



## THE TRANS PENNINE TRAIL USER CODE

The Trans Pennine Trail is a route for walkers, cyclists and in parts, horseriders who often share the same route.

To keep everybody safe and happy every effort has been made to create a route suitable for all permitted users. But enjoyment of the Trans Pennine Trail relies on everybody showing consideration to each other.

Please always follow these sensible guidelines in our User Code when you are on the Trail.

### ALL USERS

Where different paths or sides of the path are signed for different user groups - please keep to your side

### HORSE RIDERS

Use only sections of the Trail where horses are allowed.

Do not use the Trail unless you can control your horse - you may encounter walkers, people using wheelchairs and scooters, cyclists, dogs and bridges over road, rail and water.

### HORSE RIDERS AND CYCLISTS

Warn others when you approach from behind so you do not startle people as you pass by - call politely or use a bell / hooter.

Slow down when approaching other users who are unpredictable, particularly children or animals; remember too, some people may have a hearing impairment.

### CYCLISTS

Must not use this route for racing competitions or speed trials.

On canal towpaths - read and abide by the Canal and Rivers trust towpath code.

Please enjoy the Trans Pennine Trail and help others to do so too!

*Share with care.*



## The Trans Pennine Trail

is a national multi user route.

It runs coast to coast between Southport and Hornsea, links the ports of Liverpool and Hull. Towns and cities across the north of England are connected by vibrant countryside, canal towpaths and disused railways. The Trail is 215 miles long between Southport and Hornsea with a total route mileage of 370 including spurs to Leeds, Chesterfield, York and Kirkburton.

Walkers and cyclists can use the whole TPT with horse riders too on many sections. Easy gradients and surfaced paths make much of the Trail suitable for people using wheelchairs or pushchairs or anybody that likes the going easy.

### Friends of the

### Trans Pennine Trail

The Friends of the Trans Pennine Trail is a voluntary group who support the project in many ways, including the production of this leaflet.

We invite you to show your support by joining the Friends of the Trans Pennine Trail.

[WWW.TRANS PENNINETRAIL.ORG.UK/FRIENDS](http://WWW.TRANS PENNINETRAIL.ORG.UK/FRIENDS)

Further details can be obtained by contacting the following:

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Sefton & West Lancashire  
<http://visitseftonandwestlancs.co.uk/>



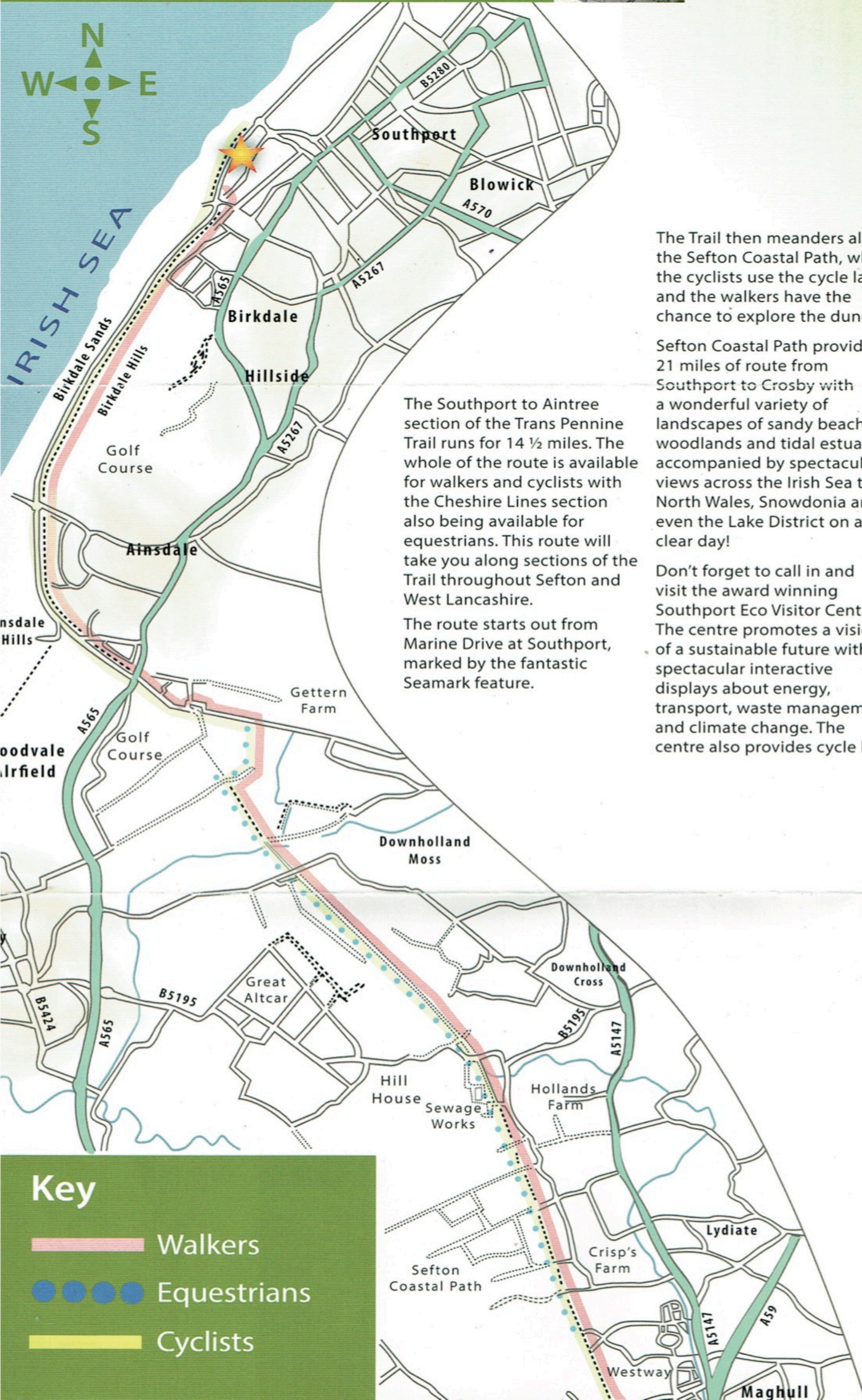
# Trans Pennine Trail

## Sefton & West Lancashire



*Walk it, Cycle it, Ride it!*  
[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)

## HISTORICAL ATTRACTIONS IN THE AREA



The Southport to Aintree section of the Trans Pennine Trail runs for 14 ½ miles. The whole of the route is available for walkers and cyclists with the Cheshire Lines section also being available for equestrians. This route will take you along sections of the Trail throughout Sefton and West Lancashire.

The route starts out from Marine Drive at Southport, marked by the fantastic Seamark feature.

The Trail then meanders along the Sefton Coastal Path, where the cyclists use the cycle lane and the walkers have the chance to explore the dunes.

Sefton Coastal Path provides 21 miles of route from Southport to Crosby with a wonderful variety of landscapes of sandy beaches, woodlands and tidal estuaries, accompanied by spectacular views across the Irish Sea to North Wales, Snowdonia and even the Lake District on a clear day!

Don't forget to call in and visit the award winning Southport Eco Visitor Centre. The centre promotes a vision of a sustainable future with spectacular interactive displays about energy, transport, waste management and climate change. The centre also provides cycle hire.

Visitors can also enjoy Ainsdale Nature Reserve. The site covers 508 hectares of dunes, beach and woodland, intertwined with tranquil footpaths. The Reserve is home to many rare and beautiful species; the rare Natterjack Toad, whose astonishing chorus earns it the local name of 'Birkdale Nightingale'; the Great Crested Newt, Britain's most protected species of amphibian and the Sand Lizard, a secretive, shy reptile that is rarely actually seen.




The Cheshire Lines lies within West Lancashire, where visitors will be treated to some stunning vistas over the Lancashire Mosslands before coming back into Sefton. Home to the former Cheshire Lines Railway which was the second-largest joint railway in Britain, with 143 route miles. Despite its name, approximately 55% of the railway system was in Lancashire!

After Maghull the route heads back into Sefton territory where this section finishes at Aintree and heads on into Liverpool.

Steeplechasing was introduced to Aintree Racecourse in 1839 and still holds one of the best known National steeplechase in the world. The Grand National is run over 3 ½ miles with 40 horses participating.

The record for the most victories in the Grand National is held by Red Rum, who won three times in the 1970s and he was stabled in Southport and trained along Birkdale sands. His famous life size statue stands proudly at the stadium.

### Key

-  Walkers
-  Equestrians
-  Cyclists

