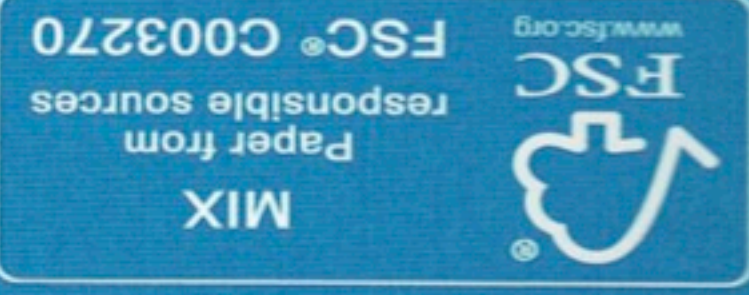


This project is supported by the Department for Transport Local Sustainable Transport Fund.



[www.LetsTravelWise.org/cycling](http://www.LetsTravelWise.org/cycling)

contact TravelWise on 0151 330 1253 or

cycling

Hints and tips for confident, comfortable, safer

Merseyside-wide bike rides and events

offers

The latest cycle training and bike maintenance

Liverpool, St Helens and Wirral

Free copies of maps covering Knowsley,

FOR:

for work, study, shopping or leisure journeys.

streets that provide enjoyable cycling routes; whether

to discover the network of cycle tracks and quiet

it's easy to get around on your bike, so use this map

around Sefton avoiding busy roads and junctions.

This map shows cycle lanes and suggested routes

**Pollution free**

**Cheap travel**

**For the whole family**

**Easy exercise**

**When you want it**

**Door to door**

**Fun and relaxing**

**Cycling is great because it's...**

- Local centre shopping areas
- Bus station
- Pedestrian crossing
- Cycle crossing
- Cycle parking / Secure cycle storage
- Hospital
- Primary school
- Secondary school (named)
- Library
- Post office
- Public convenience
- Leisure centre
- Tourist information centre
- One stop shop
- Freewheeling centres
- Cycle hire
- National Cycle Network
- Level crossing

### Places of Interest:

- 1** RSPB Reserve
- 2** Botanic Gardens
- 3** Hesketh Park
- 4** Marine Lake
- 5** Ocean Plaza
- 6** Southport Theatre & Floral Hall
- 7** Southport Little Theatre
- 8** Southport Arts Centre
- 9** Splash World

- Off-road cycle track
- On-road signed cycle route
- Suggested cycle route
- On-road cycle lane / Bus lane
- Footpath-please walk
- Motorway / Major Road
- A road / B road
- Minor road (arrow indicates steep pointing down hill)
- Railway station (with name)
- Borough boundary

### Cycle Shops:

- 1** N.E. Mosscrop  
01704 228805
- 2** Dave White Bikes  
01704 567351
- 3** Formby Cycles  
01704 835720
- 4** Southport Cycle Centre  
01704 500996
- 5** Pedal Power  
01704 827111
- 6** MeCycle  
01704 579353
- 7** CJ Cycles  
01704 807690

SUNNYSIDE  
GUEST HOUSE

A Southport



**SUNNYSIDE**  
GUEST HOUSE



Cycle map  
**Sefton**  
Cycling routes in and around the borough



- 10 British Lawnmower Museum
- 11 Victoria Park
- 12 Ainsdale Sand Dunes, National Nature Reserve
- 13 Pontins Holiday Village
- 14 Formby Point & Squirrel Reserve
- 15 Start of Trans Pennine Trail



**SUNNYSIDE**  
GUEST HOUSE

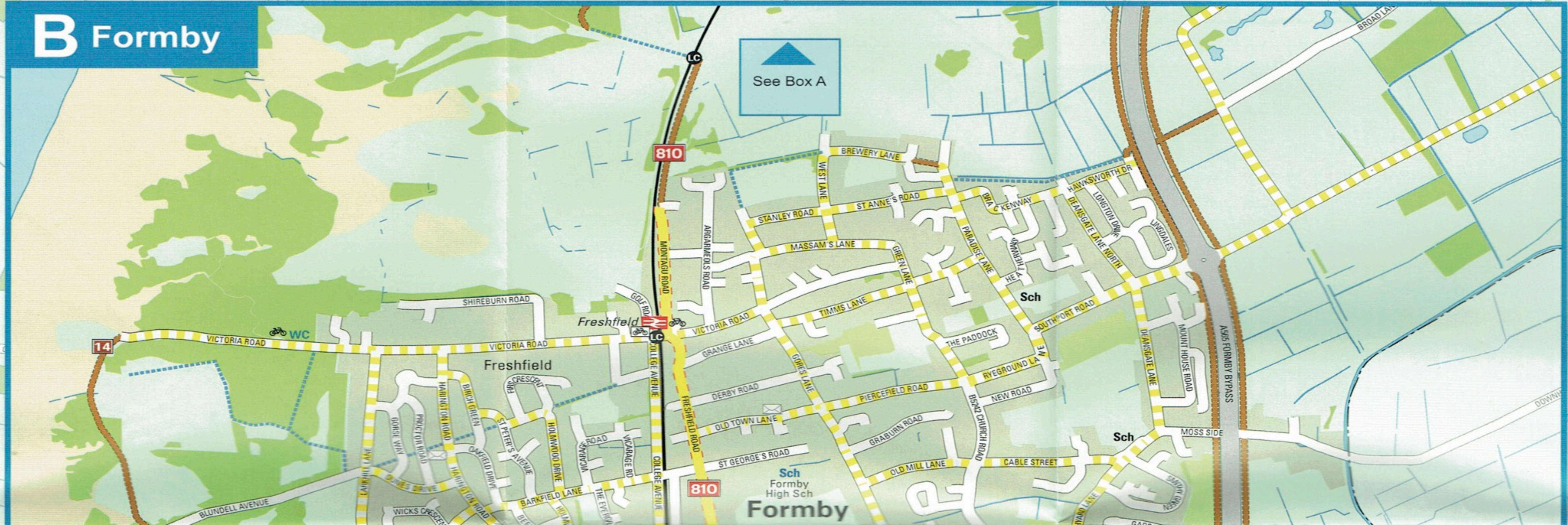


See the  
West Lancashire  
Cycle Map  
(contact details overleaf)

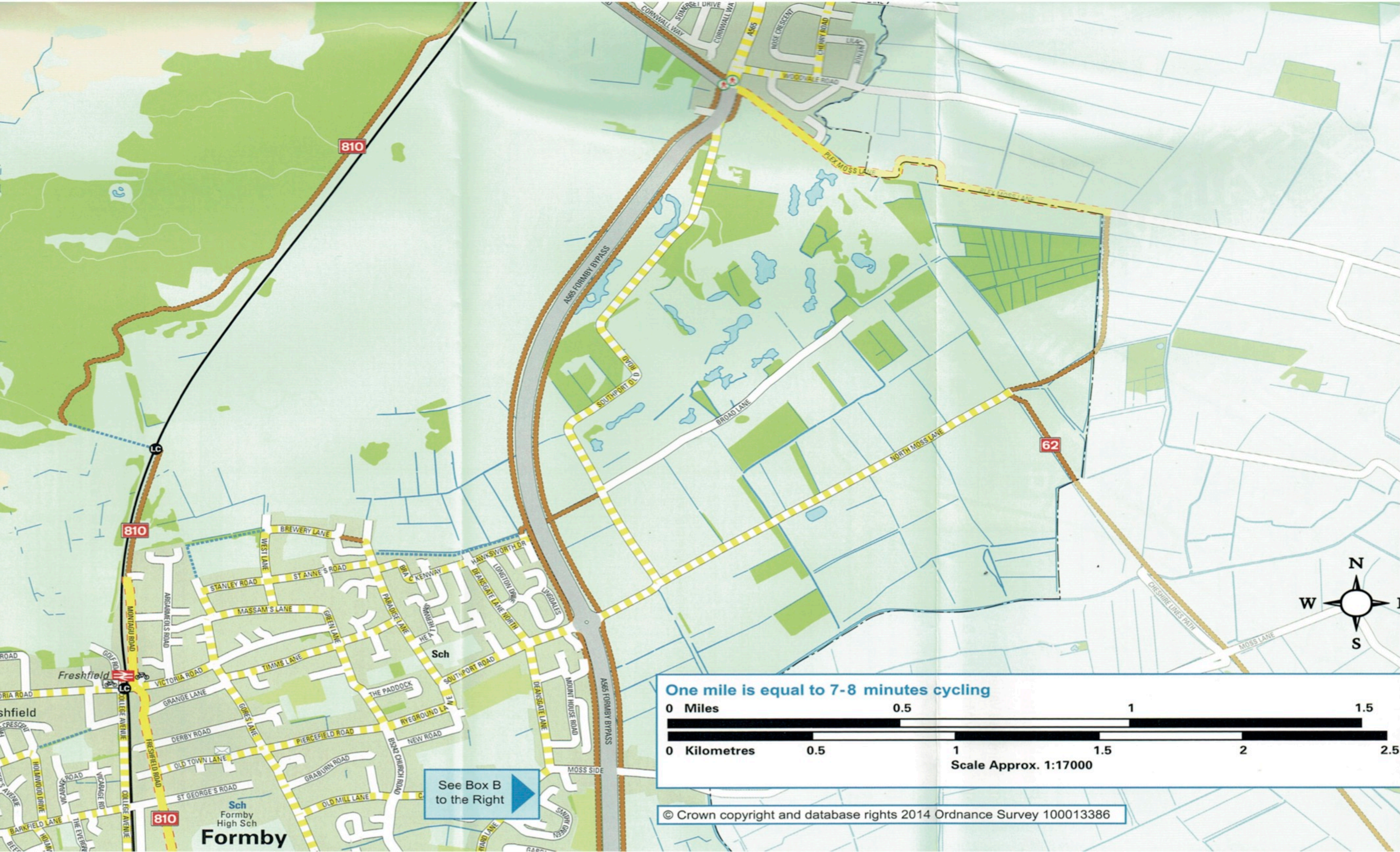
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GUEST HOUSE



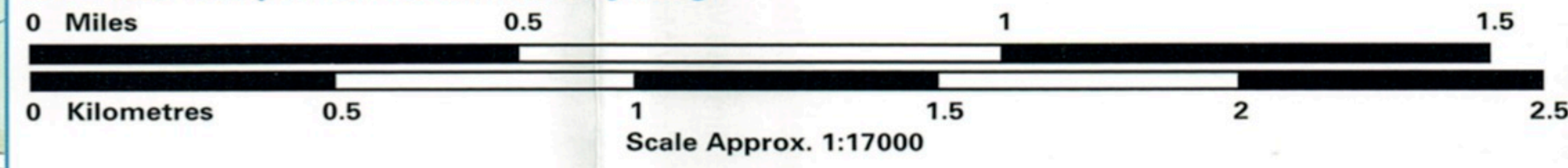
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One mile is equal to 7-8 minutes cycling

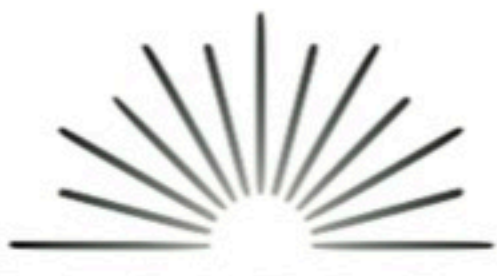


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SUNNYSIDE  
GUEST HOUSE







# SUNNYSIDE

GUEST HOUSE

## C South Sefton

### Cycle Shops:

-  Hoppy's  
0151 928
-  Crays Ltd  
0151 526
-  College  
0151 924





# SUNNYSIDE

GUEST HOUSE

Cycling  
5435  
9566  
Cycles  
0689





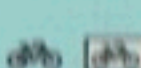

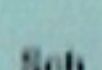
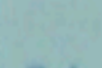
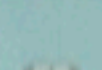
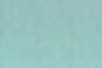
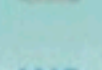
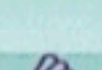

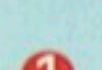
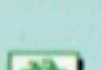




	Off-road cycle track
	On-road signed cycle route
	Suggested cycle route
	On-road cycle lane / Bus lane
	Footpath-please walk
	Motorway / Major Road
	A road / B road
	Minor road (arrow indicates steep pointing down hill)
	Railway station (with name)
	Borough boundary

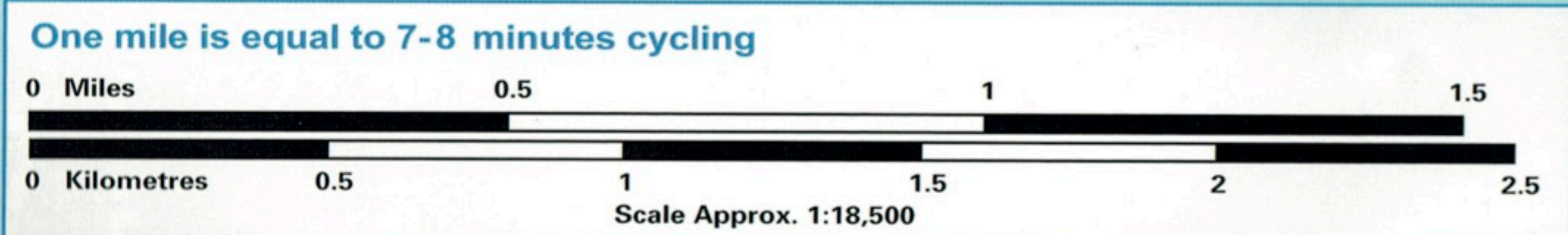
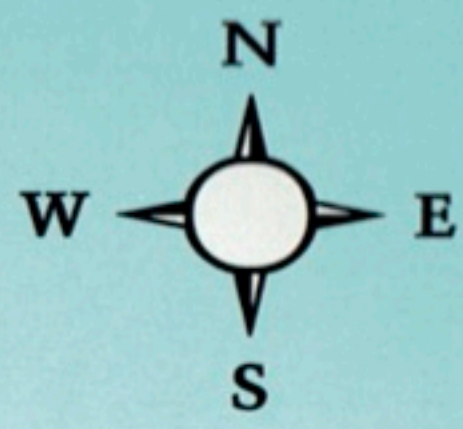


# SUNNYSIDE

GUEST HOUSE

- Places of Interest:**
- 17** Rimrose Valley Country Park
  - 18** Crosby Marine Park & Lake
  - 19** Aintree Racecourse
  - 20** Anthony Gormley's Another Place
  - 21** Crosby Lakeside Adventure Centre

-  Local centre shopping areas
-  Bus station
-  Pedestrian crossing
-  Cycle crossing
-  Cycle parking / Secure cycle storage
-  Hospital
-  Primary school
-  Secondary school (named)
-  Library
-  Post office
-  Public convenience
-  Leisure centre
-  Tourist information centre
-  One stop shop
-  Freewheeling centres
-  Cycle hire
-  National Cycle Network
-  Level crossing
-  Level crossing





# SUNNYSIDE

GUEST HOUSE



See the  
Liverpool  
Cycle Map  
available on 0151 330 1254



SUNNYSIDE  
GUEST HOUSE



### Locator Map

- A** Southport
- B** Formby
- C** South Sefton

**Schools (Sch):** Deyes High Sch, Maricourt High Sch, Maghull Sch, and several other local schools.

**Streets:** AS9 NORTHWAY, M58, M57, SANDY LANE, DODD'S LANE, DEYES LANE, and many other residential streets.

**Other Labels:** Aughton, Tower Hill, Waddicar.

## Cycling in Sefton

This map is for everyone, whether you cycle to and from work, as a leisure activity, for a sightseeing trip or as a means of getting around day to day. There are a range of different types of cycle routes in Sefton which are described in the key, they provide a linked up network for cyclists to help you make these journeys. The map also shows visitor attractions, local amenities, services and schools.

In addition to the map, a number of themed leisure routes have been developed. There are separate maps available for these new routes which let you discover a whole new side to Sefton. They are perfect for a day out with family and friends, copies are available by emailing [cycling@sefton.gov.uk](mailto:cycling@sefton.gov.uk), or by ringing

0845 140 0845. They can also be downloaded from [www.visitseftonandwestlancs.co.uk](http://www.visitseftonandwestlancs.co.uk).

If you lack confidence when cycling or can't ride a bike, contact [cycling@sefton.gov.uk](mailto:cycling@sefton.gov.uk) for details of courses available.

To support leisure cycling in Sefton, West Lancs and across Merseyside, further routes and activities are available. For more information on local attractions, local days out and forthcoming events visit [www.visitseftonandwestlancs.co.uk](http://www.visitseftonandwestlancs.co.uk) or [www.LetsTravelWise.org](http://www.LetsTravelWise.org).



## Bikes and Trains

Bikes go free on Merseyside trains and ferries. Taking your bike on the train can help you cover longer distances or be part of a day out.

Many stations have cycle stands or free 'GoCycle' secure cycle storage. Secure means it's under cover, locked and covered by CCTV and makes it ideal for those who want to commute. You do, however, need to provide a good bike lock. To find out more and to sign up for secure cycle storage access visit [www.merseyrail.org/planyourjourney](http://www.merseyrail.org/planyourjourney)

## Cycle Hire

If you would like to cycle the routes in this guide, but don't have your own bike, why not hire one?

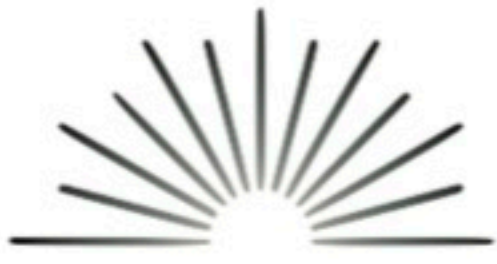
Cycle hire is available at various locations around Sefton. Bike and Go bicycles are also available to hire at some Merseyrail Stations. For prices and further information please visit [www.visitseftonandwestlancs.co.uk](http://www.visitseftonandwestlancs.co.uk) or [www.merseyrail.org/planyourjourney](http://www.merseyrail.org/planyourjourney).

## Freewheeling

For Sefton residents over 16, there are Freewheeling centres around the borough with a selection of ladies and gents bikes which are free to hire.

These centres provide access to bikes for residents who wish to participate in Sefton's cycling programmes. These programmes support residents to learn to ride, to increase their health and wellbeing and improve their confidence and road skills

Wheels for All adapted cycles – adapted cycles to cater for a range of needs. The Wheels for All centres in Sefton offer a wide range of cycles. For further information please contact [cycling@sefton.gov.uk](mailto:cycling@sefton.gov.uk)



# SUNNYSIDE

GUEST HOUSE



See the  
Knowsley  
Cycle Map  
available on 0151 330 1254

## Cycle Safety - Know Your Signs



**Route for cyclists only:** all other vehicles are prohibited including mopeds.



**No motorised vehicles allowed:** cycling is permitted.



**No cycling:** cycling is not permitted – dismount and walk.



**Shared use path:** can be used by cyclists as well as pedestrians - on such paths, cyclists must give way to pedestrians.



**Segregated shared use path:** cyclist and pedestrian areas are separated, usually by a raised white line or a kerb - cyclists should not use the pedestrian side.



**With-flow cycle lane:** other vehicles must not use this part of the carriageway except to pick up or set down passengers.



**Contra flow - One way:** motorised vehicles permitted one way. Cyclists permitted to travel both ways.

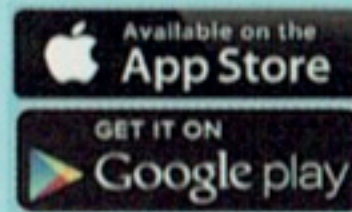


**Cycle parking:** always remember to keep your bike safe by securely locking it to a stand.

## Useful Contacts

**For cycling in Merseyside – TravelWise**  
[www.LetsTravelWise.org/cycling](http://www.LetsTravelWise.org/cycling)  
0151 330 1253

**Cycling in Sefton - To help plan your journey download Sefton Travel mobile journey planning app available in iOS and Android.**  
[cycling@sefton.gov.uk](mailto:cycling@sefton.gov.uk)  
0845 140 0845



**For public transport information – Traveline**  
[www.merseytravel.gov.uk](http://www.merseytravel.gov.uk)  
0151 236 7676

**For cycle storage at railway stations – Merseyrail**  
[www.merseyrail.org](http://www.merseyrail.org)

**For maps and cycling in West Lancashire**  
[www.lancashire.gov.uk/cycling](http://www.lancashire.gov.uk/cycling)

**Merseyside Cycling Campaign**  
[www.merseycycle.org.uk](http://www.merseycycle.org.uk)



**Sustrans – making smarter travel choices possible** [www.sustrans.org.uk](http://www.sustrans.org.uk)  
0845 113 0065



**Trans Pennine Trail – The coast to coast route connecting Southport to Hornsea.**  
[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)  
01226 772574



**Cyclists Touring Club**  
[www.ctc.org.uk](http://www.ctc.org.uk)  
0844 736 8450



**Tourist Information for Sefton**  
[www.visitsouthport.com](http://www.visitsouthport.com)  
01704 533333



Although every effort has been made to ensure the accuracy of these maps, Sefton Council and Merseytravel cannot be held responsible for any errors or omissions.

The identification of cycle routes on this map does not signify any rights or privileges for cyclists to use these routes.