



22nd International CDIO Conference Social, Cultural & Wellbeing Activities

Welcome to Liverpool! You're not just CDIO Conference delegates – you're also tourists so we thought we would put together this information to help you enjoy your leisure time. We can't include everything our city has to offer so please ask Matt, Tony or our student helpers if you need any local knowledge or recommendations.

Remember: the conference starts later than usual on Wednesday to give you time to enjoy the University pool and gym; take a walk or coffee with friends; or just sleep in. You will find some suggestions for things to do below.

Gym and Swimmign Pool Access - 07:00-20:00

Included in the price of your registration is access to the university sports centre where you can use the swimming pool and the fitness centre. Present your conference name tag at the sports centre reception to gain access. NOTE: If you want to use the fitness centre/gym, you will need to fill out a short health questionnaire before you enter.

<https://maps.app.goo.gl/3YAc6HbdzZAaXdwr5>

<https://www.liverpool.ac.uk/active-liverpool/venues/sports-and-fitness-centre/>

Disco Bike Ride: 19.00 Wednesday, free of charge (Sign-up required)

This professionally led, group bike ride will take you on a 90-minute tour of five of the City parks and along the River Mersey. It will be led by a cargo bike speaker system to provide a musical soundtrack to the adventure. The pace will be slow enough to allow easy conversation with those around you; and your safety will be ensured by a team of marshals.

We will provide bikes and safety equipment to all riders.

Bikes can be collected at the Campus Bike Kiosk from 18.00 and you can then wait for the ride to depart at 19.00 at the adjacent pub (<https://maps.app.goo.gl/nrAQXdHPxU3vwzuS9>). Anyone joining the ride can keep their bike for the remainder of their stay in Liverpool.

We must limit the number of riders to 25 for safety and logistics reasons – **please sign up here:**

<https://www.eventbrite.co.uk/e/1991913404614?aff=oddtcreator>

University Victoria Gallery and Museum

The Victoria Gallery & Museum is at the centre of campus and serves as custodian of cultural heritage - collecting, preserving, and sharing objects with the public. It's distinctive blend of exhibits, from the world's most significant false teeth collection to exceptional art, provides a unique experience. **FREE ENTRY**

<https://vgm.liverpool.ac.uk/>

The Museum is open 10:00-17:00 Tuesday-Saturday. We have secured an early opening at 09:00 on Wednesday morning.

The Two Cathedrals & St James' Garden

The Metropolitan Cathedral is open daily 07:30-18:00. **FREE ENTRY**

<https://liverpoolmetro cathedral.org.uk/>

Liverpool Cathedral is open daily 10:00-18:00. **FREE ENTRY**

<https://liverpoolcathedral.org.uk/>

St James' Garden, located just behind the Liverpool cathedral, is former cemetery that is now a Grade I listed public park providing a beautiful green space in the city centre.

<https://www.stjamescemetary.co.uk/index/category/gardens>

As activity for Wednesday morning, we suggest combining a visit to the Metropolitan Cathedral with a short walk to Liverpool Cathedral along Hope Street. Although Liverpool Cathedral is not open until 10:00, it is worth a visit to view from the outside and to also visit St James' Garden

<https://maps.app.goo.gl/mKxqfobHo6pMANHk9>

Suggested Walking Tours around Campus

Sculpture trail

Journey along this campus trail to see a range of sculpture styles - from abstract to traditional - all part of the University of Liverpool's art and heritage collection.

<https://vgm.liverpool.ac.uk/whats-on/tours/campus-art-tours/sculpture-trail/>

https://www.google.com/maps/d/u/0/edit?mid=13l2MPksyH4Pn_zvUGJ-nB2DGyAK1mkA&usp=sharing

5km Campus Run/Walk

Starting and finishing at University Square, the route that takes in The Quadrangle (Home of the School of Engineering), both cathedrals and St James' gardens, the Georgian Quarter, Faulkner Square, and Abercromby Square. The route is linked below on a free online platform, with the option to download a gpx file.

<https://ridewithgps.com/routes/55599445>

Coffee Shops on/close to campus

Union Brew

<https://maps.app.goo.gl/3YyyJ8MHR9rBPFfs7>

92 Degrees

<https://maps.app.goo.gl/2sooqzAkBnx8BoZUA>

<https://maps.app.goo.gl/BdVQZSt5e5GbmyMJ8>

COFFI

<https://maps.app.goo.gl/rroaqGLpDwv8bde79>

Small Town Boy

<https://maps.app.goo.gl/rgwfHgWnKP9qsW279>

Parliament Square Coffee

<https://maps.app.goo.gl/DTYQ7a4QWbe9XrFF9>

Café Nero

<https://maps.app.goo.gl/n17c5Tjv8f5aK3eP8>

Liverpool Pubs

Listed below are some of the best traditional pubs in Liverpool. The list showcase grand Victorian architecture (The Philharmonic, The Vines) and pubs that retain much of their original Victorian fittings (The Railway, The Lion Tavern) as well as pubs that are know for their unique character (Peter Kavanagh's, The Grapes). All the pubs on the list will serve traditional English ales

<https://maps.app.goo.gl/dbY6MyY712UHC7Pv6>

Liverpool Restaurants

Liverpool has a great selection of restaurants, rather than recommend anything specific here, we suggest you visit Bold Street, a city centre street that has a wide selection of options.

<https://maps.app.goo.gl/yUBRNTutdCBV4twZ6>

Please ask Matt, Tony or our student helpers if you have a specific request.

Museums & Galleries

Walker Art Gallery (Free Entry) <https://www.liverpoolmuseums.org.uk/walker-art-gallery>

Museum of Liverpool (Free Entry) <https://www.liverpoolmuseums.org.uk/museum-of-liverpool>

The Beatles Story <https://www.beatlesstory.com/>