Platter of Cheddar and Stilton cheese, sliced ham, pork pies, apple, celery, Branston Pickle, gherkins & pickled onions and crusty baguette.
Booking Essential:
Contact: 0151 604 0194
Email: info@irbymill.co.uk
Nearest station: West Kirby

Royden Park and The Farmer’s Arms
Saturday 10th May, 11am - 1pm
Cost: £5 (includes walk & meal)
Starting at the Farmers Arms Car Park, the walk will continue to Royden Park and the Walled Garden and pond before following the paths to Irby Quarry. A walk along the sandstone ridge will include some uneven ground before returning to the Farmers Arms and a chance to taste their new ‘summer menu’ with various samples of dishes all on one plate!
Booking Essential
Contact: 0151 641 0159
Email: farmersfrankby@yahoo.co.uk
Nearest station: West Kirby

Feedback comments from Wirral Walking Festival 2013

“Enthusiasm of the Rangers evident and appreciated”

Two Miles to Tanskey’s
Wednesday 7th May, 6.30pm - 8.30pm
Cost: £9.99 (includes walk & meal)
Join one of the Wirral Coastal Rangers for an evening walk starting from and finishing at Tanskey’s in West Kirby.
Booking Essential
Contact: 0151 625 3882
Nearest station: West Kirby
**Sunset at Sheldrakes**

**Wednesday 14th May,**

**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

**Email:** bookings@sheldrakesrestaurant.co.uk

**Nearest station:** Heswall

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**Irby and the Shippons**

**Thursday 15th May, 2pm – 5.30pm**

**Cost: £4.95**

(includes walk and 2 course meal)

A circular ramble via Thurstaston, Oldfield, Poll Hill, Barnston and Thingwall. Using mainly public footpaths, with some quiet residential roads. Good views across the Dee to Wales and visiting the highest point on Wirral. Starting and finishing at the newly refurbished Shippons Pub in Irby. About 6 miles. Visit our website at www.shippons-irby.co.uk to make your meal choice or pick up a menu before the walk.

**Booking Essential**

**Contact:** 0151 648 0449

**Email:** enquiries@shippons-irby.co.uk

**Nearest station:** Heswall

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**Sheldrakes Sunday Carvery**

**Sunday 18th May, 3pm – 5pm**

**Cost: £10** (includes walk & carvery)

Join the Coastal Rangers and Cheshire Wildlife Trust for a walk along the Dee Estuary returning along Heswall Fields and the Wirral Way to an early evening carvery at Sheldrakes Restaurant specially prepared for the Wirral Walking Festival.

**Booking essential**

**Contact:** 0151 342 1556

**Email:** bookings@sheldrakesrestaurant.co.uk

**Nearest station:** Heswall
Annual Wirral Coastal Walk

Sunday 11th 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 3,000 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 two Control Points: at Derby Pool (4 Miles), King’s Gap (10 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.
• 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.
Wirral Walking Festival 2014
Health Walks

Wirral health walks are FREE short, friendly, weekly walks for all, especially those new to walking. Meet new people and enjoy the beauty of Wirral with our trained walk leaders. There’s no need to book but please arrive 10 minutes early on your first walk to register. You need comfy shoes and water if it is hot. Many of these walks continue throughout the year and additional locations may be available. For current walks, please contact Birkenhead Park or go to www.walkingforhealth.org.uk

Birkenhead Park
Sundays, 11am. Cost: FREE
A faster than usual walk, plus a beginner’s walk.
Meet at the Visitor Centre.

Birkenhead Park
Mondays, 11am. Cost: FREE
Particularly suitable for beginners.
Meet at the Visitor Centre.

Birkenhead Park
Tuesdays, 7pm. Cost: FREE
Particularly suitable for beginners.
Meet at the Claughton Medical Centre.

Central Park
Wednesdays, 10.30am
Cost: FREE
An easy walk suitable for all. Meet at the Heart of Egremont Shop, Wallasey.

Port Sunlight
Wednesdays, 11am. Cost: FREE
Particularly suitable for beginners.
Meet at Port Sunlight Station.

Wallasey
Tuesday evenings, 7pm. Cost: FREE
Particularly suitable for beginners.
Meet at Grove Road Station.

West Kirby
Wednesdays, 12noon. Cost: FREE
Particularly suitable for beginners.
Meet at Wirral Sailing Centre.

Royden Park
Thursdays, 2.30pm. Cost: FREE
A longer than usual walk - not suitable for beginners.
Meet at the car park.

Contact for all the above walks:
Tel: 0151 652 5197
Email: birkenheadpark@wirral.gov.uk
Buggy Park Fitness
Cost: £3.10, free to Invigor8 members
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. (Except bank holidays)
Thursdays, 10.30am - 11.30am
Birkenhead Park, Meet at Birkenhead Park Visitor Centre.
Contact: Fiona Hanik 07769 674 718

Step Out Sponsored Walk
Wednesday 7th May, 10.30am
Cost: £5 (includes t-shirt & info pack)
To raise awareness of Stroke on Wirral please come and join us for our Step Out Event - a short walk in Birkenhead Park.
Contact: 0151 625 7038
Meet & Register at: Birkenhead Park Visitor Centre, CH41 4HY
Nearest Station: Birkenhead Park

White Top Walkers
Walking Group
Monday 19th May, 2pm
Cost: £2.50
Come and join us for a lengthy, vigorous walk, exploring Wirral. This walk involves ascents, descents and stiles. Walks led by trained walk leaders.
Booking essential
Contact: 0151 482 3456

Summer Special - West Kirby
Friday 23rd May, 11am – 2pm
With a choice of three different walks to suit all abilities from a short accessible walk for beginners to longer walks. All walks will meet together in Ashton Park for lunch.
Meet at: Car park next to Morrisons at the end of Dee Lane, CH48 0QG.
Contact: 0151 652 5197
Email: birkenheadpark@wirral.gov.uk
Nearest station: West Kirby
Wirral Park Fitness Buddies will be guiding Outdoor Gym Trails in parks where outdoor gym equipment has been installed.

After a short walk into the park, the group will follow the trail on paths to use various types of equipment which are suitable for all abilities. Please note that these trails are not suitable for children under 10 years old. Please bring water and a small towel. No dogs.

**Birkenhead Park**
Saturday 3rd May, 10.30am - 11.45am
Cost: FREE
Approx 2.5 miles. Hot drinks available from the coffee shop after the trail.
Contact: 0151 652 5197
Meet at: Birkenhead Park Station, CH41 8BT
Finishes at: B’head Park Visitor Centre
Email: birkenheadpark@ wirral.gov.uk
Nearest Station: Birkenhead Park

**Victoria Park**
Saturday 17th May, 10.30am - 11.45am
Cost: FREE
Approx 1.5 miles.
Contact: 0151 652 5197
Email: birkenheadpark@ wirral.gov.uk
Meet at: Bebington Road/Albany Street Junction, CH42 0LQ
Finishes at: Cricket Club
Nearest Station: Rock Ferry

**Central Park**
Saturday 24th May, 10.30am - 11.45am
Cost: FREE
Approx 1.5 miles.
Contact: 0151 652 5197
Email: birkenheadpark@ wirral.gov.uk
Meet at: Liscard Road Entrance, CH44 0BS
Finishes at: Liscard Road Entrance
Nearest Station: Wallasey Village

**Arrowe Country Park**
Saturday 10th May, 10.30am - 11.45am
Cost: FREE
Approx 2.5 miles. Hot drinks will be available from the Red Rooms after the trail.
Contact: 0151 652 5197
Email: birkenheadpark@ wirral.gov.uk
Meet at: Red Rooms Café, CH49 5LW
Finishes at: Red Rooms Café
Nearest Station: Upton

**Beechwood**
Saturday 31st May, 10.30am - 12.15pm
Cost: FREE
Approx 2.5 miles.
Contact: 0151 652 5197
Email: birkenheadpark@ wirral.gov.uk
Meet at: Park and Ride Bidston Station, CH43 7RF
Finishes at: Park & Ride Bidston Station
Nearest Station: Bidston
Entries are invited for the Friends of Birkenhead Park

Photography Exhibition 2014

On the theme: Wirral Walks & Landmarks

Do you like taking photographs? Do you like walking in Wirral? If so, this competition is for you. Photographs will be displayed in the Gallery at Birkenhead Park Visitor Centre, and prizes will be awarded for the best.

Entries to be handed in between 5th - 13th April 2014.

Exhibition dates: 26th April - 23rd May 2014

(Part of the Wirral Walking Festival 2014)

For competition rules and entry forms, please contact
Birkenhead Park Visitor Centre, Birkenhead Park, Park Drive CH41 4HY
Email: birkenheadpark@wirral.gov.uk
Tel: 0151 652 5197 | Twitter: @BirkenheadPark1

Some images may be used to advertise Wirral Walking Festivals.
Wirral Walking Festival 2014
Feedback Form

We hope you have enjoyed attending the 2014 Wirral Walking Festival and welcome your feedback. Walk Leaders Feedback and Walk Participants Feedback Forms can be completed or downloaded at: www.visitwirral.com/walkingfestival

We would love to see any photos or videos you have taken during the festival. Please tweet @visit_wirral and use the hashtag #wirralwalkfest or post your photos to www.facebook.com/LoveWirral

If you are unable to complete a feedback form online or download a copy, please take a couple of minutes to complete this short questionnaire and return it by hand to the Walk Leader, to Birkenhead Park Visitor Centre or Thurstaston Visitor Centre. Alternatively post to Thurstaston Visitor Centre, Wirral Country Park, Station Road, Thurstaston, Wirral, CH48 1NG

1. How many walks did you attend?

2. How would you rate the Festival? □ Excellent □ Good □ Fair □ Poor

   Please add your comments about the walk here

3. Did you book overnight accommodation to attend the 2014 Wirral Walking Festival? □ Yes □ No

4. Your postcode: ____________________________

5. Would you like to receive information about the 2015 Wirral Walking Festival? (We can only send you a 2015 brochure to an email address)

   Email: ____________________________
We would love to see any photos or videos you have taken during the festival. Please tweet @visit_wirral and use the hashtag #wirralwalkfest or post your photos to www.facebook.com/LoveWirral
SAVES...
£236 per year with her RAILPASS which she is now using to buy something for her fella... he doesn’t deserve her, actually he really doesn’t!

SAVED...
time and money with his RAILPASS, less time queuing means he’s really early... has he got time to buy some sweets? He hopes so.

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*based upon a typical working year consisting of 220 working days.

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