

Fit for life

Walking gives you a relaxing start to the day and is easy to fit into your daily life. It is a superb way of relieving stress and many people find a walk is a great way of winding down.

Getting started

You may already be doing some activity but know you should be doing more, regular walking is an excellent way of gently stepping up your activity. Why not try walking to work instead of getting the bus or leave the car at home and walk to the station. You may wish to go for a walk at lunchtime or walk to the local shops.

Isn't walking too easy? Shouldn't I be exercising hard to get fit?

It depends on how fit you want to get! If you get fit for sport then yes you need to work hard but the major health benefits can come with lighter exercise as long as you do it regularly and do enough. The latest scientific evidence shows that health benefits will begin to arise if you burn off at least 2,000 calories a week by exercising, or doing 10,000 steps a day.

It all adds up

Is a 100 calorie walk really worthwhile when the energy could be replaced by one cream cake? But imagine you added some walking to your journey in and out of work each day. Walking for short trips regularly all adds up.

For example:

Route 1 Lime St Station - Pier Head, return journey (based on 11st person)

63,440 calories a year, which means nearly 18lb of body fat.

	Daily	Weekly	Monthly	Yearly
Calories	244	1220	5287	63440
Steps	6860	34300	148633	1783600

Work out your calorie count

Weight	10 mins	20 mins	30 mins	40 mins
7st 12lbs	29	58	86	115
9st 6lbs	35	69	104	138
11st 0lbs	40	81	121	161
12st 8lbs	46	92	138	184
14st 3lbs	52	104	156	208
15st 10lbs	58	115	173	231

The numbers show the calories burnt, based on flat terrain which is of a good, consistent hard surface like a pavement. Numbers are based on an average person.

Useful Contact

For details of short guided walks in the parks and open spaces around Liverpool, contact the Health Promotion Services. Telephone: 0151 707 1555

Park Rangers Events
Telephone: 0151 233 2008

The Walks

Route 1 - ONE WAY

Lime St Station - Ranelagh St - Hanover St - Liverpool One Bus Station - Albert Dock - Pier Head

Steps 3430

Time Approx 30 minutes



Route 2 - ONE WAY

Lime St Station - Mount Pleasant - RC Cathedral - Hope St - Philharmonic Hall - Anglican Cathedral - Upper Duke St - Chinese Arch - Berry St - Bold St - Central Station

Steps 3353

Time Approx 30 minutes



Route 3 - ONE WAY

Lime St - Pudsey St - London Rd - Pembroke Pl - Ashton St - Brownlow Hill - Ranelagh St - Central Station

Steps 3519

Time Approx 30 minutes



Route 4 - ONE WAY

Lime St - Queen Sq - St Johns Lane - Victoria St - Crosshall St - Dale St - Exchange St East - Chapel St - St Nicholas Place - Pier Head

Steps 2286

Time Approx 25 minutes



Route 4 - ONE WAY

Lime St Station - Town Hall in Dale St

Steps 1229

Time Approx 15 minutes



Route 5

Tourist Circle

Lime St Station - William Brown St - Dale St - Exchange St East - Chapel St - Pier Head - Albert Dock - Liverpool One Bus Station - Duke St - Upper Duke St past Anglican Cathedral - Hope St to Catholic Cathedral - Mount Pleasant - Lime St Station

Steps 7543

Time Approx 60 minutes



Route 6 - ONE WAY

John Moores Byrom St - St Johns Lane - Lime St - Ranelagh St - Hanover St - Liverpool One Bus Station

Steps 1289

Time Approx 20 minutes



www.LetsTravelWise.org

Produced in conjunction with Chelsea School, University of Brighton.

Reward yourself
Keep your motivation going by rewarding yourself after a month of regular walking. How about adding up the petrol money you have saved and buy yourself a treat.

Fitting walking into a busy life
To get health benefits from walking you only need to walk briskly for 30 minutes, 5 days a week. If it suits you to do 3 sessions of 10 minutes a day that's just as good. Or try building up gradually to 10,000 steps a day.

TravelWise
TravelWise is the Merseyside Transport Partnership's campaign to help people on Merseyside make sustainable travel choices. The Merseyside Transport Partnership consists of Merseytravel and Knowsley, Liverpool, Sefton, St Helens and Wirral Councils.

TravelWise
Walking is a great way to enjoy the city and stay healthy. With your TravelWise walking map it's easy and fun.

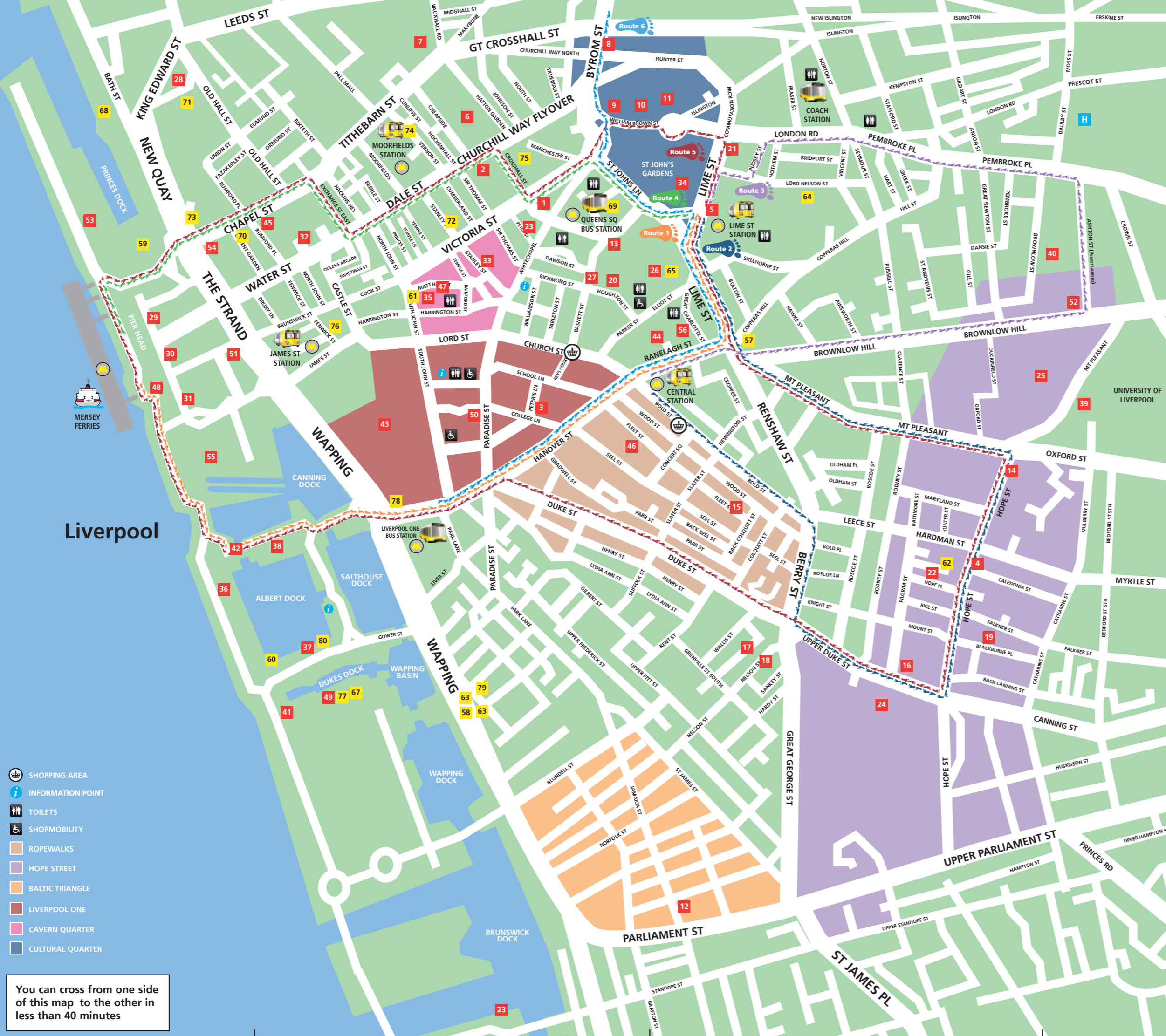


Liverpool Walking Map

Whether at work or leisure, walking your way to 30 minutes exercise a day is easy

TRAVELWISE MERSEYSIDE





You can cross from one side of this map to the other in less than 40 minutes

- SHOPPING AREA
- INFORMATION POINT
- TOILETS
- SHOPMOBILITY
- ROPEWALKS
- HOPE STREET
- BALTIC TRIANGLE
- LIVERPOOL ONE
- CAVERN QUARTER
- CULTURAL QUARTER

Places of Interest

- 1 Millennium House
- 2 Municipal Building
- 3 Bluecoat Arts Centre
- 4 Philharmonic Hall
- 5 LJMU Halls
- 6 Victoria Halls
- 7 LJMU Tithebarn Street
- 8 LJMU Byrom Street
- 9 World Museum Liverpool
- 10 Central Library
- 11 Walker Art Gallery
- 12 Novas Contemporary Urban Centre
- 13 Royal Court Theatre
- 14 Everyman
- 15 FACT Centre
- 16 LIPA
- 17 Chinese Arch
- 18 The Black-E
- 19 Blackburne House
- 20 Radio City Tower
- 21 Empire Theatre
- 22 Unity Theatre
- 23 Liverpool Water Sports Centre
- 24 Anglican Cathedral
- 25 Metropolitan Cathedral
- 26 St Johns Shopping Centre
- 27 Playhouse Theatre
- 28 Passport Office
- 29 Royal Liver Building
- 30 Cunard Building
- 31 Port of Liverpool Building
- 32 Liverpool Town Hall
- 33 Met Quarter
- 34 St Georges Hall
- 35 Cavern Walks
- 36 Tate Gallery
- 37 Beatles Story Albert Dock
- 38 Maritime Museum
- 39 University of Liverpool
- 40 University of Liverpool
- 41 Arena & Convention Centre
- 42 International Slavery Museum
- 43 Liverpool One
- 44 Clayton Square
- 45 Western Approaches Museum
- 46 Open Eye Gallery re-opening May 2011
- 47 Cavern Club
- 48 Beatles Story Pier Head
- 49 Liverpool Big Wheel
- 50 Odeon One
- 51 Mersey Tunnel Tours
- 52 Victoria Gallery & Museum
- 53 Liverpool Cruise Terminal
- 54 Liverpool Parish Church of Our Lady and St Nicholas
- 55 Museum of Liverpool
- 56 NHS Walk In Centre
- H Royal Liverpool University Hospital

Hotels

- 57 Britannia Adelphi
- 58 Campanile
- 59 Crowne Plaza
- 60 Express Holiday Inn
- 61 Hard Days Night Hotel
- 62 Hope St Hotel
- 63 Formule 1
- 64 The Liner
- 65 Holiday Inn City Centre
- 66 Ibis
- 67 Jurys Inn Hotel
- 68 Malmaison
- 69 Marriott
- 70 Racquet Club
- 71 Radisson SAS
- 72 Sir Thomas Hotel
- 73 Thistle
- 74 Travel Inn Metro
- 75 Travelodge
- 76 62 Castle Street
- 77 Staybridge Suites
- 78 Hilton Liverpool
- 79 Hampton by Hilton
- 80 Premier Inn

Key

Route 1			
Route 2			
Route 3			
Route 4			
Route 5			
Route 6			

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