

## 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.

- 1 Turn right from the Eco Centre car park and head down Esplanade.
- 2 Go straight on at the roundabout and join the cycle track at the side of the Coastal Road.
- 3 Continue along the track, passing Birkdale Sands Local Nature Reserve, up to the next roundabout.
- 4 Go straight across the roundabout where you pass the Coronation Flight sculpture. Built to commemorate the Ainsdale to America flight in 1937 which was to transport newsreel of the Coronation of King George VI to America.
- 5 Continue along the track until you reach the bridge over the rail line. Just before the bridge join the stone track to the left and follow it round to the right. Passing under the bridge and entering Ainsdale Sand Dunes Nature Reserve.
- 6 Follow the main track through the reserve until you reach Fishermans Path. To the right this path leads to the beach but it is not suitable for cycling.
- 7 Turn left and follow the path through Formby Golf Club, this section must be walked.
- 8 Cross the railway level crossing and turn right, passing the edge of RAF Woodvale, the Lancashire Wildlife Trust site and the Freshfield Dune Heath Nature Reserve.
- 9 Go through the gate at the end of the track onto Montagu Road. Continue to the end of the road before turning right onto Victoria Road, passing Freshfield Train Station.
- 10 Follow Victoria Road until you reach the entrance to the National Trust Site, home to a Red Squirrel colony. The route ends here, retrace your steps to return back to Southport or alternatively you can return by train. They run every 15 minutes from Freshfield Station and there is no additional charge for taking a bike on Merseyrail trains.



## 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)



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# Squirrel Route

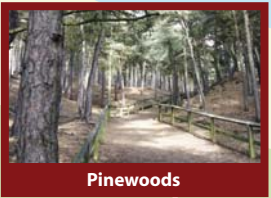


- Easy/moderate
- Mostly off road
- Distance 7½ miles
- Time 50-60 mins



**KEY**

-  **1** Squirrel Route
-  **Railway Station**
-  **C** Cycle Hire Centre



**Pinewoods**



**Ainsdale Sand Dunes**



**Sands Lake**



**Lowland Heath**



**Coronation Flight**



**Birkdale Sandhills**



**Cheshire Lines**



**ECO CENTRE**



**1**



**C**