

10 Moss Mosey



**Time of walk 60mins - Distance 3 miles
7,500 Steps approx. : 273 Calories approx.**

- **Start at SOUTHPORT OLD ROAD.**
- Walk along North Moss Lane and follow the track at the end of the Lane on to the Trans Pennine Trail.
- At the Trans Pennine Trail sign, continue straight on. You will walk past a wooden 4 ways sign on your left, continue on the main footpath towards Plex Moss Lane. Before you get to Plex Moss Lane there is a woodland footpath on your left, use this footpath.
- The woodland footpath is uneven underfoot and can be quite boggy after heavy rain. At the end of the footpath turn left onto a track that leads you on to Broad Lane.
- Continue along Broad Lane and follow until you reach Southport Old Road.

Remember when walking on roads with no footpath obey the Country Code and walk facing the oncoming traffic.

Moss Mosey



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