

**Information regarding the sponsored walk for Saturday 15<sup>th</sup>  
September from Sankey Valley Country Park Visitor  
Centre, Blackbrook, St Helens.**

The visitor centre is just off Blackbrook Road (A58) in Blackbrook, St Helens. It is at the side of the Ship Inn Public house.

There is a car park, which can accommodate approximately 30 vehicles.

Both walks will begin at 9am on Saturday 15<sup>th</sup> September 2007, and will start at Sankey Valley Country Park Visitor centre.

If you are travelling by public transport, then the Visitor Centre can be reached by travelling on the number 20, 320 and 620 buses from St Helens Town Centre. You can catch the bus from St Helens bus station. The services are very frequent, every 10 minutes. For more information visit <http://www.arrivabus.co.uk> By using this site you can view the timetable and the route of the buses. The bus stop to get off at, is just before the Ship Inn pub, and is a minutes walk away.

**Advice and guidance**

- Bring along waterproofs just in case the weather turns bad.
- Wear old clothing, or clothing that you don't mind getting dirty in – some of the footpaths may be muddy.
- Bring a packed lunch and plenty to drink – there is a pub stop for the 10 mile walk, where you can buy lunch there, but it is still advisable to bring along food and plenty to drink.
- Wear suitable footwear that will be comfortable to walk in – trainers will be suitable – you do not need walking boots. As long as your footwear is comfortable.
- *If you are prone to a particular medical condition that may affect your personal fitness levels unexpectedly then please inform me (see below for my email address) before the walk so the walk leaders can be informed. Any information given to me will only be passed on to the relevant people, who will keep the details confidential.*

- In the event of Foot and Mouth disease striking in St Helens or any surrounding area's, the walk will be cancelled without notice and will be re-scheduled for a later date.
- On both walks there will be a walk leader and a back marker. It is advisable to stay in between these two people who are responsible for keeping the group together. If the group is large, there will also be middle markers, who will be around the middle of the group to ensure nobody is lost.
- Contact will be maintained between the leaders via mobile phone. It would be a good idea for you to get one of the leaders/markers mobile phone numbers before the walk begins. (The walks have been checked for blackspots, and we know mobile phones work all the way through both walks).
- Please ensure you arrive promptly for the walks, to ensure you receive all the relevant information before the walk begins.

Feel free to email me with any questions you might have regarding the walk at [kerri86@googlemail.com](mailto:kerri86@googlemail.com)

Thank you and I'll look forward to seeing you,  
Kerri Jones