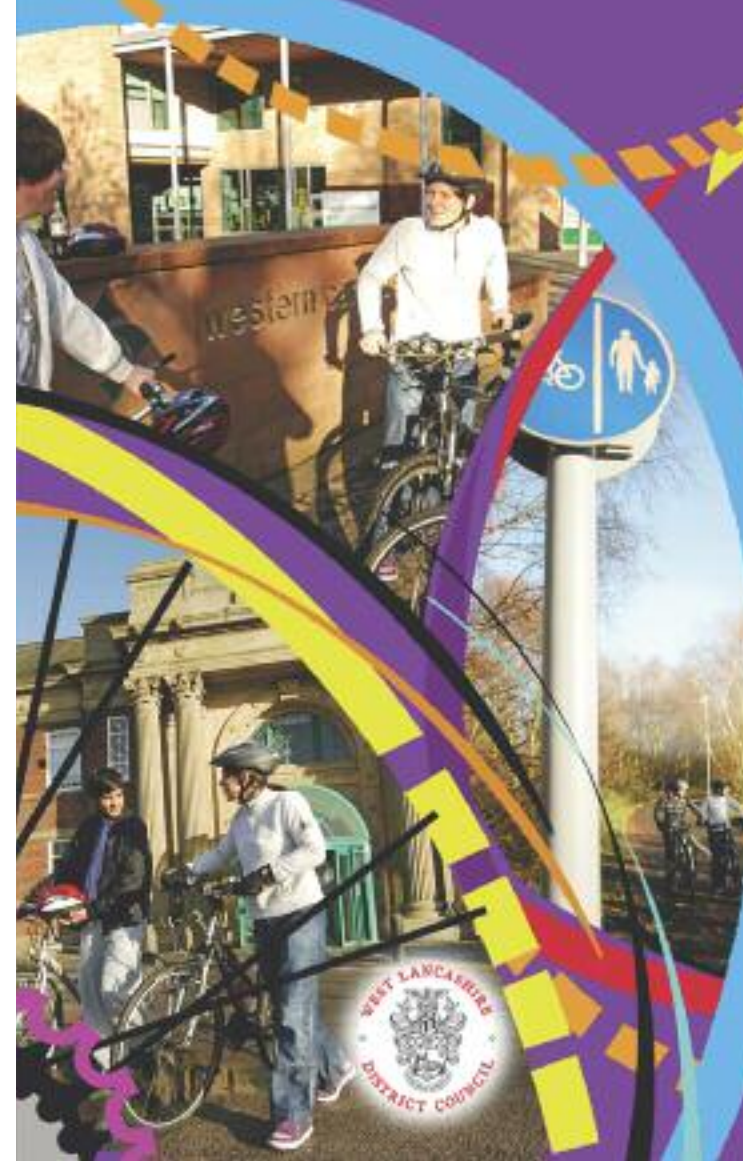


# Cycle Ormskirk



## Visit Sefton and West Lancashire

For information about cycling and walking in Southport, West Lancashire and the Sefton Coast, including ride leaflets, which you can download. [www.visitseftonandwestlancs.co.uk](http://www.visitseftonandwestlancs.co.uk)

## Cycle Lancashire

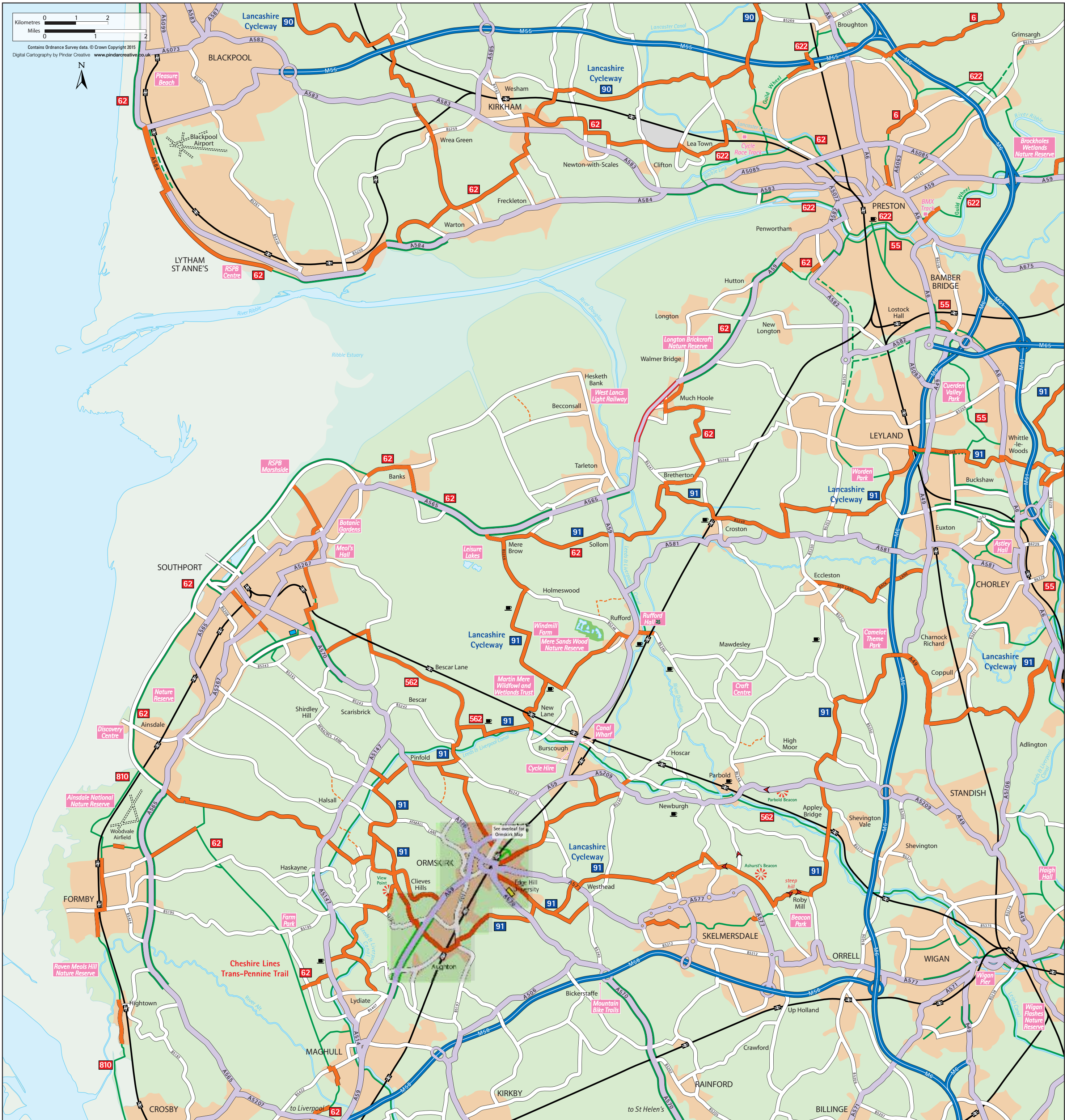
For information about cycling in Lancashire [www.visitlancashire.com/cycling-lancashire](http://www.visitlancashire.com/cycling-lancashire)

## Cycle Training

Cycle training for children is available through schools.

## Cycle Shops

- Ormskirk**  
Bicycle Lounge  
46 - 48 Moor Lane, Ormskirk L39 2AQ  
Tel: 01695 577240
- Halfords**  
Unit 2 Hattersley Way, Burscough Rd, Ormskirk, L39 2XE  
Tel: 01695 583 060
- Burscough**  
Jack Parker Cycles - (Also offers cycle hire)  
64 Liverpool Road, North, Burscough, Ormskirk, L40 4BY  
Tel: 01704 892442
- Mere Brow**  
Leisure Lakes Bikes, Mere Brow, Tarleton, Preston, PR4 6JX  
Tel: 01772 814 990



## 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 hillier 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 to Liverpool.



## 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 at Aintree 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.



## The Olympic connection

Did you know that Ormskirk is the home of Dolan Bikes, one of the country's top frame makers, making Olympic bikes?

More information [www.dolan-bikes.com](http://www.dolan-bikes.com)

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.

## 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](http://www.hmiddletoncc.co.uk)

## Wheels for All

Wheels for All offer adapted bikes to enable everybody to enjoy cycling. They have a base at Edgehill University

More information [www.cycling.org.uk](http://www.cycling.org.uk) or 01925 234213

## Key

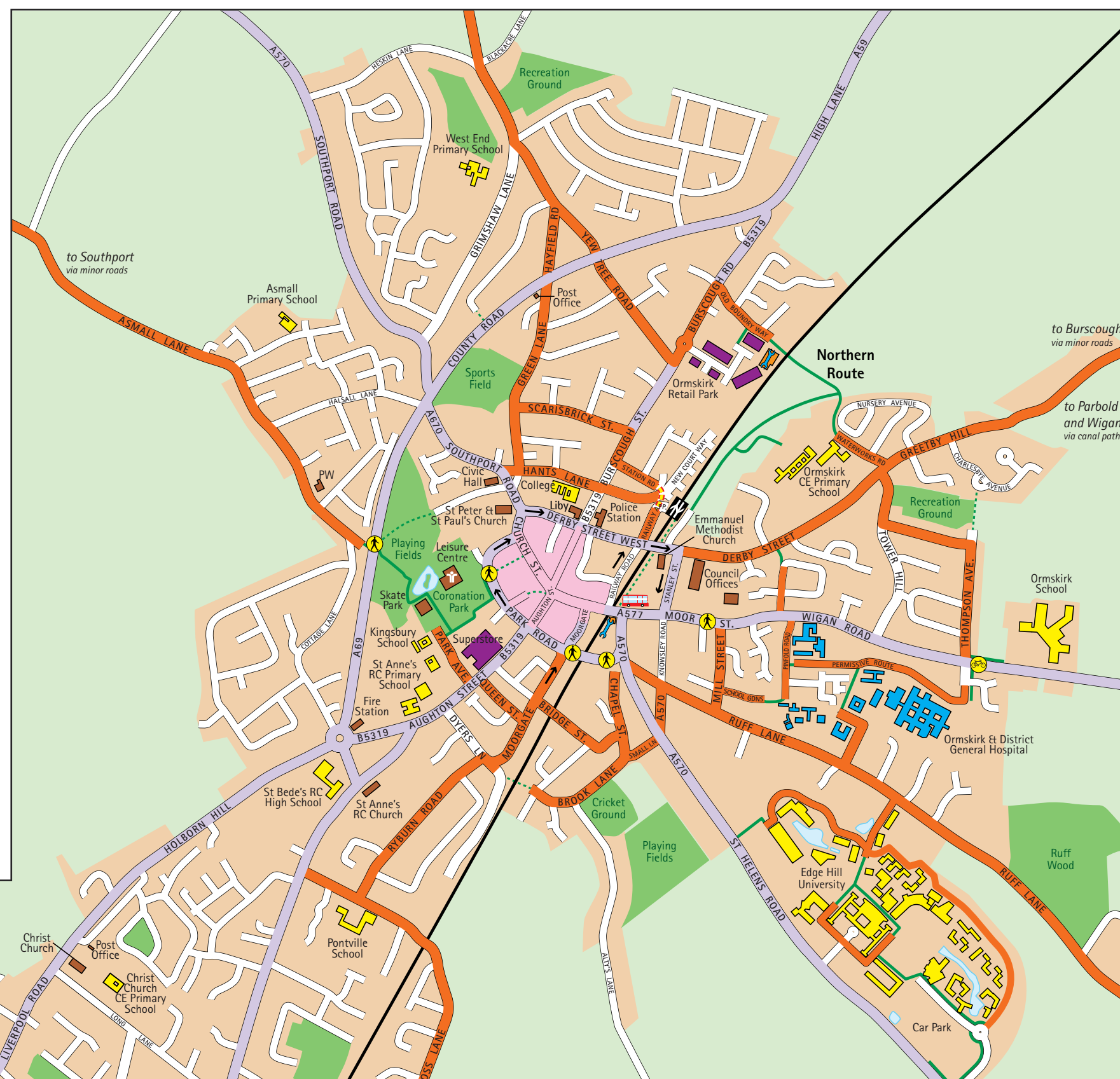
	Rail line and Station
	Main road
	Minor road
	Recommended on-road cycle route (not all signed)
	Cycle route, cyclists dismount
	Cycle track
	Cycle lane
	Bridleway (cycling allowed)
	Footpath (dismount, no cycling)
	Toucan/Pelican/Zebra* crossing (*cyclist's dismount)
	One way
	National Cycle Route number
	Regional Cycle Route number
	Bus Station
	Rural area
	Park and open space
	Urban area
	Pedestrian area (no cycling)
	Place of interest
	Schools & Colleges
	Major employment site
	Shops
	Cycle Shop
	Hospital
	Other buildings

## Did you know?

- On average cyclists live two years longer than non cyclists
- An average UK household spends one in every six pounds on travel – think how much you will save if you travel by bicycle

## Cycle Journey Planner

Plan your cycle journeys online with [www.cyclestreets.net](http://www.cyclestreets.net)



## Cycle to the Train

Subject to space cycles are carried free on the train. At Ormskirk Station there is secure cycle parking where you can leave your bike during the day. Cycle hire is available through Bike and Go. To get a pass for the compound and find out about cycle hire [www.merseyrail.com](http://www.merseyrail.com)



## 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.



## 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 Greetley 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 quite 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.