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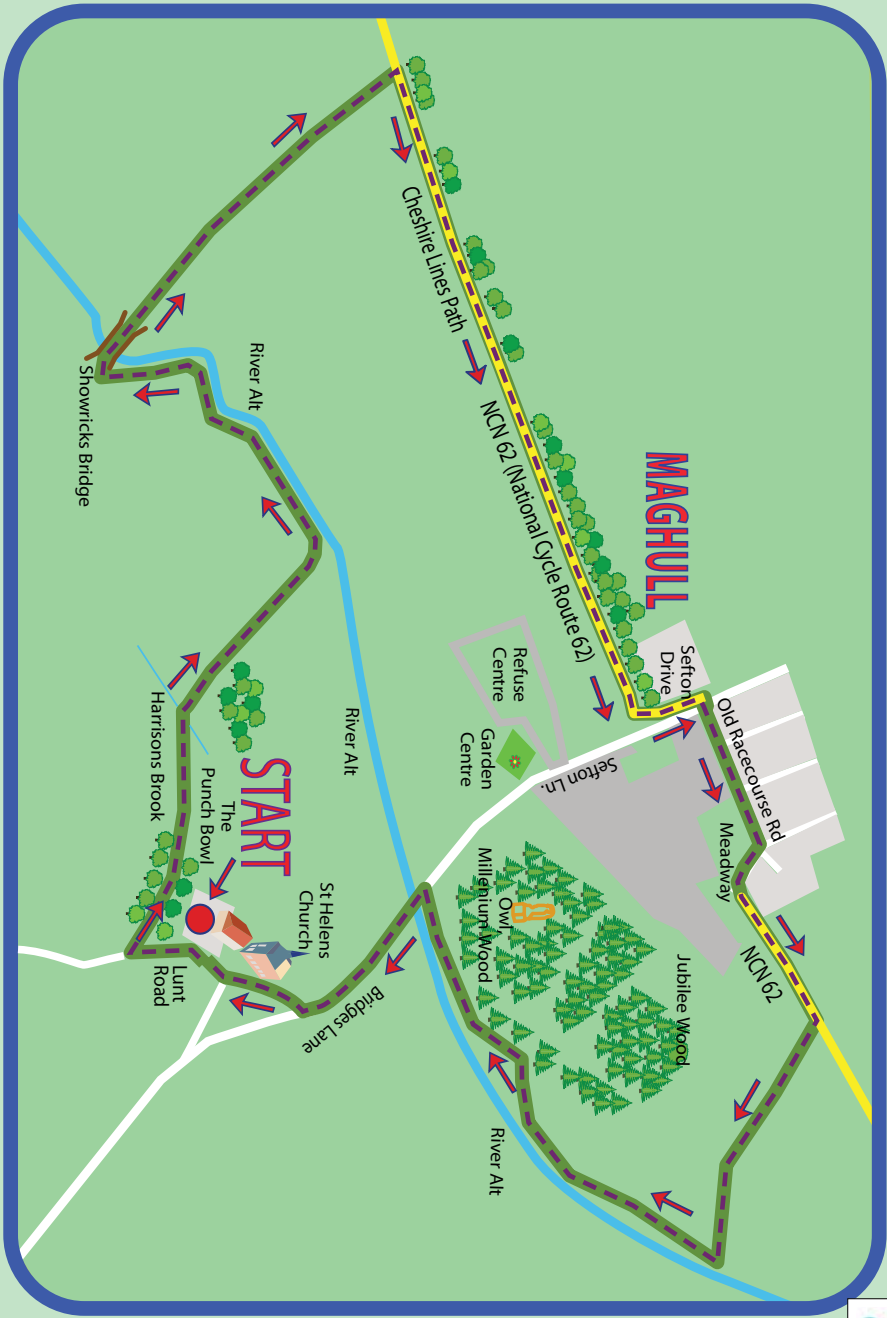
Sefton Stroll



**Time of walk 100 mins - Distance 5 miles
11,500 Steps approx. : 455 Calories approx.**

- **Start at THE PUNCH BOWL CAR PARK next to ST HELEN'S CHURCH.**
- Turn right out of the car park, go along Lunt Road and follow pavement for 2-3 minutes then turn right onto the footpath. Follow the footpath towards Harrison's Brook, walk through the first set of gates where there are notice boards and follow the footpath towards the River Alt and a second set of gates. There is a bridge here but do not use. Turn left at footpath sign post and follow the river to a footbridge, Showricks Bridge.
- Cross the bridge and walk down the steps onto the farmers field, cross the field diagonally. Following the footpath marked out and continue towards the Cheshire Lines path.
- Turn right onto the Cheshire Lines path and continue towards Sefton Lane. Bearing left at the end of the Cheshire Lines path that leads to Sefton Drive.
- From Sefton Drive cross Sefton Lane at the pedestrian crossing and walk along Old Racecourse Road.
- Turn right into Meadway and follow the footpath at the end of the left-hand cul-de-sac towards Jubilee Wood.
- Follow Trans Pennine Trail through Jubilee Wood. Just before the River Alt turn right up the steps and follow the footpath back towards Sefton Lane.
- At Sefton Lane carefully cross over and turn left and walk towards St Helen's Church, past the church and turn right into the Punch Bowl Car Park.

Seton Stroll



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