**ROUTE DESCRIPTION**

This linear route links Southport to Formby and passes several Nature Reserves.

You will travel along the line of the old Cheshire Lines Railway, passing the Queens Jubilee Nature Trail, Birkdale Nature Reserve, the Sands Lake Nature Trail and Pontins Holiday Park.

You then pass through Ainsdale Sand Dunes Nature Reserve, the home of the sand lizards and natterjack toads, before reaching Formby Golf Club and Freshfield Dune Heath Nature Reserve.

You will also pass RAF Woodvale before reaching the end of the route at the entrance of the National Trust site, famous for its Red Squirrel population.

**VISIT**

**VISIT** Sefton and West Lancs are continuing to develop the cycling offer within and around the area by building on the existing potential.

Co-ordinated packages of activities, promoting and marketing the wider area, are continually being developed.

For information on any upcoming events and other cycle routes see our website [www.visitsftonandwestlancs.co.uk](http://www.visitsftonandwestlancs.co.uk)

**CYCLE ROUTES**

This route is one of a series of themed routes in Sefton and West Lancashire. They are suitable for families and the less experienced cyclists and include many of the area’s landmarks.

All routes are signed and have accompanying leaflets. These are available at all Cycle Hire Centres or via the website.

**CYCLE HIRE**

If you are visiting Sefton and West Lancs and you don’t have your bike, you can still enjoy our range of themed routes by hiring a bike at one of our cycle hire centres. A wide range of bikes are available for all the family.

For further information or to pre-book, please contact the cycle hire staff or see the website.

01704 500996
info@southportcyclehire.info
www.southportcyclehire.info

**THEMED CYCLE ROUTES**

Visit Sefton and West Lancashire are continuing to develop the cycling offer within and around the area by building on the existing potential.

Co-ordinated packages of activities, promoting and marketing the wider area, are continually being developed.

For information on any upcoming events and other cycle routes see our website [www.visitsftonandwestlancs.co.uk](http://www.visitsftonandwestlancs.co.uk)

**EASY/MODERATE**

Mostly off road

Distance 7½ miles

Time 50-60 mins