Get Involved

Register at walkruncycleplay.co.uk

Click Rimrose Valley and your preferred time slot

Arrive at your start point, receive a wristband, walk, run or cycle the distance you want to. There are four checkpoints around the park.

FREE Tea, Coffee or soft drink provided on your return to Registration Point at LCFA

Checkpoints

1. LCFA Football Hub
2. Froggie Meadow
3. Chaffers Running Track
4. Leeds & Liverpool Canal Towpath

Did you know?

- Over the last century, Rimrose Valley has been used as farmland and even a tip! The council began work in the 1990's to transform it into the amazing country park you see today
- The park is home to some incredible wildlife including owls, bats and deer and has some of the biggest wildflower meadows in the North West. It really is countryside in our community!
- 'Chaffers' running track was recently restored by local running club Marsh Lane Harriers with support from Jamie Carragher's 23 Foundation.
- Rimrose Valley sits alongside the historic Leeds-Liverpool canal which stretches a whopping 127 miles
- It is the perfect place to exercise, relax and have fun. Find out more at www.rimrosevalleyfriends.org

Sundays will never be the same

#HYPEWalkRunCyclePlay
#playyourpart

If you have a business that can support this innovative project please do reach out by contacting HYPE at **enquiries@hype-merseyside.co.uk**

Rimrose Valley Friends · LCFA · Canal & River Trust · The National Lottery · Sport England · Nisa

RIMROSE VALLEY

WALK RUN CYCLE PLAY



August 1st, 8th, 15th, 22nd, 29th
and **September** 5th
Starting at LCFA Football Hub 10am-12pm
FREE Open to all ages

walkruncycleplay.co.uk


Great Crosby
Moor Ln
START
LCFA Football Hub
10.00am
Checkpoint
Froggie Meadow
Checkpoint
Leeds & Liverpool Canal towpath
Checkpoint
Chaffers Running Track
Bootle Golf Course
Litherland