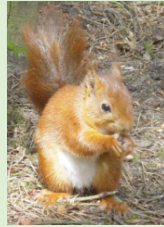


## ROUTE DESCRIPTION

This circular route, from Formby Train Station passes through Formby village, the National Trust site along the picturesque Formby coast famous for its Red Squirrels and Asparagus fields.



Asparagus has been grown here possibly since the 1600's and in its heyday, in the 1900's, was world renowned. Today it can still be bought at Larkhill Farm.

You will also pass St Lukes Church, the site of an ancient burial ground, home to the Godstone. Locally believed to be a rebus to converting Vikings to Christianity.

1 From the station's south bound platform go straight across the roundabout onto the path leading to Freshfield Road.



2 Turn left onto Freshfield Road and then right into Brows Lane.

3 Continue straight on and through the town centre. You will pass the award winning Formby Pool, which opened in 2007. This community facility was built as a model of environmental sustainability.

4 Turn left onto Halsall Lane and continue to Old Town Lane.

5 Turn left onto Old Town Lane and then right onto Freshfield Road.

6 Follow Freshfield Road up to its junction with Victoria Road close to Freshfield Station. As the road curves to the right you will pass the former home of Thomas Fresh. He was instrumental in getting the station built and in his honour the Station and the area took his name.

7 Turn left onto Victoria Road, cross the railway line and continue along Victoria Road to the entrance to the National Trust site.

8 Enter the National Trust, continue along the access road to the main car park.

9 Turn left out of the car park onto the sandy path and left again onto the stone track.



10 Follow the stone track through the woodland, on the left you'll pass National Trusts asparagus fields. On exiting the woodland you will pass through flat fields, it was here where asparagus was historically grown.

11 Pass through the car park and turn left onto Lifeboat Road.

12 Continue along Lifeboat Road onto Bushbys Lane and once again cross the railway line.

13 Turn left onto Formby Street and then left again to return to Formby Station.

## 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.visitseftonandwestlancs.co.uk](http://www.visitseftonandwestlancs.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](mailto:info@southportcyclehire.info)  
[www.southportcyclehire.info](http://www.southportcyclehire.info)



Visit –  
Visitors in Sustainable  
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Funded by the Department  
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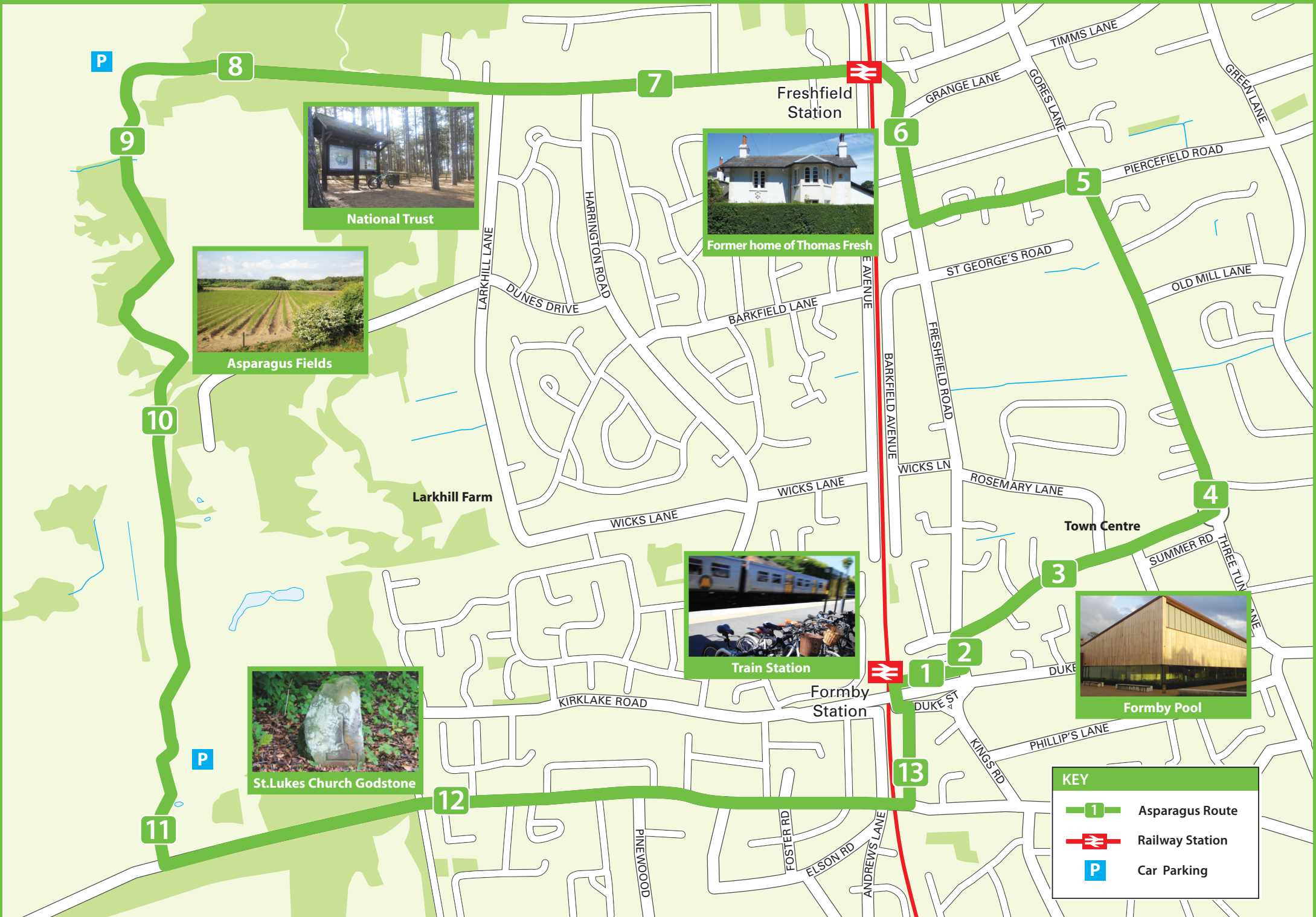
## THEMED CYCLE ROUTES

# Asparagus Route

- Easy/moderate
- Mostly off road
- Distance 5 miles
- Time 40-50 mins







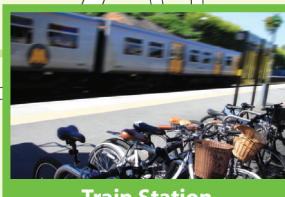
National Trust



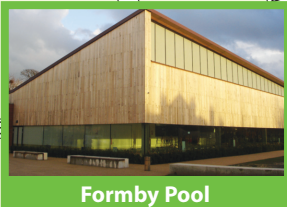
Former home of Thomas Fresh



Asparagus Fields



Train Station



Formby Pool



St. Lukes Church Godstone

KEY	
	Asparagus Route
	Railway Station
	Car Parking