

Walk for Wellbeing Liverpool, Sefton Park

Sunday, 19 October 2025

Walk starts at 10:00am, registration at 09:30.



The 20km route will cover
four 5km laps of Sefton Park

- Please dispose of litter carefully
- Advise the organisers of medical conditions
- Walk at the pace you feel comfortable with
- If you need assistance call:
Neil Harrison: 07504 738 213
Christine Henney: 07415 413 557
- **In the event of an emergency, call 999**

Opposite Sefton Park Hotel

*walk for
wellbeing.*

Let's walk the walk and make a positive difference together

In support of

Hospitality
Action

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