Explore West Lancashire’s Countryside by bike
Cycling is a great way of exploring West Lancashire’s countryside. Most of the area is flat and there are many quiet lanes, which are a dream to cycle on. To the east the countryside is hilly but there are also splendid views over the West Lancashire Plain.

Use your bike to get to attractions like the WWT at Martin Mere, Ainsdale Nature Reserve and Rufford Old Hall for a grand day out.

Leeds-Liverpool Canal
You can cycle along Leeds-Liverpool Canal in West Lancashire, though part can become muddy in winter and you should give way to walkers, especially on narrow sections. You can also continue on the towpath to Wigan and its pier or especially on narrow sections. You can also cycle from Ormskirk to Southport Sea Front and Sefton Coast Canal to Wigan.

Pier to Pier (Route 562)
Follow the Pier to Pier Cycle Route from Southport Pier to Wigan Pier. From Southport the route takes you along minor roads to Burscough and then the canal to Wigan.

Cheshire Lines (Route 62)
Though called the Cheshire Lines, this traffic free path on the old railway is in fact in Lancashire. The railway was opened in 1884 by the Cheshire Lines Committee to link their railway network with Southport. It is now a traffic free cycle path from Maghull to Formby and a great place to cycle with children. It is part of the Trans-Pennine Trail from Hull to Southport.

Southport Sea Front and Sefton Coast
You can now cycle along the seafront in Southport and down the Sefton Coast to Crosby.
Cycle hire is available from Southport Railway Station, The Eco Centre on the seafront and Crosby Lakeside.

Ormskirk - Ainsdale and Formby
Use quiet lanes via Haskayne to cycle from Ormskirk to Ainsdale and Formby. You can link up with the Cheshire Lines or the Sefton Coastal Route to Southport or Crosby.

Lancashire Cycleway (Routes 90 and 91)
The Lancashire Cycleway is a 270 mile cycle tour of the county. You could use the West Lancashire section to make a cycle tour of the area.
Cycling in Ormskirk

This map is designed to help you get around Ormskirk by bicycle. By using side streets and linking cycle paths you can avoid the worst traffic. In many ways Ormskirk is ideal for cycling: the town is flat. Most places are within a ten-minute cycle ride of the town centre.

Did you know?
- Did you know that Ormskirk is the home of Dolan Bikes, one of the country’s top frame makers, making Olympic bikes?
- Did you know that West Lancashire is one of the favourite training areas of Bradley Wiggins, the Olympic and Tour de France cyclist? The cyclist who overtakes you and then disappears into the distance just might be Bradley.
- Did you know that Coronation Park is a good place to cycle with children too. Take some bread to feed the ducks. Alternatively cycle to the leisure centre for a swim.
- Did you know that on average cyclists live two years longer than non-cyclists.
- Did you know that an average UK household spends one in every six pounds on travel – think how much you will save if you travel by bicycle.
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The Olympic connection
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H Middleton Cycle Club

Ormskirk’s cycle club with rides on Sundays and Tuesdays starting from the cycle shop in the centre of Ormskirk.

Website: www.hmiddletoncc.co.uk

Cycle Journey Planner
Plan your cycle journeys online with www.cyclestreets.net

Cycle to Work
Cycling is a great way of getting to work, and avoiding the worst of the congestion, there are also many benefits:
- Quicker than driving for short journeys
- Flexible
- Keeps you fit and healthy
- Helps you lose weight
- Saves money
- Most importantly, it’s fun!

Cycle across the north of the town
Use the cycle path from Burscough Road to Gnosby Hill to get across the north of the town. There is even a link to the railway station and Ormskirk Primary School. You will find this a good way of getting to Ormskirk hospital and the high school avoiding busy town centre traffic.

Getting into Ormskirk from the south
By cycling along quiet roads, you can get into the town centre from the south avoiding the worst of the traffic.

Cycling to Southport
Use back roads to get to Southport avoiding the busy A570.

Getting to the University or Hospital
Ruff Lane offers you a quieter cycle route to the hospital and University College than the surrounding main roads. There is also a new entrance to the University for pedestrians and cyclists on St Helens Road.

Cycling at the University
Edge Hill University is a short bike ride from the town centre. There are cycle stands, lockers, cycle hire and showers available on site and the pedestrianised areas of campus are designated shared use.

Coronation Park
Cycling across Coronation Park is a good way of getting into the town centre from the west.
There is a children’s playground and skatepark in the park, so it is a good place to cycle with children too. Take some bread to feed the ducks. Alternatively cycle to the leisure centre for a swim.

More information
www.dolan-bikes.com
www.cycling.org.uk
www.dolan-bikes.com

Regional Cycle Route number
Other buildings

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