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 startled 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.*

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**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.

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**The 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.transpenninetrail.org.uk/friends](http://www.transpenninetrail.org.uk/friends)

Further details can be obtained by contacting the following:

**TRANS PENNINE TRAIL OFFICE**
C/O BARNLSEY COUNCIL
PO BOX 597, BARNLSEY S70 9EW
01226 772 574
INFO@TRANSPENNINETRAIL.ORG.UK
www.transpeninetrail.org.uk

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**Visit Sefton & West Lancashire**
[http://visitseftonandwestlancs.co.uk/](http://visitseftonandwestlancs.co.uk/)

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**Trans Pennine Trail**

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**Sefton & West Lancashire**

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

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**GEM Design Studio**
[01226 216788 / 0516](http://www.transpenninetrail.org.uk)
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 Seasmak 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, views across the Irish Sea to North Wales, Snowdonia and 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 for 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 Liverpool and Merseyside's rich sporting heritage, including the hall of fame in the city's famous Bill Shankly statue, the legendary Port of Liverpool and the Mersey Tunnel.

After Maghull the route heads back into Sefton territory where this section finishes at Aintree and heads on into Liverpool. Equestrians can enjoy the trail's beautiful scenery and challenging terrain with their horses.

Steeplechasing was introduced to Aintree Racecourse in 1839 and still holds one of the most famous National Steeplechases in the world. The race is held on the first Thursday in April and attracts thousands of spectators from around the globe. The Grand National is run over 3 ½ miles with 40 horses participating, and is one of the most famous horse races in the world. The record is held by Red Rum, who won three times in the 1970s and 1980s.

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