

Walking Groups

Wirral Ramblers

Group Walks on Sundays & Wednesdays: Walk start points & details published weekly on website.

Visit the Ramblers website, where you can also see an outline of member benefits and check the current membership prices (there is no additional charge to join the local group).

Remember to nominate Merseyside and West Cheshire as the Area and Wirral as your chosen Group.

www.wirralramblers.org.uk

Call **07518 971074**

E-mail: membership@wirralramblers.org.uk

Birkenhead Local Walking Group

Thursdays 11:15am.

Approx. 4-5 miles around the Wirral. They also arrange a longer walk at the end of each month.

Telephone: 0151 650 1530

Email: apex@aiw.org.uk

Nordic Walking

(Via. Wirral council Leisure Centers)

Get out in the fresh air and get your whole body moving with this all-over body walking workout.

Wirral.gov website for details of available nordic walks

Wirral Side Walkers: Age UK Wirral

Everyone is welcome to come and join monthly walks around the Wirral.

Web site: <https://www.walkingforhealth.org.uk/walkfinder/north-west/wirral-side-walkers-age-uk-wirral>

Telephone: 0151 482 3456

Email: activeagecentre@ageukwirral.org.uk

Health Walks

Fun, free and friendly group walks led by friendly, specially trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind.

The walks are short and over easy terrain, and are open to everyone but are especially aimed at those who are least active.

If you'd like to take part, all you need to do is come along to the start point of one of the walks 10 minutes early, so that one of the trained leaders can take your details. Alternatively you can register on the website.

Walks available at various locations across Wirral including: Arrowe Park, Birkenhead Park, Eastham Country Park, Wallasey Village, Guinea gap, Warrens, Port Sunlight, Port Sunlight River Park, Royden Park, Bromborough, Wallasey, The Warrens.

Includes weekday and weekend options and evening walks in the summer.

Web site: www.walkingforhealth.org.uk

Telephone: 020 7339 8541 or for information about Wirral walk on: 0151 9297823

Address: Walking for Health team, The Ramblers, 2nd Floor, 89 Albert Embankment, London, SE1 7TW

Twitter: @healthywalks

For Wirral walk on: Web site: <https://www.walkingforhealth.org.uk/walkfinder/north-west/wirral-health-walks-walk#schemedetails>

If you want to know more before you start Wirral walk on:

Telephone: 0151 929 7823

E-mail fionahanik@wirral.gov.uk

HEALTH WALK Guinea Gap

Mondays, 10am (Except Bank Holiday): Meet at: The Fitness Suite, Riverview Road opposite the swimming baths. An easy walk along the promenade with views along the Mersey up to Vale Park. A flat accessible route except for access to the prom.

HEALTH WALK Birkenhead Park

Mondays, 11am: Meet at: the Visitor Centre.
Particularly suitable for beginners.

HEALTH WALKS West Kirby

Mondays, 12noon: (Except Bank Holiday) Meet at: Wirral Sailing Centre, West Kirby Marine Lake. This walk is not suitable for beginners.

Wednesdays, 12noon: Meet at Wirral Sailing Centre, Particularly suitable for beginners.

HEALTH WALKS ARROWE PARK

Arrowe Country Park: Tuesdays, 10.30am: Meet at: Red Rooms, Arrowe Country Park
A faster walk of up to 3 miles.

Warrens: Tuesdays, 11am: Meet at: The Warrens Medical Centre, Arrowe Park Road
An easy walk around Arrowe Park. Good footwear advisable.



**Wirral Community Health and Care
NHS Foundation Trust**
Chair: Professor Michael Brown CBE DL
Chief Executive: Karen Howell

HEALTH WALKS Wallasey

Mondays, 11am (Except Bank Holiday) Meet at: Wallasey Village Library, St. George's Road
A short walk along pavements avoiding steep inclines and accessible for all with views of the coast.

Tuesday evenings, 7.15pm: Meet at: Grove Road Station
Particularly suitable for beginners.

HEALTH WALKS Port Sunlight

Wednesdays, 11am: Meet at: Port Sunlight Station Particularly suitable for beginners.
Port Sunlight River Park

Tuesdays, 10.30am & Wednesdays, 5:30pm: Meet at: Port Sunlight River Park Car Park, off Dock Road North, Bromborough

A choice of walks from 1-2 miles with views of Wirral and the Liverpool skyline. The longer route has some inclines.

HEALTH WALKS Eastham County Park

Wednesdays, 1.30pm: Meet at: Eastham Country Park Visitor Centre off Dock Road North, Bromborough. Superb views across the River Mersey.

HEALTH WALKS Royden Park

Thursdays, 2.30pm: Meet at: Royden Park Car Park
A longer than usual walk - not suitable for beginners.



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