

# 19 Aintree Amble



**Time of walk 90 mins - Distance 4.5 mls.  
11,250 Steps approx. : 409 Calories approx.**

- **Start at OLD ROAN TRAIN STATION.**
- Cross Ormskirk Road using the pedestrian crossing. Turn left into Bradfield Avenue.
- Turn right into Oriel Drive and follow the road round to Sandhurst Drive.
- Turn left into Sandhurst Drive, left into Altway and left again into Bull Bridge Lane.
- Follow Bull Bridge Lane over the M57 where it becomes Spencers Lane.
- Follow Spencers Lane towards the canal bridge (Ledsons Bridge) and turn right onto the Leeds & Liverpool canal towpath.
- Keep on the canal towpath until you reach the steps (Wally's Steps) that lead back to Ormskirk Road.
- Return to Old Roan Train Station.

# Aintree Amble



-   

-   

-   

-   

-   

-   


