

SEFTON VILLAGE & THE MEADOWS

This 3 mile circular walk starts at the bus stop on Bridges Lane, directly outside St. Helen's Church at the centre of the historic Sefton Village and passes through two community woodlands.

WALK - EASY

From the bus stop walk towards Lunt Road and pass in front of the church towards the Punch Bowl public house. Sefton Church is Sefton's only Grade 1 listed building, just before the pub on the left hand side is the village war memorial. Continue along Lunt Road until a footpath sign is reached at a vehicle gate.

Directly across the road from here, set back from the roadside, is St. Helen's Well, with medieval origins, which is capped by an inscribed stone and enclosed by metal railings.

Passing through the gate follow the public footpath, along a cart track for approximately 550 yards to the entrance to Sefton Community Woodland, a former landfill site that is now extensively replanted as part of the Mersey Forest initiative.

Continue straight ahead through the woodland until you reach the River Alt at a bridge. Turn left before the bridge and follow the stone path along the bank of the Alt until you reach the large Showricks Bridge. In the 18th Century the bridge, embankment and sluice were called 'Showrick'. This name may be derived from 'Schollerwyek', the name given in medieval times to the lower reach of Maghull Brook, then tidal and called 'Dirt Alt'. The bridge was destroyed during the war for military reasons and it took until 1998 to get it replaced.

Do not cross the bridge, turn left down the steps and follow the field edge path for 165 yards where you'll find a timber bench. You are now in Roughleys Community Woodland, where the Environment Agency has developed a series of flood relief measures that have turned some of these fields into marshes



Village Plaque



St Helen's Well





The Punch Bowl



Keypoints

Distance - 3 miles (4.8km)

- 1** Sefton Village
- 2** Sefton Church
- 3** St Helen's Well
- 4** Punch Bowl Pub
- 5** Sefton Meadows
- 6** River Alt

and meadow. These are not only reducing the risk of flooding but increasing both wildlife and biodiversity.

Turn right at the bench and follow the track, Moor Lane, until you reach a footpath and woodland signs on the left. Go left here and rather than along the footpath follow the permissive path on the top of the embankment to Harrison's Brook. From the embankment you can see wider views of Roughleys Community Woodland and flocks of Lapwings, Curlews and Golden Plovers can be seen during the winter.

At the end of the embankment turn right and retrace the route back to the Punch Bowl and bus stop.

