

**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**

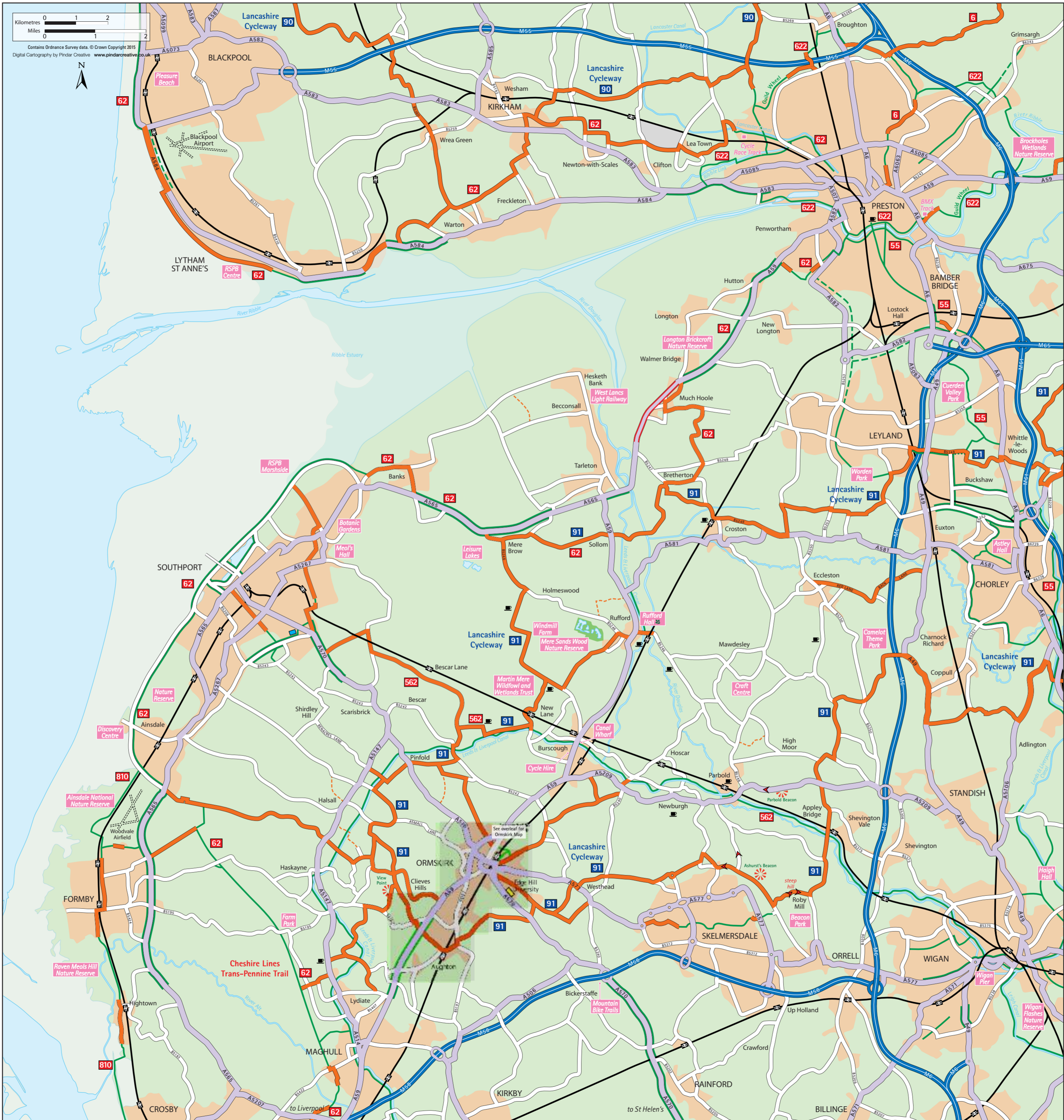
For information about cycling in Lancashire [www.visitlancashire.com/cycling-lancashire](http://www.visitlancashire.com/cycling-lancashire)

**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.