Explore West Lancashire's Countryside by bike

Cycling is a great way of exploring West Lancashire. Most of the area is flat and there are many quiet lanes, which are attractive to cycle on with pubs and cafes on the way. To the east the countryside is hillier but there are also splendid views over the West Lancashire Plain.



The hills to the east of Skelmersdale are popular with top riders, including Bradley Wiggins.

Leeds-Liverpool Canal

You can cycle along Leeds-Liverpool Canal in West Lancashire, though parts can become muddy in winter and you should give way to walkers, especially on narrow sections. You can use the towpath to get to Wigan or Burscough.



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

> It is part of the Trans-Pennine Trail from Hull to Southport.

Southport Sea Front and Sefton Coast

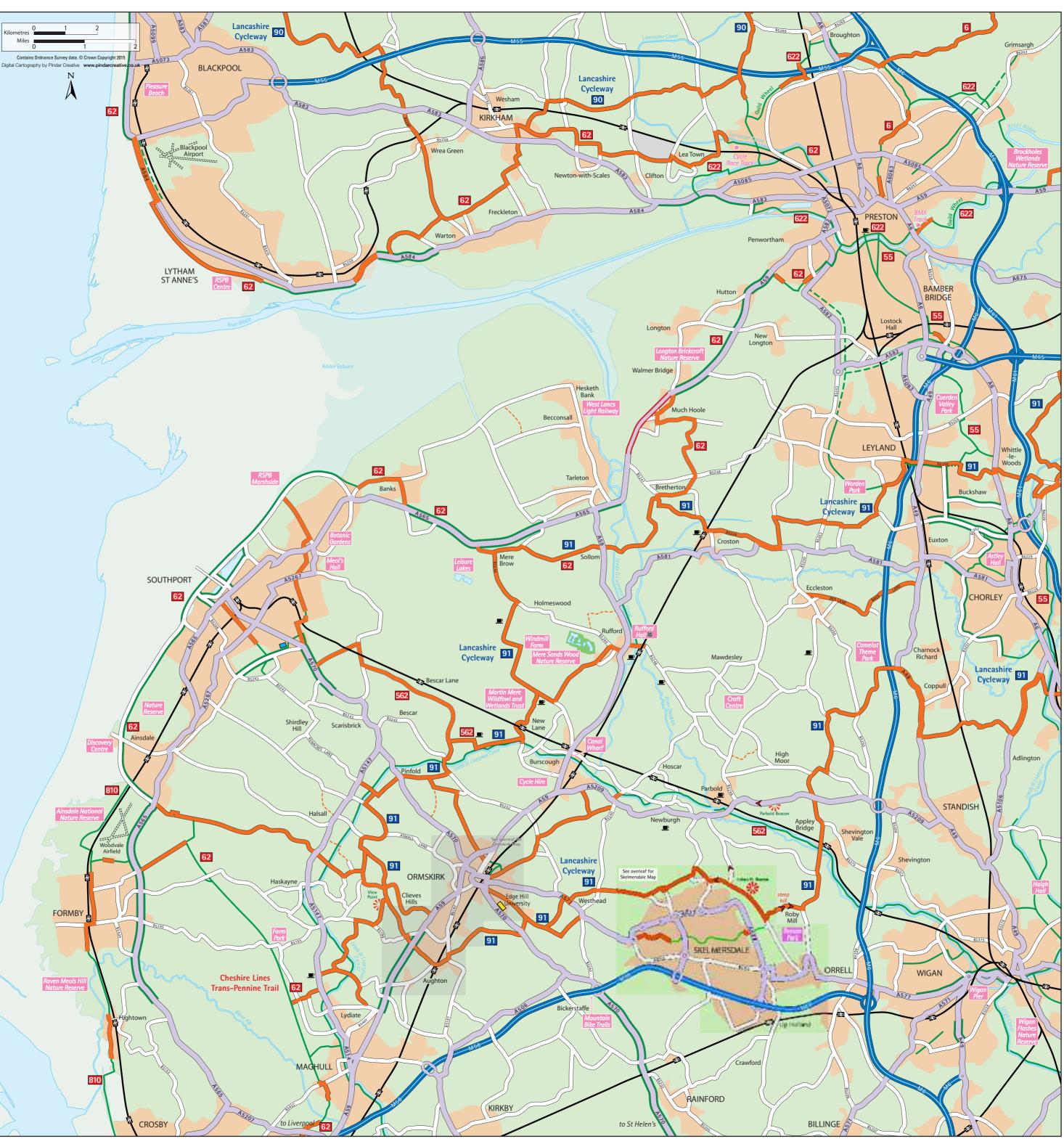
You can now cycle along the seafront in Southport and down the Sefton Coast to Crosby.

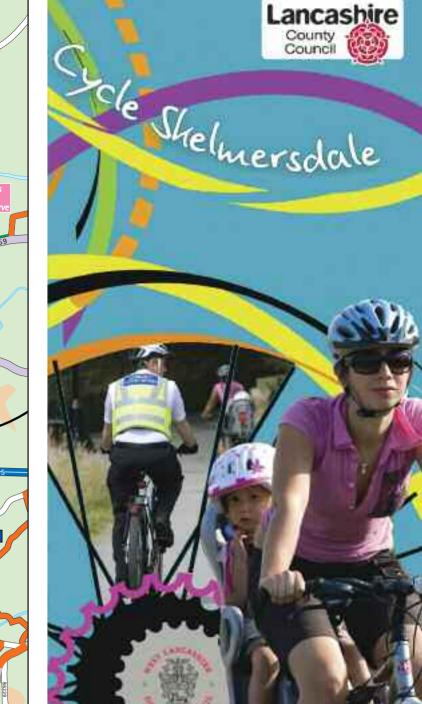
Cycle hire is available from Southport Railway Station, the Eco Centre on the seafront and Crosby Lakeside.

Lancashire Cycleway (Routes 90 and 91)

The Lancashire Cycleway is a 270 mile cycle tour of the county. It skirts the north of Skelmersdale.







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

Cycle Lancashire

For information about cycling in Lancashire www.visitlancashire.com/cycling-lancashire

Cycle Training

Cycle training for children is available through

Cycle Loan

Cycle loan is available for jobseekers at Pimbo and White Moss.

Cycle Shops

Skelmersdale

G&B Accessories 39 Sandy Lane, Skelmersdale WN8 8LA Tel: 01695 721694



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