This map is brought to you by VISIT (Visitors in Sustainable Integrated Transport), funded by the Department for Transport through the Local Sustainable Transport Fund, and covers parts of the Sefton and West Lancashire Areas.

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**SUSTAINABLE TRAVEL MAP**

The Sefton and West Lancashire area is home to important wildlife reserves, large areas of quiet countryside and over 20 miles of unspoilt coastline and sand dunes, offering excellent walking, cycling and wildlife based activities as well as the more traditional classic resort of Southport.

Its many attractions include Anthony Gormley's Another Place (The Iron Men), Rufford Old Hall & Garden, the Wildfowl and Wetlands Trust Reserve, Gormley's Another Place (The Iron Men), Its many attractions include Anthony Gormley's Another Place (The Iron Men), Rufford Old Hall © National Trust, Rufford Old Hall © National Trust.

Martin Mere (WWT) Martin Mere (WWT) Martin Mere (WWT)

During your visit why not make use of the many quiet lanes and walking and cycling routes that give you access to our lovely coast, countryside and nature and history. The area is also well served by the public transport network and this makes getting around very easy.

Please make use of the public transport journey planner at www.traveline-northeast.org.uk. Just enter the postcode or address of where you are coming from and going to and the planner does the rest. A great way to take the stress out of planning your trip.

Take a look at our website which provides ideas of some wonderful days out, some inspiring itineraries and public transport information. We also have great cycle hire centres in Southport and automated cycle hire stations at a number of locations throughout the area, these are all labeled on the main map overleaf.

This map is also available interactively via the website to help you plan your visit. It shows a number of walking and cycling routes that have been designed to enable you to enjoy the area, from a short circular trip to a longer day trip. Some of these routes start at the railway stations so your whole journey can be sustainable.

**CYCLE HIRE**

Why not make use of the excellent cycle hire facilities that are available throughout the area and whose locations are marked on the map overleaf.

A wide range of cycle are available including electric, hybrid, road, bikes and child seats. Further information on locations, opening times and costs can be found on our website.

**CYCLE ROUTES**

Why not plan a great family day out and enjoy the outdoors on your bike, or on one of the many types of bike available to hire. Whether you choose the scenic routes, the Churches tow Path, or one of the shorter routes designed for you to enjoy the countryside life to offer.

There is now a wealth of choice when cycling around our area. Building on the Southport Fjord route, new leaflets have been produced for other areas, giving cyclists the chance to discover our area.

Easy to follow maps are also available which can be downloaded from our website or collected from many locations within the area including the cycle hire centres. Alternatively, contact us through our website and we will send the leaflets for a set of leaflets can be posted out to you.

**NATIONAL CYCLE NETWORK**

If you are a keen cyclist or a leisure walker or a long-distance bike tourer - join the million-plus people that use using Sustrans National Cycle Network every single day. The area boasts a number of these well-maintained routes and further information can be found on the Sustrans' website.

**PARK AND RIDE**

Full details of park and ride opening times and costs can be found on our website or via the Travelwise Merseyside website.