

This brochure hopes to encourage you to get out and about in Sefton and discover the area's wonderful public rights of way and cycle routes.

WHAT TO WEAR AND BRING WITH YOU

When walking any distance, good quality walking shoes or lightweight waterproof boots are advisable as is a day pack to carry your maps, food and drink and extra warm clothing or waterproofs. In winter be aware of the windchill effect in exposed areas and in winter some sections can become muddy and suitable footwear should be worn.

In summer it would also be sensible to pack a hat, sunscreen and plenty of water.

Why not take a camera to record your walk, we would be happy to share your experiences and receive your feedback on the route.

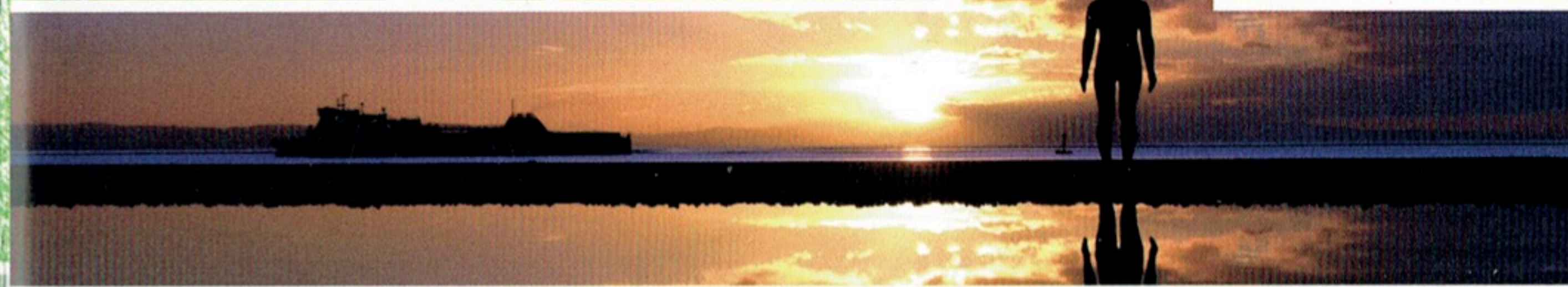
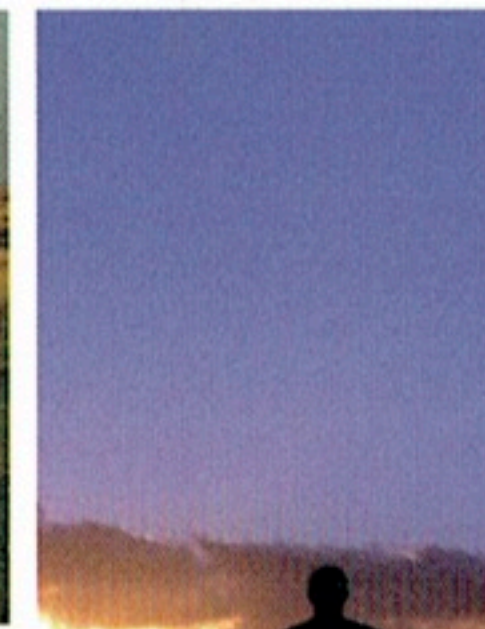
For information on other walks/cycle rides and events in the area and to provide your feedback visit:- visitseftonandwestlancs.co.uk




Sefton's Walking & Cycling Guide



16 Individual Routes Across Sefton



 For journey planning advice and routes download the Sefton Travel mobile app: available free on iOS and Android

Research and editing by Val Hough VISIT Sefton and West Lancs. Additional photography by John Callaghan.

VISIT - Visitors in Sustainable Integrated Transport

Funded by the Department for transport through the Local Sustainable Transport Fund

www.visitseftonandwestlancs.co.uk



Sefton's Walking & Cycling routes

1	PIER TO PARKS (9 miles walking route, 10 miles cycle route)	CYCLE MODERATE	WALK CHALLENGING
2	THE SEFTON COASTAL PATH (21 miles walking/cycle route)	CYCLE STRENUOUS	WALK STRENUOUS
3	THE TRANS PENNINE TRAIL (14.5 miles walking/cycle route)	CYCLE STRENUOUS	WALK STRENUOUS
4	FORMBY & FRESHFIELD (7.25 miles walking route)		WALK LEISURELY
5	THE LYDIATE LOOP (6 miles walking route)		WALK MODERATE
6	EXPLORING INCE BLUNDELL (4 miles walking route)		WALK LEISURELY
7	FROM COAST TO COUNTRYSIDE (8.5 miles walking route)		WALK CHALLENGING
8	SEFTON VILLAGES & MEADOWS (3 miles walking route)		WALK EASY
9	OLD ROAN TO AUGHTON (11 miles walking/cycle route)	CYCLE MODERATE	WALK CHALLENGING
10	THE MAGHULL TRAIL (4 miles walking route)		WALK LEISURELY
11	MEANDERS AROUND MELLING (4.6 miles walking route)		WALK LEISURELY
12	MELLING COUNTRYSIDE (3.5 miles walking route)		WALK LEISURELY
13	AINTREE TO LIVERPOOL LOCKS (8.5 miles walking/cycling route)	CYCLE MODERATE	WALK CHALLENGING
14	TRAINS, PLANES & BICYCLES (5.9 miles walking/cycling route)	CYCLE MODERATE	WALK CHALLENGING
15	HIGHTOWN LOOP (6.2 miles walking/cycling route)	CYCLE MODERATE	WALK CHALLENGING
16	HOGGS HILL TO CABIN HILL TRAIL (3.4 miles walking route)		WALK LEISURELY

This brochure has been compiled to encourage you to get out and about in Sefton and discover its beauty and fascinating history. The maps are not intended for detailed route planning, however, more detailed maps of each individual route are available on the Ordnance Survey Explorer Map No. 275 or 285, Southport & Chorley is available online or at good book shops. Some of the trails that feature on such maps are public rights of way. A public right of way is a path that anyone has a legal right to use on foot and sometimes using other modes of transport, e.g. horses on a bridleway.

The public regularly use all the footpaths in this leaflet without let or hindrance as public rights of way, however, please respect the privacy of landowners, tenants and farmers and the possession of this leaflet is NOT to be taken as a guarantee of any particular right of access.

**Please be aware of the
Countryside Code
and leave nothing behind ...
except your footprints
or cycle tracks.**



THE COUNTRYSIDE CODE

- Be safe, plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

PIER TO PARKS

1

WALK - CHALLENGING
 CYCLE - MODERATE

Whether you enjoy a walk or cycle ride, both of these routes allow you to explore the wider Southport area; such as historic Churchtown, Hesketh Park and Botanic Gardens.

Both routes start from the carousel on the Promenade, and make their way into King's Gardens before continuing along the sea wall.

THE WALK (9 miles)

From the carousel head southwards along the Promenade until you reach the Lifeboat Memorial, turn right towards the Marine Lake, you are now in King's Gardens and to your right you will see the Adventure Playground. King's Gardens was awarded Heritage Lottery funding to restore the gardens to their former glory. The restoration included the Victorian Shelters, the Venetian Bridge, the Lakeside Café, former ladies toilets and original park infrastructure and was completed in the summer of 2014. The gardens were officially opened in September 2014 by HRH Princess Alexandra, grand-daughter of King George IV and Queen Mary who originally unveiled King's Gardens more than 100 years earlier.

Cross the Venetian Bridge over the Marine Lake, and continue towards the seafront, passing through Ocean Plaza with its great choice of restaurants and shops. On reaching Marine Drive continue in front of Ocean Plaza and cross at the pelican crossing to reach the sea wall. Turn right on the sea wall and head towards the pier, continue under the pier and you will see the Guelder Rose on your right, a family friendly pub.

The pier first opened in 1860 and is Grade II listed, at 3,650 feet long it is the second longest pier in Britain. The café and 'penny arcade' at the end of the pier are well worth the stroll.

Continue along the sea wall and see if you can spot Blackpool Tower in the distance. Cross the road at the next roundabout into Fairway, turn left onto the Promenade towards Hesketh Park. Enter the park at the entrance on the corner of Park Road West and Albert Road.

Hesketh Park was created in 1864, it offers a very pleasant walk around ornamental lake, fountains and flowerbeds; it features a historic observatory, a conservatory, waterfall and cascade, sensory garden and don't miss the clock garden.

Follow the perimeter path to the left and then shortly after the sensory gardens, leave the park by the north entrance and cross the road into Brocklebank Road, turn left into Hesketh Road, pass Fleetwood Road on the right to reach a footpath marker on the right in a further 250 yards.

King's Gardens Playground



Southport Eco Centre

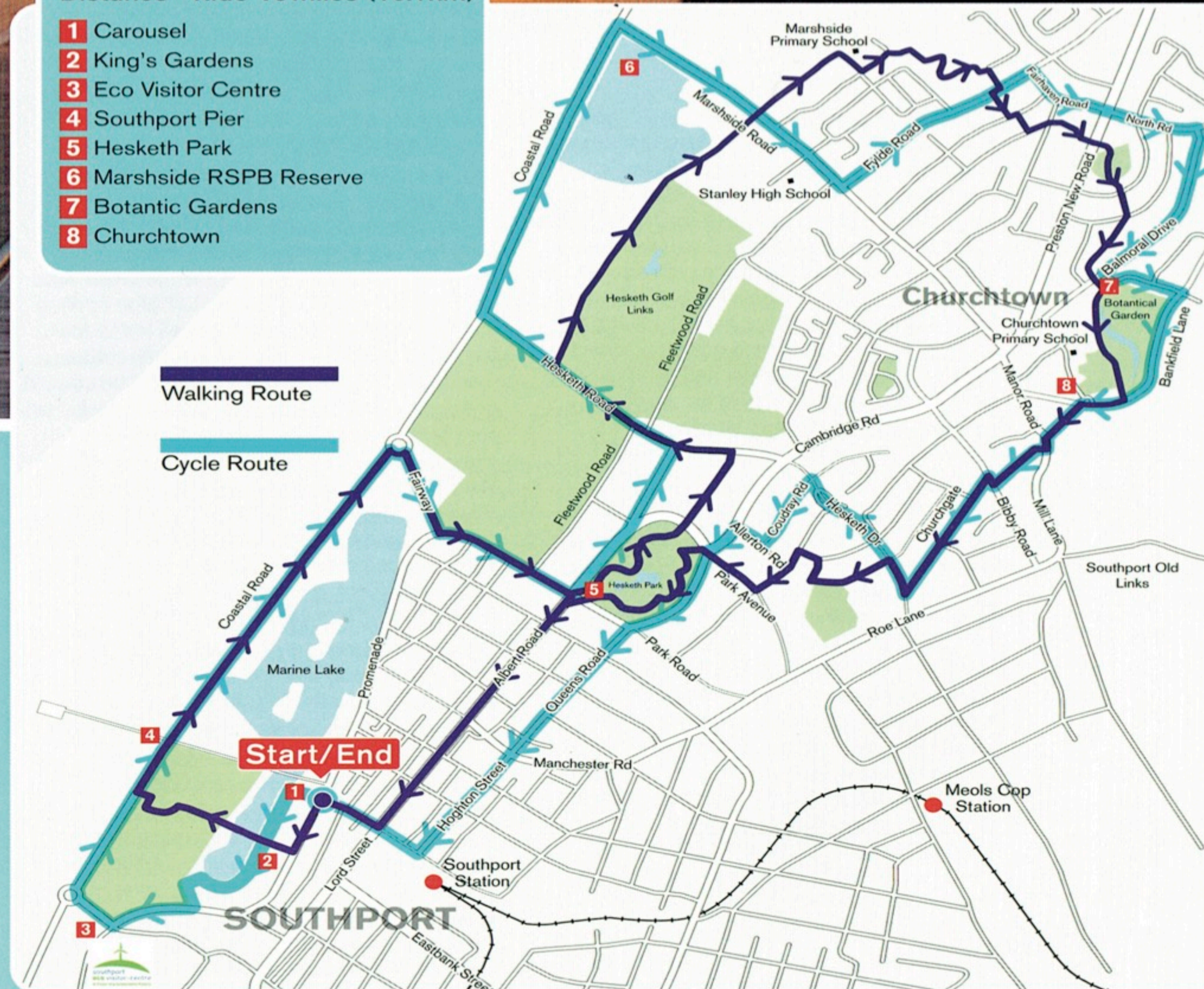


Keypoints

Distance - Walk 9 miles (14.5km)

Distance - Ride 10 miles (16.1km)

- 1 Carousel
- 2 King's Gardens
- 3 Eco Visitor Centre
- 4 Southport Pier
- 5 Hesketh Park
- 6 Marshside RSPB Reserve
- 7 Botanic Gardens
- 8 Churchtown





Hesketh Park Glasshouse



Promenade Carousel



The Bold Arms - Churchtown

The concreted area here was once the site of Southport's first aerodrome. The footpath leads across Hesketh Golf Course towards Marshside RSPB Nature Reserve, now home to many wading birds and wildfowl, including Avocets, the symbol of the RSPB.

A half mile walk along an old seawall 'cop' (embankment) brings you to Marshside Road, with the playing fields of Stanley High School on your right. Cross Marshside Road and go through the footpath entrance on the other side of the road. Continue along the embankment and after 200 yards follow the path down to the gate behind Marshside Primary School playing field. Follow the path past the school and turn left onto Elswick Road in front of the school, continue into Elswick Green and use the footpath on the right. This is the start of a series of connecting footpaths leading to Marshside shops and on towards Botanic Gardens.

Turn right into Totnes Drive and onto the footpath leading to Seaton Way. Turn right on Seaton Way and left onto Coyford Drive use the path through to Slaidburn Crescent and then Fylde Road and the shops on the right. Turn right on Fylde Road, there is a footpath on the left leading to Lytham Road. Turn left on Lytham Road; use the footpath on the right leading through to Shellfield Road. Turn left on Shellfield Road and as you approach the end of the road you will see an entrance onto a large field. Walk across the field heading towards Preston New Road, then cross the road and onto the grass to follow a footpath through the woods on the right. This is the first of three wooded sections leading you to the rear entrance of Botanic Gardens.

Botanic Gardens were opened in 1874 by the Southport and Churchtown Botanic Gardens

Company, the lake was part of the Otter Pool, a stream that flowed through the grounds of Meols Hall to the sea.

Walk through the park to the main entrance at Botanic Road just after the café and turn right, you can finish the walk here and return to Southport Town Centre on the bus. There is a bus stop on the other side of the road.

You are now in Churchtown, which dates back to Anglo-Saxon times and is listed in the Domesday Book of 1086. The Hesketh Arms was formerly called the Black Bull and the landlord was William Sutton, the so-called "Mad Duke" and founder of 'South Port' who opened his first hotel and bathing facilities in the town in 1792. Originally three fisherman's cottages, the coach house and stables can still be seen in the rear car park. Across the road is Meols Hall, one of the family homes of the Fleetwood-Hesketh family. At the front of the Hesketh Arms is the village green with St Cuthberts Church to the right. By the old grammar school, now the local Conservative club, are the village stocks, erected in 1741 and last used in 1860, when a resident by the name of John Rimmer was placed in them for drunkenness.

If you wish to continue the walk cross the road at the zebra crossing and turn right onto Botanic Road, walk through the old village with its thatched cottages and small specialist shops.

At the mini roundabout bear left to continue along Botanic Road before crossing over on to the other side of the road and turning right into the cobbled passageway of Churchgate. Turn right at the end and then left to continue on Churchgate. Turn right at the end onto Hesketh Drive and then left into Rookery Road by the shopping area. There is a footpath on the right at the end of this road, follow it to Henley Drive.



There is another footpath on the left leading through to Rawlinson Road, turn left and then right onto Park Avenue, returning to Hesketh Park.

At the roundabout turn left and use the park entrance on the right, walk through park towards

THE CYCLE ROUTE (10 miles)

From the carousel walk with your bike towards the tourist information kiosk, just before the kiosk take the slope down towards the Marine Lake, passing the shrimp topped obelisk. Mount your bike and cycle alongside the lake; continue around the lake until you exit King's Gardens by the miniature railway. Turn left and then right to ride along the shared use footway passing Dunes Splash World on your left, an all-weather water park, with its pool, flumes, whirlpools and sports and fitness facilities.

As you cross over and join the road towards the sea front at the next roundabout you will see the Eco Centre ahead in the distance, with its distinctive curved environmentally-friendly wooden and glass build, complete with its own 20 KW wind turbine, a great place to learn more about the environment.

At the next roundabout on the seafront, turn right and exit the roundabout at the beach entrance that leads to the Trans Pennine Trail marker, join the cycle way along the sea wall and pass underneath the pier. Continue ahead before turning right at the next roundabout onto Fairway and then left onto the Promenade towards Hesketh Park.

At Hesketh Park, turn left at the traffic lights on to Albert Road and then veer left into Argyle Road. Turn left again at the roundabout onto Hesketh Road towards the seafront. Cross over Marine Drive and turn right onto the cycle way along the seafront towards Marshside Nature Reserve.

the entrance on Albert Road previously used. Walk along Albert Road which leads onto Lord Street, continue along Lord Street until you reach Nevill Street. Turn right into Nevill Street and back to the carousel to complete the walk.

On reaching the car park at the junction with Marshside Road cross at the toucan crossing and take the path adjacent to Marshside Road until you come to Shellfield Road on the left. Turn left into Shellfield Road and continue to Fairhaven Road, turn right into Fairhaven Road. At the roundabout go straight on to North Road, turn right onto Balmoral Drive and left onto Verulam Road, you will see the rear entrance of Botanic Gardens. Here walk through Botanic Gardens to the front entrance of the park on Botanic Road.

If you continue cycling along Verulam Road turn right onto Bankfield Lane, this will take you past the front entrance of Botanic Gardens park on the right. Turn left into Botanic Road past The Bold public house and at the mini roundabout continue along Botanic Road. Just after the roundabout there is a right turn onto a narrow road called Churchgate, continue along Churchgate, turn right and then left, continuing along Churchgate. Turn right onto Hesketh Drive continue over the bridge and turn left into Coudray Road, right into Allerton Road and then left onto Cambridge Road.

Go down Queens Road to Hoghton Street, then right into London Street and straight across to Nevill Street which brings you back to your starting point.

2

WALK - STRENUOUS
 CYCLE - STRENUOUS

THE SEFTON COASTAL PATH

The Sefton Coastal Path at 21 miles (33.6Km) is a journey through a wonderful variety of landscapes with a fascinating history. Sandy beaches, coastal marshes, pine woodlands, heathery heathland and tidal estuaries with invigorating vistas across the Irish Sea to North Wales, Snowdonia and even the Lake District on a clear day.

The Sefton Coastal Path can be walked throughout and most of it is now cycle-friendly. It can easily be completed over a weekend or it can be broken up into individual short routes as summarised below.

STAGE ONE - CROSSENS TO AINSDALE

The route starts at the Crossens roundabout at the north end of Southport and is flanked by the salt marshes of the Ribble; this section is also suitable for cycling.

If Cycling: Set off from the roundabout head up Banks Road, just after Skipton Avenue turn left and travel along the path (NCN62) until you reach Marine Drive. Turn right onto Marine Drive passing the Marshside RSPB reserve, under Southport's wonderful pier and the famous 'Seamark' obelisk that marks the start of the Trans Pennine Trail.

If Walking: Set off from the roundabout along Marine Drive and just past the water treatment centre take the path along the top of the embankment, this is the old secondary sea defence wall and will afford you views of the RSPB reserve on your right. On reaching Marshside Road go straight across and continue along the other embankment with the Hesketh Golf Club on your right. At the end of this embankment turn right along Hesketh Road to rejoin the route along Marine Drive.

The route is signposted from here and continues along the Coastal Road, through the roundabout at Weld Road and a further roundabout at Shore Road, until you reach the footbridge over the railway line at Ainsdale.

If you wish you can start this route at the Eco Centre, Southport's Park and Ride site opposite the start of the Trans Pennine Trail. Just next door to the Eco Centre is the Queens Jubilee Nature Trail which will lead you to the main route at to Shore Road.



continued overleaf

Keypoints

Distance - 21 miles (33.6km)

- 1 Marshside RSPB Reserve
- 2 Southport Pier & Pavilion
- 3 Eco Centre
- 4 Royal Birkdale Golf Club
- 5 Formby Red Squirrel Reserve
- 6 Alt Estuary
- 7 Antony Gormley's 'Another Place'
- 8 Crosby Leisure Centre
- 9 Crosby Lakeside
- 10 Adventure Centre



THE SEFTON COASTAL PATH

2

WALK - STRENUOUS
CYCLE - STRENUOUS

STAGE TWO - AINSDALE TO HALL ROAD

At the bridge over the railway there is a path on the left, take this path and follow it around, under the railway arch and onto the Ainsdale Sand Dunes Nature Reserve. On reaching the main path turn left and continue ahead through the pine woods with the railway line on your left. At Fishermans Path turn left to cross Formby Golf Course. **Cyclists must push their bikes along this section.** Alternatively, if walking, you can turn right here towards the beach; follow the signed route throughout the Dunes until you rejoin the route at the National Trust car park.

After crossing the railway turn right, the railway is now on your right, and continue until you reach Freshfield Railway Station. This is an opportunity to catch the train back to the start if you wish. If carrying on, turn right along Victoria Road until you reach the National Trust property at Formby Point, known for its famous Red Squirrel Reserve; the site of the UK's oldest lifeboat station; magnificent sand dunes and pine woodlands.

Walk or cycle along the main access road until you reach the car park, part way along, on the left is a sandy track. Take this track and where it splits take the left hand route. You may have to push your bike along this section as it gets very sandy. Follow the route along a track past the asparagus fields. On exiting the woodland you will pass through flat fields, it was here that the asparagus was historically grown.

If cycling: Keep going ahead and pass through the car park, turning left onto Lifeboat Road. Continue ahead onto Bushbys Lane until you reach the railway line. Just before the railway line turn right, keep left

onto Andrews Lane and take the path straight ahead to reach a crossroads of paths. At this crossroads go across the small bridge and take the cycle track that bears right. Continue along this track until you reach the main path between the railway line and Altcar Training Camp.

If walking: Instead of going ahead onto Bushbys Lane turn right along St Luke's Church Road passing Cabin Hill nature reserve. At the end of the path turn left until you reach the crossroads of paths (before the railway line) where you turn right to rejoin the route to Hightown.

Both routes emerge onto the access road to the Altcar Training Camp. Continue along the road towards the railway station, turn right in front of the Hightown Hotel and then left into School Road that changes into Blundell Road. At the end of Blundell Road join the path through the dune area that features the site of an old fort and the only shingle beach in Sefton; until you exit the site at the Coast Guard Station on Hall Road.



Antony Gormley's 'Another Place'

STAGE THREE - HALL ROAD TO CROSBY MARINE PARK

The start of this section introduces you to the evocative sculptures of Antony Gormley's 'Another Place' - 100 iron figures stretching along two miles of the beach from the mouth of the Mersey to the River Alt. There are also the magnificent Georgian villas of the 20th century sea captains overlooking Crosby Marine Park and the port of Liverpool, with its towering container cranes, wind turbines and ships from all over the world.

Access the promenade just after the Coast Guard Station and ride or walk the route until it turns inland along the edge of the lake. The Crosby Lakeside Adventure Centre (CLAC) is a great place to end your walk or ride, refreshments and toilets are available here. Check their website for opening times.

You can catch the train home or back to the start from Waterloo railway station, just a short distance away on South Road.



THE TRANS PENNINE TRAIL

The Trans Pennine Trail (TPT) is a 346 km (215 mile) multi-user route from Southport on the Irish Sea coast to Hornsea on the shores of the North Sea. The start point is a short cycle ride/walk from Southport Railway Station and is directly opposite the Park and Ride site at the Eco Centre.

The starting point of the TPT is on Southport's Sea Front which is denoted by the Seamark. The trail heads south through Sefton and West Lancashire for 14.5 miles with most of it following the trackbed of the former Cheshire Lines Railway.

To start, head south, initially on the seaward side of Marine Drive, then from Weld Road roundabout along the shared use track parallel to the Coastal Road. After half a mile there is an alternative route that pedestrians can follow through the dunes, this runs alongside the world famous Royal Birkdale Golf Course, venue for many major world championships, such as the Open.

Shortly after Shore Road roundabout, after a small wooded area, the walking route rejoins the shared use path running parallel to the road. You can access Ainsdale Town Centre by following Shore Road for about half a mile, where you can find shops, cafes, public toilets and cycle parking.

Continue along the shared use path until you reach the junction with the A565. Go straight ahead onto Moor Lane and follow the road.

After about a mile, a large information board announces the start of the Cheshire Lines path, turn right off the road here, at the side of a gate, and follow the path through to a left turn onto the Cheshire Lines disused railway line. After about 5 miles, before you leave the Cheshire Lines path, if you need refreshments take the path on the left leading to Green Lane and Maghull town centre. Shops, cafes, pubs, public toilets and cycle parking can be found within the centre.

If you're not stopping continue ahead and cross Sefton Lane at the crossing and follow Old Racecourse Road, turn right into Meadway, then follow the signed path on the right at the bottom of the cul-de-sac. On reaching the school on the left there is another opportunity for refreshments, take the path on the left, crossing the footbridge and follow the path out onto Ormonde Drive. Here you will find shops, pubs and The Meadows leisure centre.

Trans Pennine Trail



Aintree Racecourse



Southport Pier



Keypoints

Distance - 14.5 miles (23.3km)

- 1 Southport Pier
- 2 Eco Visitor Centre
- 3 Royal Birkdale Golf Club
- 4 Lancashire Mosslands
- 5 Leeds - Liverpool Canal
- 6 Aintree Racecourse

Promenade Art

If you are continuing go past the school and take a sharp right turn that leads you to the River Alt and across Broom's Cross Road into Chapel Lane. Cross the Northern Perimeter Road and carry straight on down Chapel Lane, which soon becomes Aldrins Lane, to join the towpath of the Leeds-Liverpool canal at the narrow swing bridge.

Go left along the towpath for the next mile, you will then gain access to Ormskirk Road via Wally's Steps (Bridge 7D). At the top of the steps turn right and continue southwards up to Heysham Road. Turn right into Heysham Road and shortly after passing under a railway bridge turn left on a footpath/cycle track to finish the Sefton leg at Aintree Station on Park Lane. From here you can board the Liverpool bound train to Sandhills railway station where you change to the Southport line to return to the start.

Alternatively, the Trans Pennine Trail continues on as the Liverpool Loop Line Path to reach the shore at Widnes and then heads due east following the Mersey Valley to Warrington and eventually the North Sea. Trail guides and detailed maps are available from www.transpenninetrail.org.uk



FORMBY & FRESHIELDS

This route can be done in 2 parts or joined together to form a longer route. The first section takes you out to the coast to enjoy the wonderful vistas over the Mersey Estuary and Irish Sea, this section is 3 miles (5km) long. The second section takes you inland through Formby and over the bypass to enjoy the countryside, it is approximately 4.25 miles (6.8km) long.

Exit Freshfield station and turn left, carefully walk along the road next to the car park heading straight along Montagu Road, pass through a gap next to a gate and continue along the track running alongside the railway line.

Cross the railway and continue into Formby Golf Course along Fishermans Path. On reaching a gate continue straight ahead for around half a mile before turning left onto the Sefton Coastal Path. Walk along this path through the woods before emerging at a clearing with the path guiding you to the right and up some sand dunes. On a clear day once on top of the dunes you will have an excellent view of the Irish Sea, the Welsh Mountains in the distance and both the Sefton and the Wirral Coastlines.

Continue to follow the Coastal path through the dunes and around to the edge of Cornerstones Woods, with its distinctive lilac route markers and musical pipes, follow this path through the pinewoods, which are frequented by the Red Squirrel.

This leads to the National Trust reserve car park, (where toilet facilities are available at the entrance). Leave the reserve walking straight ahead and continue down Victoria Road for around half a mile before arriving back at Freshfield Station.

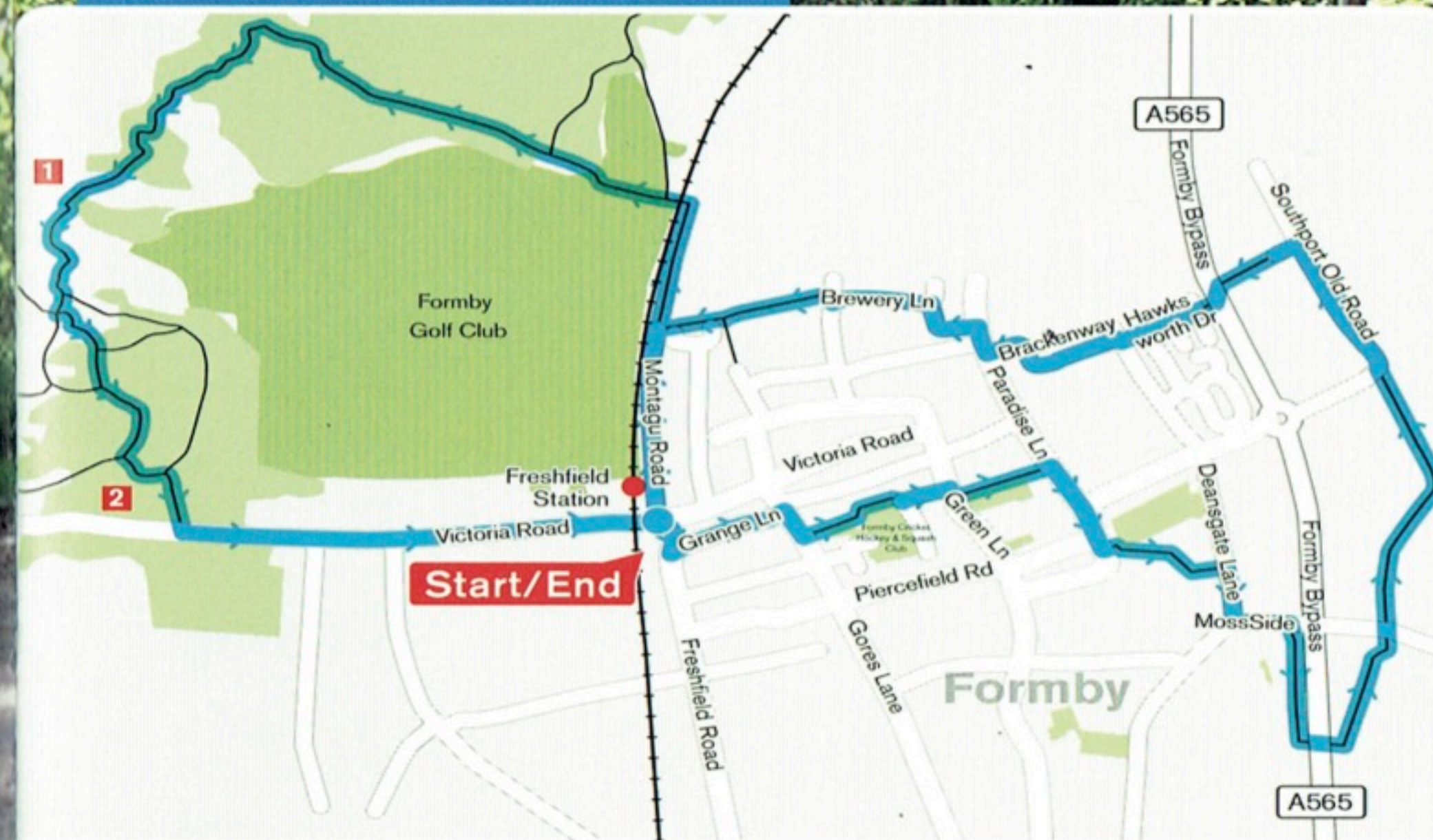
To walk the second section cross the road and turn right into Freshfield Road, before turning left into Grange Lane. The distinctive buildings on the right are Tower House and Tower Grange, claimed to incorporate part of a 13th century monastic grange that belonged to Whalley Abbey.

At Gores Lane turn right passing the early 18th century thatched cottage and take the footpath on the left which skirts the cricket pitch to reach Cricket Path. At the end of Cricket Path turn right and then left along another footpath running alongside St Peters Church. Turn right along Paradise Lane and reach the junction of Ryeground Lane and Southport Road. Carry on ahead and at the right hand bend, carry straight on into New

Keypoints

Distance - 7.25 miles (11.7km)

- 1 Formby Beach
- 2 Formby Point (Red Squirrel Reserve)



Road before turning left into Clifton Road.

Follow the footpath through the park up to the passageway exit onto Deansgate Lane, turn right and then left at the road junction into Moss Side.

Cross the road and at the footpath sign, just past number 22 Moss Side, turn right to enter the playing fields and follow the footpath along the field edge until it meets Mittens Lane. Turn left and cross the Formby Bypass with care, to rejoin Mittens Lane on the other side.

Go through the kissing gate and follow a waymarked path across the field, over several stiles until Moss Side is reached again. Continue across Moss Side into Little Hey Lane, bear right to pass the golf centre on the left and follow the track into Pasture

Lane, which you follow for about 500 metres.

At the end carry straight ahead into Southport Old Road to a crossroads near a kennels and cattery, turn left along Eight Acre Lane and at the end carefully recross the Formby Bypass to rejoin the track on the opposite side. Follow this track, marked as a bridleway, to where it ends at Paradise Lane.

Turn right and then left along the path towards Little Brewery Lane. Then continue on Brewery Lane to its bend with West Lane and go straight across to the path ahead and follow until you reach the railway line.

Turn left down Montagu Road to complete the walk and return to Freshfield Railway Station.



Red Squirrel



Woodland Walk

5

THE LYDIATE LOOP

Starting and finishing at Sumners Turn Bridge on Bells Lane. The nearest bus stop is on Southport Road, just a short walk from the start. The walk is generally level throughout.

Walk along Bells Lane, just past the pub turn left and follow the footpath signed Green Lane around the field edge, crossing Maghull Brook at the footbridge and continue straight on to Green Lane. Turning right, walk along Green Lane and after 600m turn right to follow the track at Maukin Farm to reach the Cheshire Lines Path/Trans Pennine Trail.

Heading right (north) this path is part of the 215mile (346km) Trans Pennine Trail and was the trackbed of the former Southport and North Liverpool Extension of the Cheshire Lines Railway, which was opened in 1884 and closed for passenger traffic in 1952.

The site of the former Lydiate Station is reached after 1.25miles (2km) where there's a car park and an information panel on the Trans Pennine Trail. The mosslands here are particularly productive for wildlife which attracts birds of prey such as Kestrels and Buzzards to the area.

Carry on across the car park and follow the trail to the next path on the right. Follow this path to Acres Lane, turn left, then cross over the road and join the footpath on the right. Follow the footpath signs around the field edges, passing the ruins of Lydiate Hall which are visible through the trees, before reaching the busy A5147, Southport Road.

A short detour to the right brings us to two interesting buildings. The ruins of St Catherine's Chapel, which was the private place of worship for the Ireland family of Lydiate Hall, probably dating from the early 15th Century, and next to the chapel is the cruck-framed Scotch Piper Inn, built around an oak tree and reputed to be the oldest inn in Lancashire. An injured highland piper soldier returning from a battle in the Jacobite Rebellion, c.1745, supposedly stopped off at the inn and married the landlord's daughter. The inn was renamed the Highlander, and later the Scotch Piper.

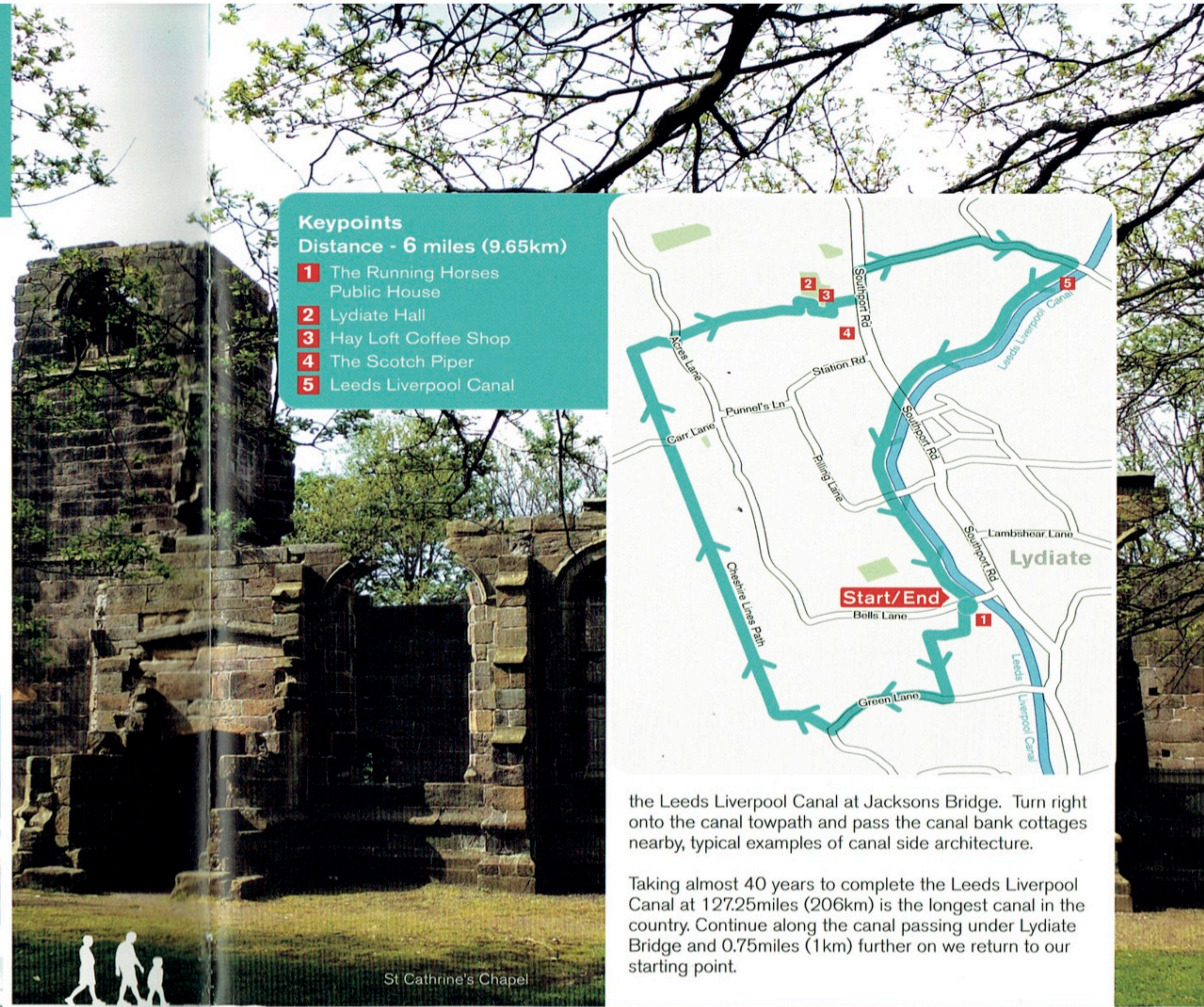
Returning to where the footpath meets the main road, cross over and into Hall Lane. After 0.75mile (1km) we reach



Scotch Piper public house

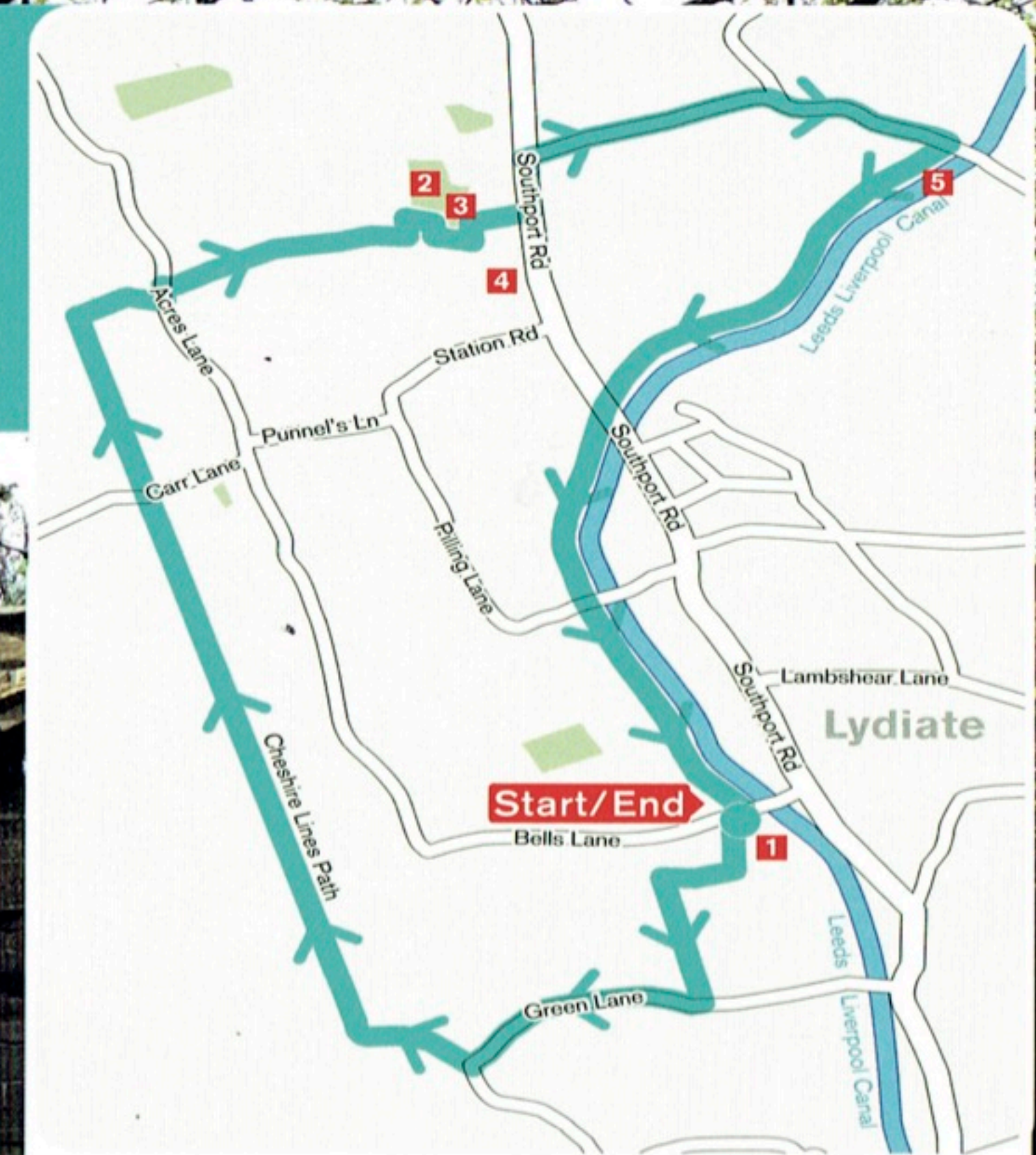


Running Horses public house



Keypoints Distance - 6 miles (9.65km)

- 1 The Running Horses Public House
- 2 Lydiate Hall
- 3 Hay Loft Coffee Shop
- 4 The Scotch Piper
- 5 Leeds Liverpool Canal



the Leeds Liverpool Canal at Jacksons Bridge. Turn right onto the canal towpath and pass the canal bank cottages nearby, typical examples of canal side architecture.

Taking almost 40 years to complete the Leeds Liverpool Canal at 127.25miles (206km) is the longest canal in the country. Continue along the canal passing under Lydiate Bridge and 0.75miles (1km) further on we return to our starting point.

St Catherine's Chapel

WALK - MODERATE

EXPLORING INCE BLUNDELL

This is a 4 mile circular walk around the rural parish of Ince Blundell where you will pass numerous historic features associated with the Blundell family, the lords of the manor from the 12th century.

The route starts at the bus stop on Lady Green Lane and is about 4 miles (6.4km) in length.

On leaving the bus stop follow Lady Green Lane towards the garden centre and after approximately 76yds (70m) turn right into Carr House Lane. The cluster of dwellings on Carr House Lane is now a conservation area on the edge of the river Alt's flood plain. The Norse word 'kjarr', from which Carr derives means boggy land covered in willow scrub, which would have been the case when the cottages were built.

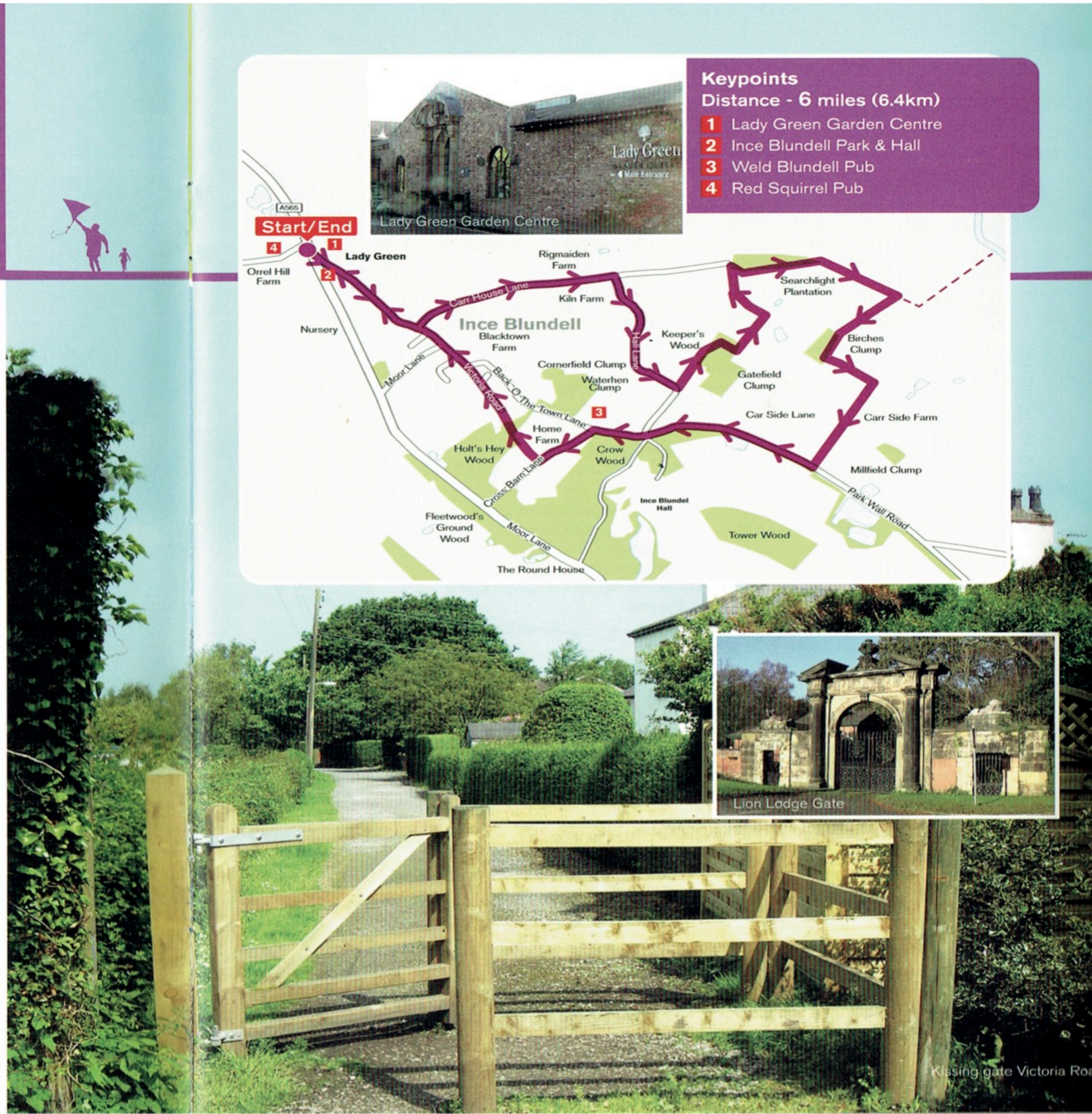
Turn right into Hall Lane and after 550yds (500m) turn left into the grounds of Keepers Cottage. Keeping to the left walk alongside the barn and enter Keepers Wood across a stile. This path turns right and then left to exit the wood as a field edge path with a drainage ditch on your right. After 150yds (130m) turn sharply left and keep the ditch on your right, continue until you reach a gate and Searchlight Plantation, so named as a searchlight battery was stationed here in WW2.

Turn right and follow the track, keeping the plantation on your left. At the end of the plantation, bearing right, follow the footpath and after crossing a footbridge turn right. (You can continue ahead here and after crossing a further two footbridges you will reach Baines Bridge at the River Alt.) After crossing the first bridge and turning right follow the field edge path to Carr Side Farm. Turning right the tree lined Carr Side Lane brings us back to Park Wall Road, where we turn right.

Look out for the white painted cross on the boundary wall of Ince Blundell Hall. Funeral processions used to halt at these medieval wayside crosses for rest and prayer whilst en route to Church for burial.

Ince Blundell Hall was built in 1729 to replace the 15th century Old Hall, the current building is now a nursing home. Most of the fine art collection from the Hall was moved to the Walker Art Gallery in Liverpool in 1959 when Col. Joseph Weld moved to Dorset. The brick wall surrounding the estate was built between 1770 and 1776, it has several ornate gateways, the most impressive of which is the Lion Lodge Gate.

Continue along Park Wall Lane until you reach Cross Barn Lane, a dirt track which was once an access to Ince Blundell Hall. Along this path take the public footpath on the right along a field edge path and through a garden and kissing gate to reach Victoria Road. Follow Victoria Road, passing the Standing Cross, a scheduled monument to the start of our walk.



7

FROM COAST TO COUNTRYSIDE

This lengthy walk takes us right across the borough and is generally level throughout. The route can be shortened by taking the shortcut highlighted on the map. The public footpaths are mostly unsurfaced and can be muddy in winter. The route has been designed to start and finish at a railway station making it easier to walk one way and return home by public transport.

WALK - CHALLENGING

Starting at Hall Road railway station there is an opportunity to first turn right onto Hall Road West and follow the road for half a mile to reach the coast. Here you can see the famous art installation 'Another Place' by Antony Gormley, also known as the iron men. Retrace your steps back to the station to start the walk.

Exit the station and turn left, follow the road for half a mile passing through Blundellsands, an area named in honour of the Blundell Family from Ince Blundell and Little Crosby.

Follow the road around to the right (or go straight ahead onto the byway, Dibb Lane, if taking the short cut and follow the dotted line on the map) to pass through the village of Little Crosby. The Well Cross, enclosed in 1857, is located at the site of the old village green and opposite is a memorial to Francis Nicholas Blundell, the local squire, erected by the villagers. The Little Crosby museum is open most of the year.

The cottages beyond the Well Cross are 17th century; the last building on the right is the old smithy, built in 1713.

Keeping the park wall on your left, a cross set into the wall indicates the position of the old village cross which was swallowed up by enclosure into the parkland in the early 19th century.

At the end of the wall are the Liverpool Lodge Gates, topped by the rampant lions from the Blundells of Crosby's family crest. Turn left here, through the metal kissing gate, onto a public footpath that follows the wall to reach Virgins Lane at another kissing gate. Pass through this gate and turn right, walk ahead and turn left into Brook Road and then right into Ince Road. Cross the A565 at the traffic lights and follow Green Lane.

You are now in Thornton, one of the oldest villages in Sefton. Just along Green Lane are the Grade II listed stocks and sundial.

Cross over here and walk along Holgate which is directly opposite, continue ahead until you cross Broom's Cross Road at a traffic light controlled crossing. After crossing



Crosby Park Wall



Liverpool Lodge Gates



Well Cross

After a short distance the byway bends to the right and after a further 382yds (350m) turn left onto a footpath leading to Long Lane. Turn right at Long Lane to reach a footpath sign on the left after 275yds (250m). Follow the wooded footpath, Little Lane, crossing Hunts Brook to reach Park Wall Road. Turn right onto Park Wall Road and continue to its junction with Carr Side Lane. Walk along Carr Side Lane, passing Carr Side Farm to follow the waymarked footpath to Baines Bridge and cross the River Alt. Cross the bridge, then go straight ahead for 1.25miles (2km) along a farm track called Maghull Hey Cop. This takes us



Crosby Park Wall

Keypoints

Distance - 8.5 miles (13.7km)

- 1 Another Place' Antony Gormley
- 2 Well Cross
- 3 Liverpool Lodge Gates
- 4 Leeds Liverpool Canal
- 5 Frank Hornby's Home



the road turn left and after a short while the remains of 'Brooms Cross' are reached, one of a number of wayside crosses on an ancient corpse way from Hightown to Sefton Church.

to the Trans Pennine Trail that runs along the trackbed of the former Cheshire Lines Railway.

Turn right along the Trans Pennine Trail and continue for 130yds (120m), passing straight through a car park, until you reach the track of Cabin Lane. At the end of the lane turn left and then just ahead turn right along the public footpath to Pilling Lane. Walk ahead up Pilling Lane until you reach Lydiate Bridge over the Leeds Liverpool Canal, here you access the towpath on the right and head south towards Maghull.

Keep on the towpath until reaching Drapers Bridge, this metal footbridge is crossed to gain access to Rutherford Road. At the end of the road turn right into Station Road, passing Frank Hornby's former home, complete with Blue Plaque, to reach Maghull railway station.

From the station you can return to your start point via Sandhills railway station, or make your way home.



'Another Place' - by Antony Gormley

SEFTON VILLAGE & THE MEADOWS

This 3 mile circular walk starts at the bus stop on Bridges Lane, directly outside St. Helen's Church at the centre of the historic Sefton Village and passes through two community woodlands.

From the bus stop walk towards Lunt Road and pass in front of the church towards the Punch Bowl public house. Sefton Church is Sefton's only Grade 1 listed building, just before the pub on the left hand side is the village war memorial. Continue along Lunt Road until a footpath sign is reached at a vehicle gate.

Directly across the road from here, set back from the roadside, is St. Helen's Well, with medieval origins, which is capped by an inscribed stone and enclosed by metal railings.

Passing through the gate follow the public footpath, along a cart track for approximately 550 yards to the entrance to Sefton Community Woodland, a former landfill site that is now extensively replanted as part of the Mersey Forest initiative.

Continue straight ahead through the woodland until you reach the River Alt at a bridge. Turn left before the bridge and follow the stone path along the bank of the Alt until you reach the large Showricks Bridge. In the 18th Century the bridge, embankment and sluice were called 'Showrick'. This name may be derived from 'Schollerwyek', the name given in medieval times to the lower reach of Maghull Brook, then tidal and called 'Dirt Alt'. The bridge was destroyed during the war for military reasons and it took until 1998 to get it replaced.

Do not cross the bridge, turn left down the steps and follow the field edge path for 165 yards where you'll find a timber bench. You are now in Roughleys Community Woodland, where the Environment Agency has developed a series of flood relief measures that have turned some of these fields into marshes



- Keypoints**
Distance - 3 miles (4.8km)
- 1 Sefton Village
 - 2 Sefton Church
 - 3 St Helen's Well
 - 4 Punch Bowl Pub
 - 5 Sefton Meadows
 - 6 River Alt

and meadow. These are not only reducing the risk of flooding but increasing both wildlife and biodiversity. Turn right at the bench and follow the track, Moor Lane, until you reach a footpath and woodland signs on the left. Go left here and rather than along the footpath follow the permissive path on the top of the embankment to Harrison's Brook. From the embankment you can see wider views of Roughleys Community Woodland and flocks of Lapwings, Curlews and Golden Plovers can be seen during the winter.

At the end of the embankment turn right and retrace the route back to the Punch Bowl and bus stop.



OLD ROAN TO AUGHTON

This level, 11 mile (17.7Km) liner route is ideal for families to walk or cycle and is another of our routes that starts and finishes at a railway station. This one starts at Old Roan railway station and takes in large sections of the Leeds Liverpool Canal. It passes through Aintree, Maghull, Melling, Lydiate, quiet picturesque country lanes of West Lancashire and pleasant tree lined roads in the Parish of Aughton before ending at Town Green railway station.

Exit Old Roan railway station and walk under the bridge on the left and then turn right onto the cycle path adjacent to Ormskirk Road. Continue to the top of the bridge, on the right are Wally's Steps, go down the steps (a wheeling channel on the right edge of the steps will help if you have your bike) to the Leeds Liverpool Canal and turn left on to the tow path to go under the bridge.

The canal was built during the 1700s at the height of the industrial revolution and parts of the towpath can become muddy when wet.

Continue along the canal, after about half a mile (800m) the world famous Aintree Racecourse, home of the Grand National, comes into view on the right. After a further 1.5 miles (2.4Km) you pass under the M57, where there is the wide open countryside of Melling on both sides. After a further 1.2 miles (1.9Km) you reach Melling Stone Bridge and St Thomas Church comes into view, the site of a medieval chapel with origins dating back to 1190.

The canal then takes you through Maghull which is famous for its links to the inventor of Dinky Cars, Hornby Trains and Meccano, Frank Hornby. His former house on Station Road carries the first ever Blue Plaque to be unveiled outside of London.

With a short detour refreshments and public toilets facilities are available in Maghull town Centre. Leave the canal at West Way Bridge, turn left and follow the road, the town centre is less than 550 yards (500m). (Return to the canal via the same route).

The route leaves the canal towpath at Jacksons Bridge (bridge No. 19), turn right into Pygon's Hill Lane, over the canal bridge, then take the first turning on your left into Sudell Lane. The final 2.5 mile (4Km) rural section through to Aughton opens up into quiet roads bordered by farm fields.



Keypoints

Distance - 11 miles (17.7km)

- 1 Aintree Race Course
- 2 Melling Stone Bridge
- 3 St Thomas Church (site of a medieval chapel)
- 4 The Stanley Arms & St Michaels Church

During summer months the crops display an array of vivid colours.

Continue along Sudell Lane, over the bridge, until you reach the T junction at Back Lane, turn right then first left into Swan Lane. Go straight along Swan Lane until you reach the A59, turn left onto the cycle track adjacent to the A59 and after 330 yards (300m) cross the A59.

If cycling, after crossing St. Michaels Road, then turn left, follow the road to the junction with St. Michaels Church and Stanley Arms pub. At the junction turn right into Church Lane. At the junctions fork left into Bold Lane. If walking turn right into St Michaels Road then first left into Smithy Lane. Continue along Smithy Lane then go straight on into Bold Lane, leading into the town centre of Aughton. Aughton is an historic Market town that has retained its rural charm. Follow Bold Lane and turn right at the junction of Town Green Lane and Middlewood Road, the railway station is on your right.



Leeds Liverpool Canal at Maghull

Melling Stone Bridge

THE MAGHULL TRAIL

The 4 mile (6.4Km) Maghull Trail is fairly level and makes a pleasant half day stroll. The circular route starts and ends at Maghull railway station and passes several sites of local historical interest, including the churchyard where Maghull's most famous former resident, Frank Hornby of Meccano, Hornby Trains and Dinky Toys fame is buried.

From Maghull station turn right along Station Road and then left into Rutherford Road to access the towpath of the Leeds Liverpool Canal via Draper's Bridge. Turn left and head south along the towpath heading under the railway and then the M58 motorway towards the village of Melling.

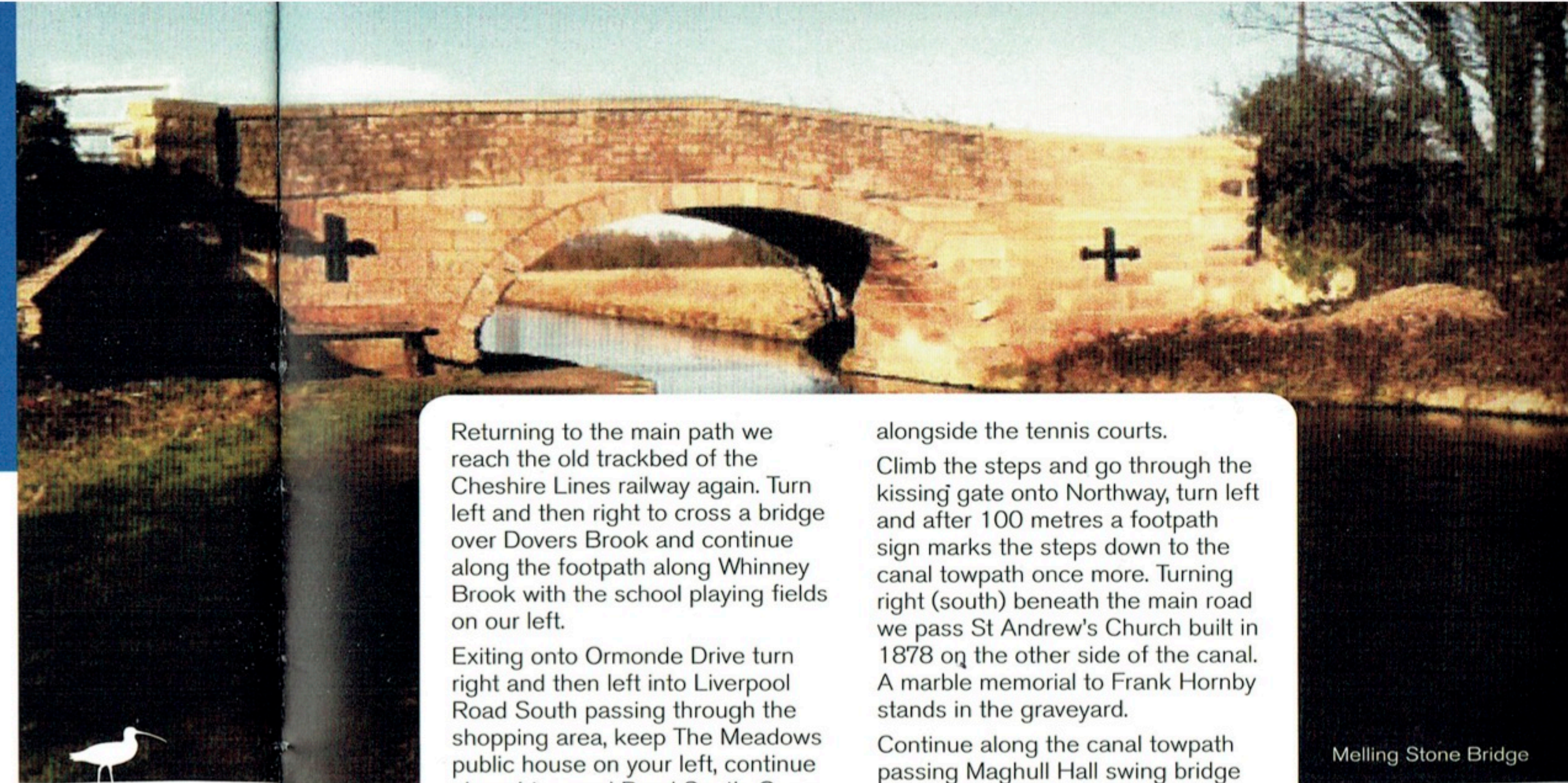
Leave the towpath at Melling Stone Bridge via a track to reach Brewery Lane, walk ahead and pass the small row of terraced houses. Continue to the right on to a footpath, which is the driveway to Wood Hall Farm.

Wood Hall dates back to at least 1300 when the Molyneux family owned it, the current house is late 17th century and James II is reputed to have stayed here when the family were persecuted as Catholics in the Elizabethan period. It is a Grade II listed building and now a farmhouse, please respect the privacy of its residents.

Follow the footpath towards the duck pond and left through the farm yard, crossing open farmland towards the railway embankment and walk through an underpass to turn left between the M58 and the railway across the motorway footbridge. Take the enclosed footpath under a link road of the motorway and follow the footpath alongside Melling Brook to reach the main A59 Dunnings Bridge Road.

The route continues on the other side of this busy road and a traffic light controlled pedestrian crossing allows you to cross safely and access the footpath opposite. Take this footpath and pass under the disused Cheshire Lines railway bridge, follow the embankment of the River Alt to Mill Dam Bridge, some 600 yards (550m).

Turn right over the bridge and walk ahead through Jubilee Woods. This area was restored and replanted as part of the Mersey Forest Initiative. A short detour to the left brings you to a 3.5 metre high sculpture of a barn owl that has been carved in Birchover sandstone to represent the barn owls that have nested near the Sefton Meadows site. The barn owl was chosen by local school children as the symbol of the wood.



Melling Stone Bridge

Returning to the main path we reach the old trackbed of the Cheshire Lines railway again. Turn left and then right to cross a bridge over Dovers Brook and continue along the footpath along Whinney Brook with the school playing fields on our left.

Exiting onto Ormonde Drive turn right and then left into Liverpool Road South passing through the shopping area, keep The Meadows public house on your left, continue along Liverpool Road South. Cross the road and take the path through King George V playing fields

alongside the tennis courts. Climb the steps and go through the kissing gate onto Northway, turn left and after 100 metres a footpath sign marks the steps down to the canal towpath once more. Turning right (south) beneath the main road we pass St Andrew's Church built in 1878 on the other side of the canal. A marble memorial to Frank Hornby stands in the graveyard.

Continue along the canal towpath passing Maghull Hall swing bridge before reaching Draper's Bridge once more to complete the circuit and the Maghull Trail.



Frank Hornby Plaque



- Keypoints**
 Distance - 4 miles (6.4km)
- 1** Melling Stone Bridge
 - 2** Wood Hall
 - 3** Jubilee Woods
 - 4** Frank Hornby's Memorial

MEANDERS AROUND MELLING

This 4.6 mile (7.4 km) circular walk, starting and ending at Maghull railway station, passes through the historical village of Melling. The settlement of Melling (from Mellingas, literally 'The followers of Mealla') probably dates back to the 6th Century AD, and is one of the earliest English place names. Its location above the marshy lowlands of Hengarther Lake, which separated Melling from Maghull, would have made it a natural area for settlement.

From the station turn right along Station Road and head towards Maghull, passing the former home of Frank Hornby of Meccano, Hornby Trains and Dinky Toys fame. After 190 yds (175m) turn left into Rutherford Road to reach the Leeds Liverpool canal at Draper's bridge. Cross the bridge and turn left to join the canal towpath leaving Maghull behind, passing first under the railway embankment and then the motorway to reach Melling Stone Bridge (no.11).

This section of the canal was built between 1771 and 1774 connecting Liverpool to Wigan. Its main purpose was to supply coal for industrial and domestic use. Coal was also exported, particularly to Ireland.

Continue along the towpath up to Holmes Swing Bridge, leave the towpath and cross the bridge, passing the site of Bridge Cottage on your right and ascend the hill to New House Farm. Pass straight through the farmyard and continue along the track, which in places has the underlying surface of red sandstone, to reach Melling Rocks.

St Thomas' Church and the Bootle Arms are visible on the left. The origin of the burial ground at Melling Rock predates recorded history. It has gravestones dating back at least 700 years. The Chapel of Holy Rood (Holy Cross) was established by 1190 AD and may be predated by an ancient cross, the base of which is in St Thomas' churchyard.

Bear right and follow Tithebarn Lane out of the village. After 275 yds (250m) the Tithe Barn can be seen on the left. This was built in 1831-1832 of dressed sandstone to store the tithe due to the Rector of Halsall.

Continue past Pear Tree Farm to Sandy Lane which is followed to the left. At the junction with School Lane, you can see on the right Melling School, built in 1844.



St Thomas Church

Continue along Sandy Lane to reach Leatherbarrow's Lane, turn left and then right at a footpath sign pointing to Giddygate Lane adjacent to the pumping station, which supplies borehole water to St. Helens.

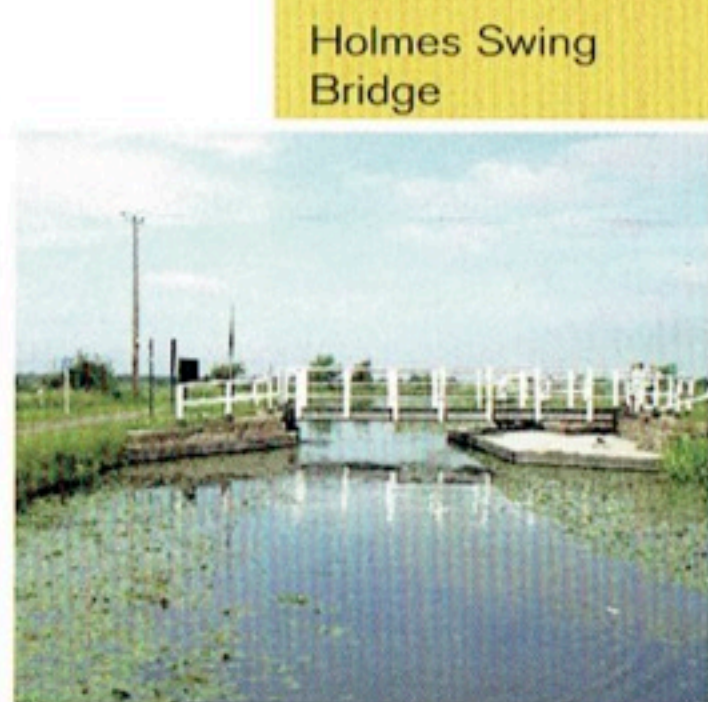
Follow a long straight path along the field edges, crossing Moss Nook Lane to reach a small triangular paddock with a private fishing pond.

Pass through the paddock, and at the far end is Giddygate Lane, ignore the footpath opposite and turn left along Giddygate Lane. After 330yds (300m) you will reach Guest Farm on the left. As Giddygate Lane bends to the right, turn left joining the footpath parallel to the motorway. Continue along the track, crossing the bridge over the motorway and then follow the tarmac road to the left, running alongside the motorway to reach Leatherbarrow's Lane.

Descend steps opposite, turning left at the bottom to follow a track into Balls Wood Park. Tree planting here is re-establishing Balls Wood.

Reaching Melling Lane you turn right and follow the lane to Maghull Station, so completing the circuit.

WALK - LEISURELY



Holmes Swing Bridge



Giddygate Lane



Keypoints

Distance - 4.6 miles (7.4km)

- 1** Frank Hornby's House
- 2** Melling Stone Bridge
- 3** St Thomas Church (site of a medieval chapel)
- 4** Balls Wood Park

MELLING COUNTRYSIDE

This 3.5 mile (5.6km) circular walk, starts and ends at the bus stop opposite the Bootle Arms Public House in Melling. It is generally level throughout and will lead you along several rural footpaths and the Leeds Liverpool Canal towpath.

From the Bootle Arms head to the right and follow Rock Lane for 65 yards (60 metres), at the bend in the road bear left and follow Tithebarn Lane. The old sandstone tithe barn, now a community centre, which gave its name to Tithebarn Road, is passed on the left. Shortly after the bend in the road join the footpath opposite School Lane, next to the stone bus shelter. Continue along the path for 325 yards (300 metres) before turning left onto another field edge footpath. Follow this straight ahead until it leads you onto the driveway to Waddicar House and then turn left to lead you to Waddicar Lane.

Turn right onto Waddicar Lane and continue to the next road, Chapel Lane, passing the Most Holy Redeemer & St Kentigern Church on the right. Turn right into Chapel Lane, at the end of this lane there is a pedestrian gate to the footpath through Wadacre Farm and nursery. Keeping right, walk down the path with the barn on your left, cross the stile and follow the path between the fences, cross another stile, then a footbridge and continue straight ahead for 110 yards (100 metres).

Turn right onto the field edge path and then left heading back towards Rock Lane and the Bootle Arms.

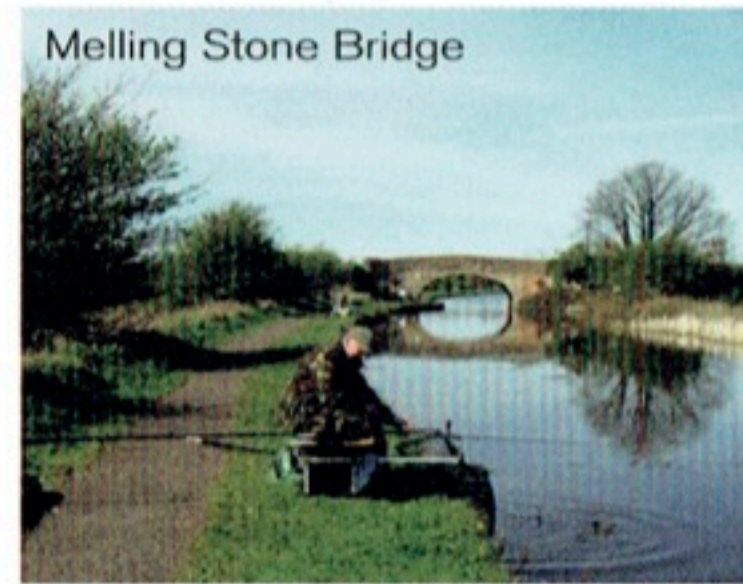
After exiting the field turn left before reaching Rock Lane and follow the stone track towards New House Farm. Pass through the farmyard and continue straight ahead up to the Leeds Liverpool Canal.

Go straight across the swing bridge and then firstly follow the farm track for 110 yards (100 metres) before bearing right and joining the footpath through the fields.

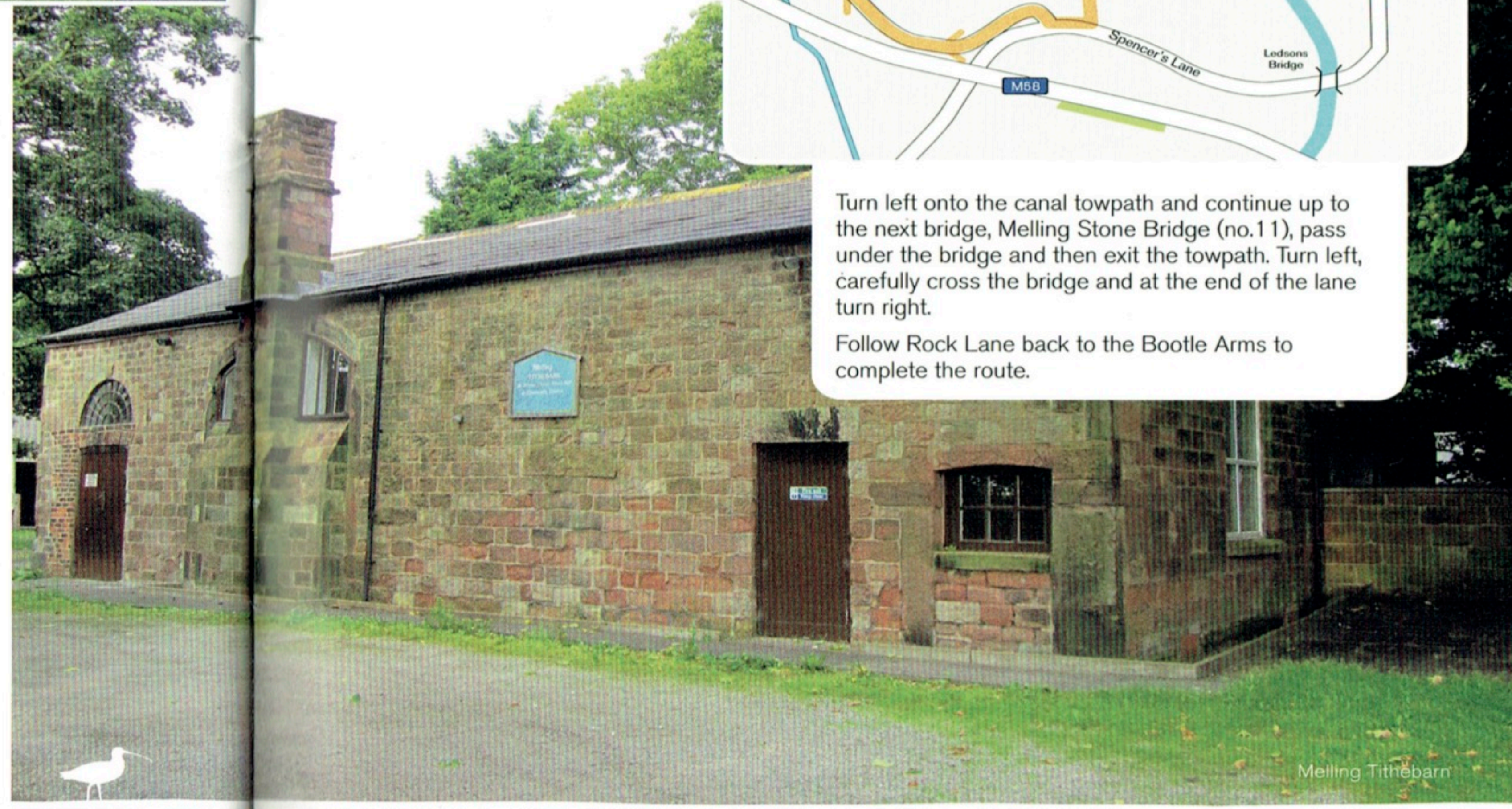
After exiting the field turn right onto Spencers Lane and then right again. Follow the road for 875 yards (800 metres) until you reach Brooklands Farm on the right. Enter the farm and follow the footpath, keeping the barns and outside horse arena to your left. The path bends to the right and then left and leads you past Town Meadow Cottage. After passing the cottage follow the stone track to its first bend, leave the track and go straight ahead along the field edge footpath up to the Leeds Liverpool Canal.



Bootle Arms



Melling Stone Bridge



Melling Tithebarn

Keypoints
Distance - 3.5 miles (5.6km)

- 1** Bootle Arms
- 2** Melling Tithebarn
- 3** Wadacre Farm
- 4** Melling Stone Bridge



Turn left onto the canal towpath and continue up to the next bridge, Melling Stone Bridge (no.11), pass under the bridge and then exit the towpath. Turn left, carefully cross the bridge and at the end of the lane turn right.

Follow Rock Lane back to the Bootle Arms to complete the route.

13

AINTREE TO LIVERPOOL LOCKS

This 8.5 mile (13.65Km) combined cycling and walking route starts at Old Roan railway station in Aintree and gives the opportunity to extend all the way into Liverpool City Centre. The route is mostly along the towpath of the Leeds Liverpool Canal with a pleasant detour into the Rimrose Valley Country Park.

WALK - CHALLENGING
 CYCLE - MODERATE

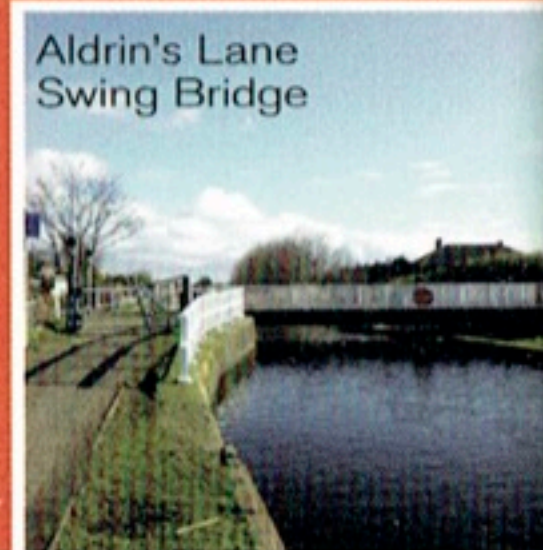
Exit the station onto Copy Lane and turn left under the railway bridge, at the traffic lights use the crossing point to join the cycle path to your right. Proceed forward to the crest of the bridge where you will see the entrance to the canal towpath on your right at Wally's Steps. Utilising the cycle ramp and stepped access you emerge onto the Leeds Liverpool Canal and turn right to follow the towpath towards Netherton.

Proceed forward negotiating the barriers at Aldrin's Lane swing bridge. From the swing bridge, follow the towpath for a further 1.5 miles (2.5Km) through the suburban housing estates of Netherton and Buckley Hill until you reach the open greenery of Rimrose Valley. Turn right at the barrier, leaving the towpath, as the canal bends to the left, join the main pathway through the Rimrose Valley Country Park. Turn left onto the main path and continue ahead for one mile until the canal comes into view again just past the electricity sub station. At this point take the left hand route bringing you back onto the towpath, before turning right and once again following the canal southwards.

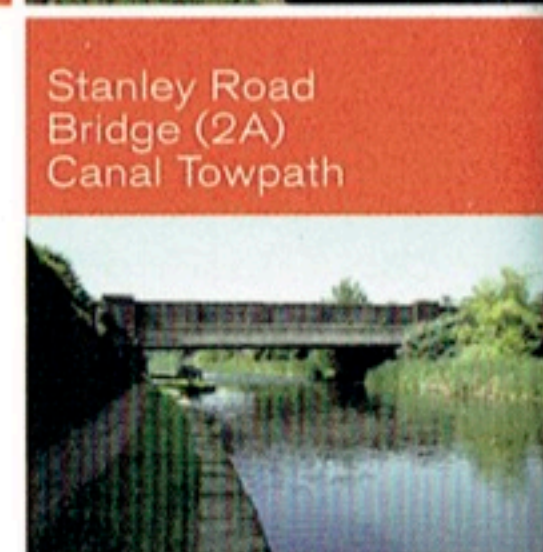
Follow the towpath passing under Church Road and the large supermarket on the opposite side of the canal as you head towards Bootle. Upon reaching the town centre and shopping area, the towpath crosses over the canal on a steep slope of cobbled sets and a bridge, after a short distance the towpath crosses back over the canal passing under the railway bridge.

Follow the canal again for approximately 2 miles leaving Bootle and crossing into Liverpool, continue until the towpath turns sharply to the right to meet a series of locks that lead down towards Great Howard Street and the Stanley Dock Tobacco Warehouse, a Grade II listed building and the worlds largest brick warehouse.

There is stepped access from the bottom lock up onto Great Howard Street leading to routes through to the Pier Head, ferry terminal and Liverpool City Centre. Routes onwards from here are available in the Liverpool Cycle Map which you can obtain from Travelwise Merseyside.



Aldrin's Lane Swing Bridge



Stanley Road Bridge (2A) Canal Towpath



Liverpool Locks



Rimrose Valley Country Park



Alternatively you can dismount your bike and cross the canal at the upper lock, on crossing the canal turn left keeping to the tow path heading back towards the main canal, follow the tow path round to the right, taking care on the tight corner. You will soon reach the end of the Leeds Liverpool Canal; here you can retrace your route back towards Bootle.

Or the nearest railway station is at Sandhills where you can catch a train back to your start point.

Keypoints
Distance - 8.5 miles (13.65km)

- 1** Rimrose Valley
- 2** Leeds Liverpool Canal
- 3** Liverpool Locks

14

WALK - CHALLENGING
 CYCLE - MODERATE

TRAINS, PLANES AND BICYCLES

This 5.9 miles (9.5km) cycle route is also short enough for a days walk. Starting and ending at Freshfield railway station it takes you on a circuit to the north of Formby, passing RAF Woodvale before returning through the Ainsdale National Nature Reserve.

Exit Freshfield Station, turning left onto Victoria Road, keeping the small row of shops to your right. Continue along Victoria Road before coming to a crossroads at Gores Lane, turn left and just ahead go around a right hand bend at the Freshfield Pub into Massam's Lane, passing the thatched cottages on your left.

At the turning with the post box, take the left turn into West Lane; follow the road as it bends to the right into Brewery Lane, continue forward until you reach a footpath leaving the road to the right. Dismount here if cycling and take the path leading to the bollards ahead, remounting on entering Kenton Close. Follow the road until you reach a T-junction with Paradise Lane and a riding school to your left. Take the right hand turn, closely followed by a left turn into Brackenway. Follow this road as it meanders through the residential area bringing you out at a slightly staggered crossroads. Crossing over the junction enter Hawsworth Drive, continue along before reaching a further T-junction where you turn left to views of grazing fields, RAF Woodvale and Freshfield

Dune Heath. Exit the road, turning right onto the Bridleway heading inland towards the Formby bypass. Take care exiting the Bridleway onto the cycle path alongside the bypass.

Turn left here, heading north, keeping RAF Woodvale to your left. Continue along the cycle path all the way until reaching the traffic lights at the crossroads. Dismount if cycling and use the controlled crossing to cross the junction onto the cycle path alongside the Coastal Road, heading east. Follow the cycle path, passing Willowbank Caravan Park and grazing fields on your left crossing Pinfold Lane before taking the elevated cyclepath over the railway.

Immediately past the railings over the bridge, take the sharp right turn onto a loose surfaced path, follow the path around to the right to take you back under the bridge alongside the railway line now on your left, take care passing under the bridge looking out for other pedestrians and cyclists.



Ainsdale NNR Dunes and Sands



Freshfield Pub



Continue forward across the grassland heading for the woodland track; at times the track is stony and care should be taken if riding. Upon reaching the track turn left and follow the route meandering through Ainsdale National Nature Reserve (NNR) and the railway on your left, passing a picnic area on your right, eventually emerging at a T junction at Fishermans Path. (A detour to the right here takes you down to the beach, a nice place for a picnic in good weather, cycle stands are available if riding). At the junction, dismount if riding, and turn left through the barrier, walking across the path through the golf course and cross the railway.

Once across the railway turn right and follow the gravel track, passing through a gate before entering Montagu Road. On reaching the end of Montagu Road you have completed the route back to Freshfield Station.

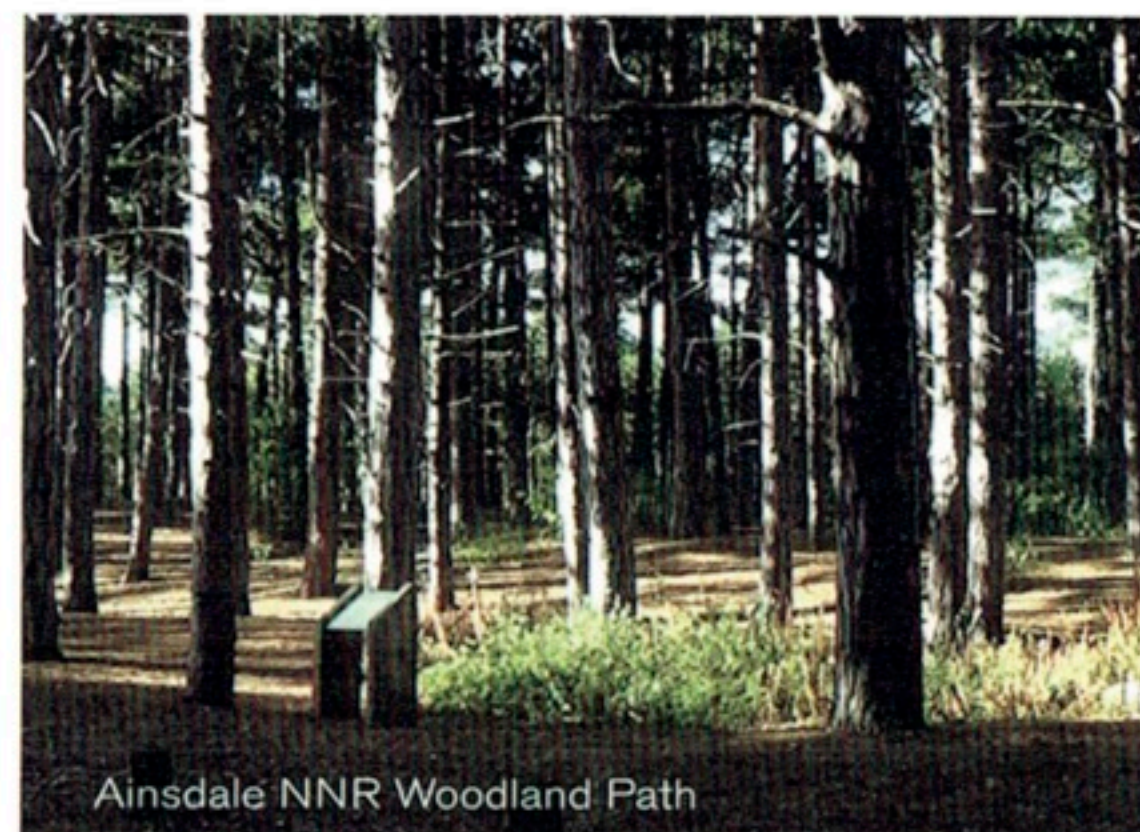
Keypoints

Distance **9.5 miles (9.5km)**

- 1** Freshfield Dune Heath
- 2** RAF Woodvale
- 3** Ainsdale NNR



RAF Woodvale - Airfield



Ainsdale NNR Woodland Path



15

WALK - CHALLENGING
CYCLE - MODERATE

HIGHTOWN LOOP

The Hightown Loop is a counter clockwise route of 6.2 miles (10Km), comprising of a mixture of bridleway, shared use pathway and minor roads. Some of the surfaces can be uneven. The loop provides views of sprawling farmland, quiet residential dwellings and coastal vistas.

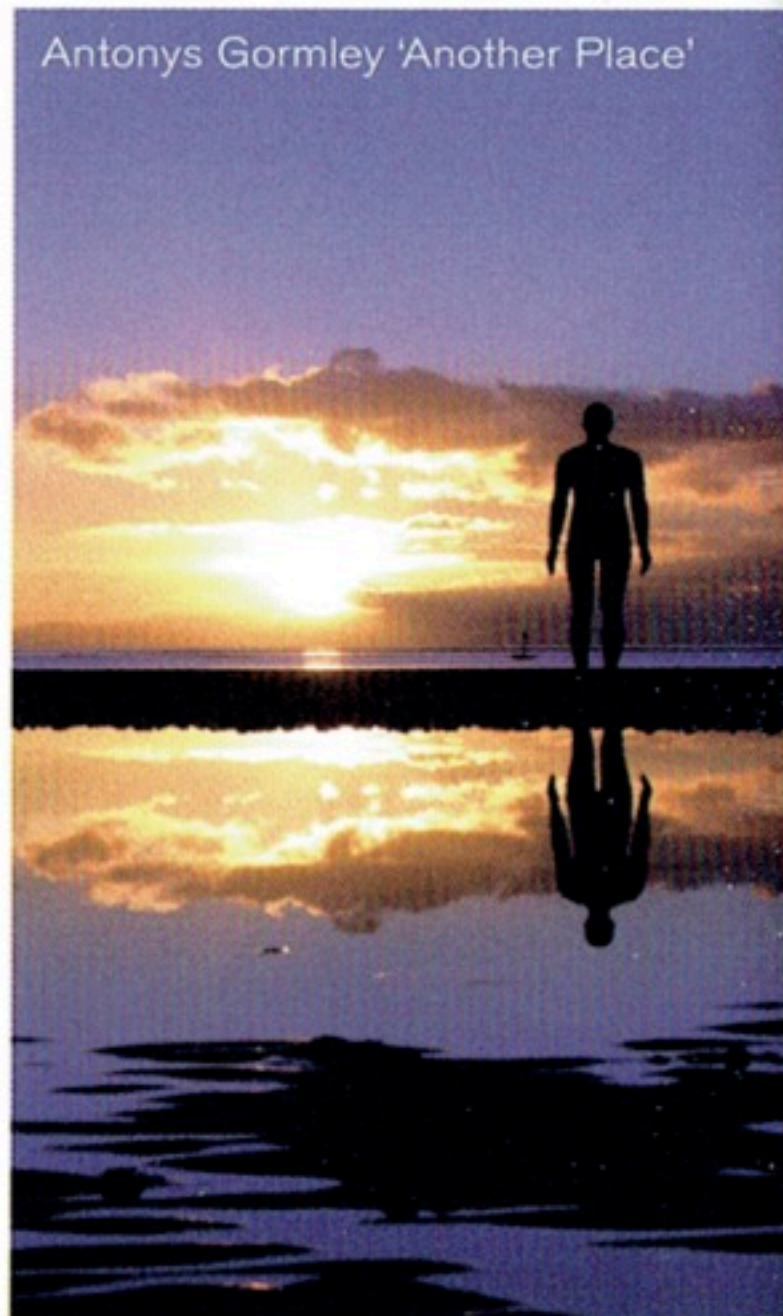
Exit Hall Road railway station and head inland along Hall Road East. At the 90 degree right hand bend continue straight onto the Bridleway passing between the fields until you reach Little Crosby Village, where you will find several places of interest. This route can be difficult to cycle in some places due to the uneven surface.

Emerge from Dibb Lane and carefully join the carriageway to go straight ahead into Moss Lane, towards St. Mary's Church. Follow the road round to the left and after approximately 800 yards (730m) take the left hand turn into Gorsey Lane. Follow the lane passing Sniggery Farm on your left hand side. After approximately a further 220 yards (200m) turn right into Sandy Lane, on the apex of the bend just prior to the entrance to the cricket pitches.

Continue down Sandy Lane (difficult and uneven), merging into Alt Road and continue straight on reaching the junction with Kerslake Way. At the junction turn left proceeding up and over the railway bridge down towards the roundabout; take the first exit into Lower Alt Road, continue forward reaching the T junction opposite The Hightown Hotel, turn right, then turn left at the junction into School Road. Continue forward merging into Blundell Road until you reach the end of the road at the entrance to the coastal park.

Follow the track through the parkland, heading towards the coast, climbing a slight slope as you go, soon you will have views of the coast. Continue forward following the coastal path for a further mile (1.6Km), proceed through the barrier and exit the car park. Just past the Coast Guard Station turn left and head back inland.

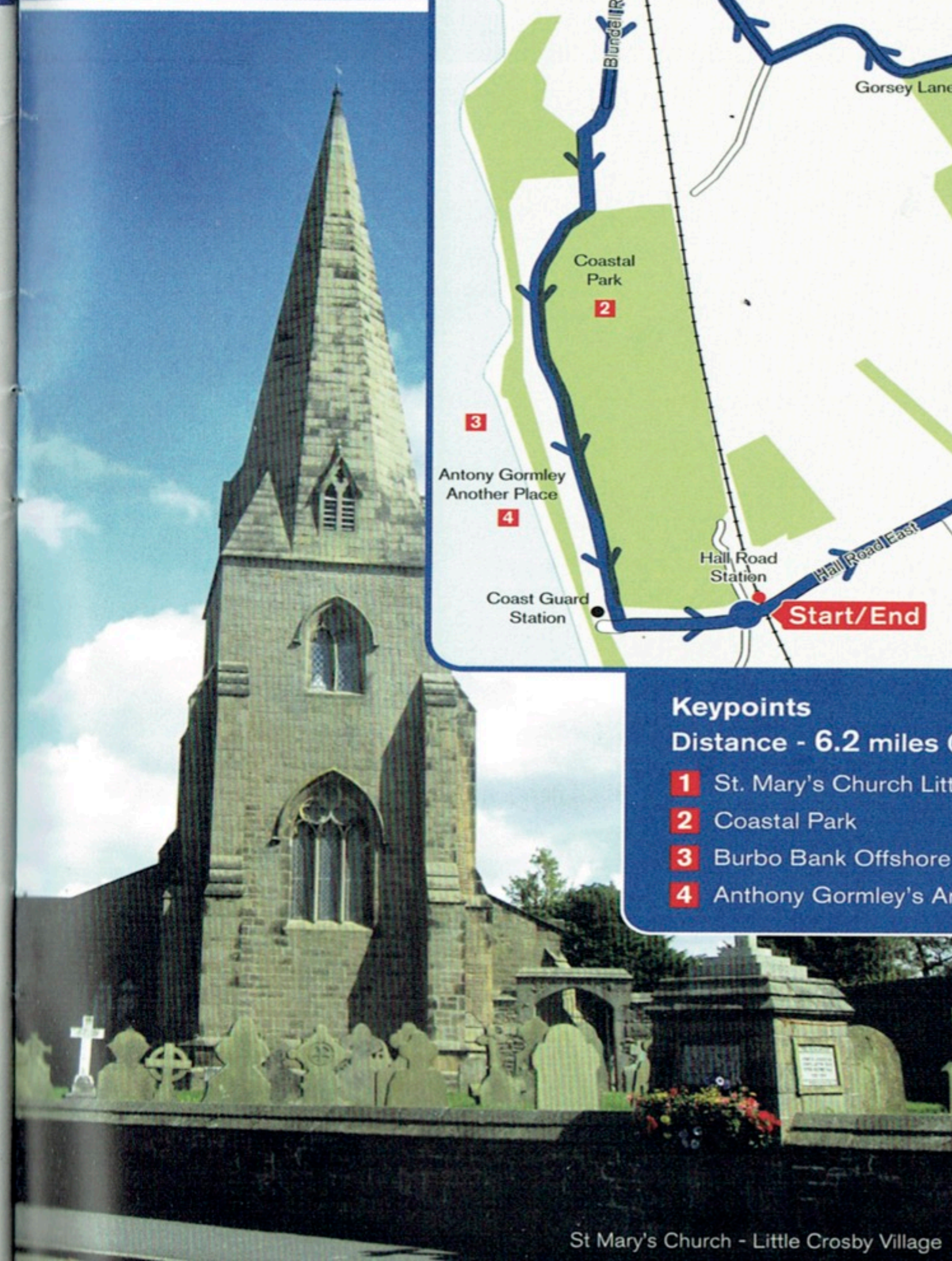
At the junction turn left onto Hall Road West, passing the entrance to the West Lancashire Golf Club, before completing the route at Hall Road railway station.



Keypoints

Distance - 6.2 miles (10km)

- 1** St. Mary's Church Little Crosby
- 2** Coastal Park
- 3** Burbo Bank Offshore Wind Farm
- 4** Anthony Gormley's Another Place



St Mary's Church - Little Crosby Village

HOGGS HILL TO CABIN HILL TRAIL

This circular route is 3.4 miles (5.5km) long and is fairly easy to walk. Some of the surfaces are unmade and can be quite rough. Cabin Hill nature reserve is a tranquil spot on the Sefton Coast and worth the walk; it's only a short walk to the beach from here too.

From Formby Railway Station main car park walk under the bridge and follow the road to the left. Turn right at the Railway public house and continue to the end of the road, turn right again and walk across the level crossing.

Turn left into Elson Road and keep left along Andrews Lane. At the end of Andrews Lane you will see a track in front of you, it continues straight on with a sign post to Hightown, walk along the track towards the houses where it changes into a dual use path for walkers and cyclists.

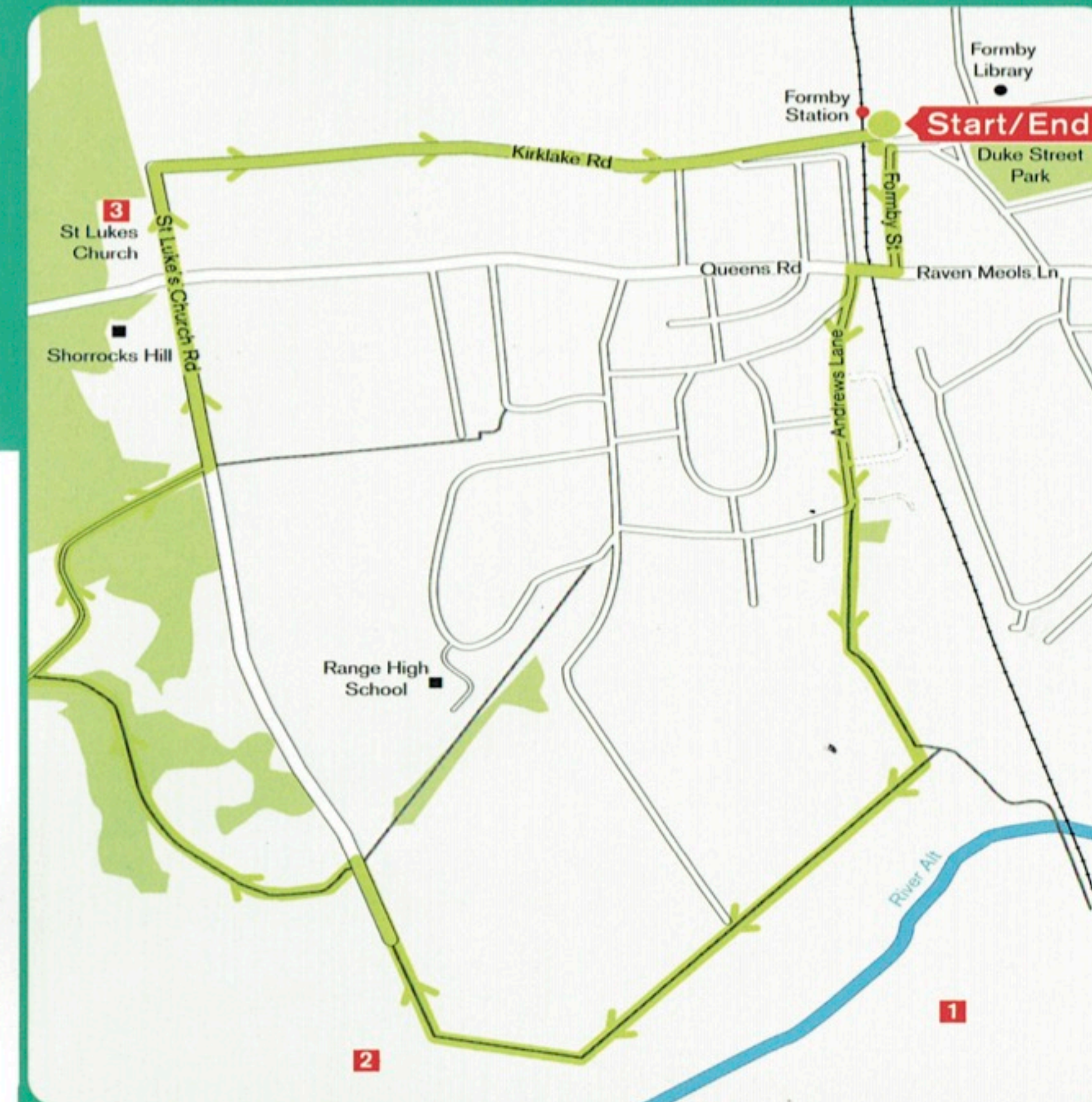
Continue along the path and look to the right you will see sand dunes and Cabin Hill National Nature Reserve (NNR) in the distance. Cabin Hill was the largest dune on this part of the Sefton Coast, and was used as a landmark by ships approaching Liverpool. The dune was removed by sand extraction which led to the creation of a flood bank in 1970 to protect the low lying land behind the dunes from stormy high tides. The flood bank inadvertently created slacks on either side of it and these have since become a home for wildlife.

WALK - LEISURELY



Cabin Hill NNR Wildflower

St. Luke's Church



Keypoints
Distance - 3.4 miles
(5.5km)

- 1** Altcar Rifle Range
- 2** Cabin Hill Nature Reserve
- 3** St. Luke's Church

At the first opportunity turn right along Hoggs Hill path that runs alongside the perimeter fence of Altcar Rifle Range towards the coast. Continue along the path until you reach the Cabin Hill nature reserve, turn right along a wider track towards the back of Range High School; you will see the wind turbines just to the right. Turn left through the small gap created by the wooden posts to enter the nature reserve and continue along the path. On your right you will come to large open area with a well trodden route leading off the main path that goes diagonally across towards the woods, follow this path towards the sand dunes and trees, the path will bend to the right and take you into the woods.

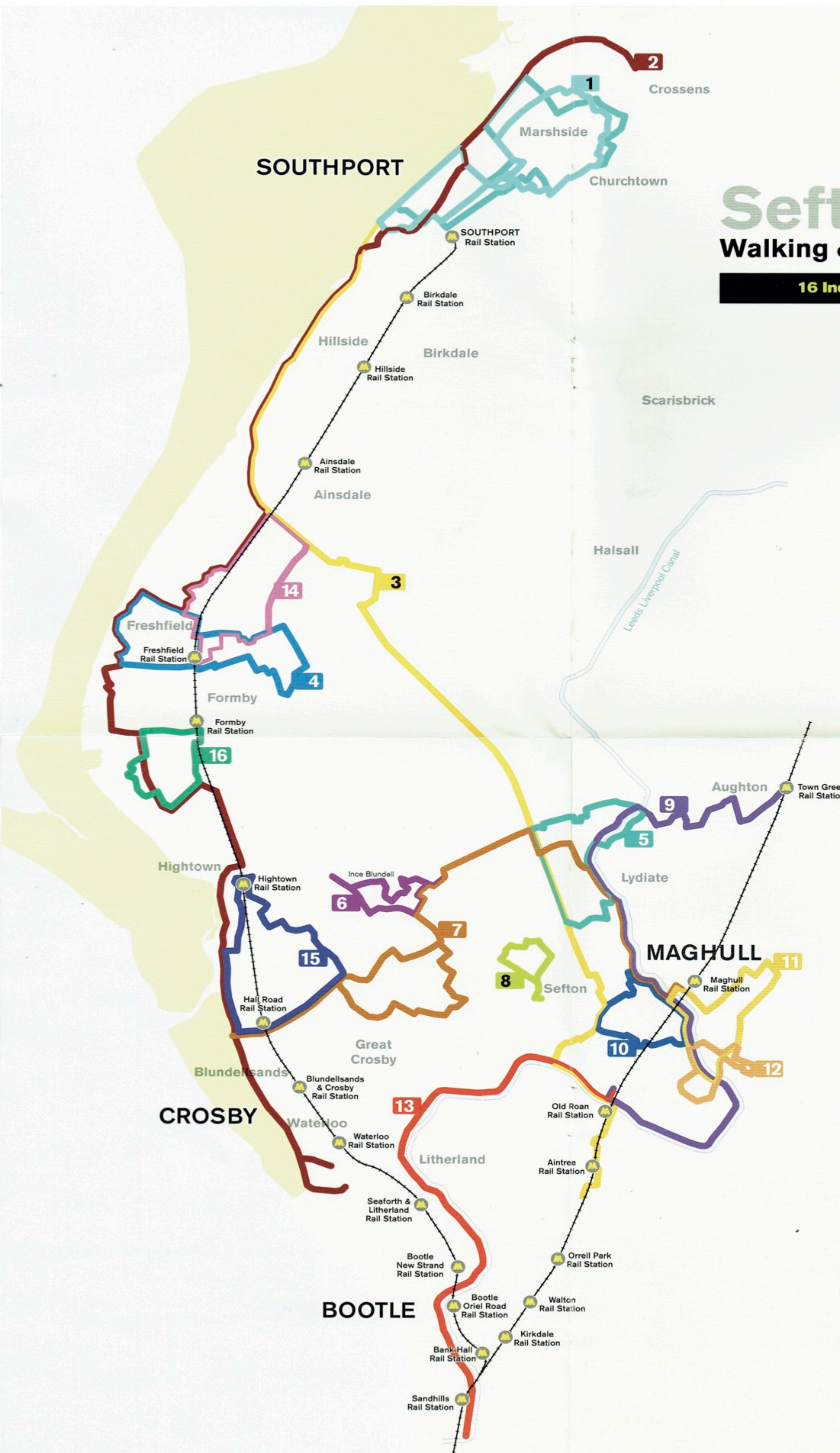
Stay on the main path as you go into the woods, turn left then right through the trees

and on to Albert Road, an unmade road. Turn right on to Albert Road and follow the road as it winds left into Alexandra Road then right and left again towards the main road. Cross the junction onto St. Luke's Church Road, you will walk past St. Luke's Church on your left.

St. Luke's Church is Grade II listed and replaced the original chapel that was destroyed by a sandstorm in 1739. It still has the 12th century font from the chapel which is evidence that the church sits on an ancient site. The church was consecrated by the Bishop of Chester in 1855 with the building completed in 1897.

Follow the road to the right onto Kirklake Road, this will lead you back to Formby Railway Station.





Sefton's Walking & Cycling Guide

16 Individual Routes Across Sefton

- 1** **PIER TO PARKS**
9 miles walking route,
10 miles cycle route
- 2** **THE SEFTON COASTAL PATH**
21 miles walking/cycle route
- 3** **THE TRANS PENNINE TRAIL**
14.5 miles walking/cycle route
- 4** **FORMBY & FRESHFIELD**
7.25 miles walking route
- 5** **THE LYDIATE LOOP**
6 miles walking route
- 6** **EXPLORING INCE BLUNDELL**
4 miles walking route
- 7** **FROM COAST TO COUNTRYSIDE**
8.5 miles walking route
- 8** **SEFTON VILLAGES & MEADOWS**
3 miles walking route
- 9** **OLD ROAN TO AUGHTON**
11 miles walking/cycle route
- 10** **THE MAGHULL TRAIL**
4 miles walking route
- 11** **MEANDERS AROUND MELLING**
4.6 miles walking route
- 12** **MELLING COUNTRYSIDE**
3.5 miles walking route
- 13** **AINTREE TO LIVERPOOL LOCKS**
8.5 miles walking/cycling route
- 14** **TRAINS, PLANES & BICYCLES**
5.9 miles walking/cycling route
- 15** **HIGHTOWN LOOP**
6.2 miles walking/cycling route
- 16** **HOGGS HILL TO CABIN HILL TRAIL**
3.4 miles walking route