



Lydiate Loop



Short Walk:

Time of walk 30 mins - Distance 1.5 miles

3,500 Steps approx. : 136 Calories approx.

Long Walk:

Time of walk 50 mins - Distance 2.8 miles

6,500 Steps approx. : 255 Calories approx.

■ Start at MAGHULL HEALTH CENTRE.

- Cross Liverpool Road using crossing in front of library. Turn right along Liverpool Road and first left into Shop Lane and over the canal footbridge. Turn right, continue along the canal towpath passing under the Westway fly-over.
- **Short Walk Directions** - Turn left down Green Lane and turn left into Green Park Estate, follow the road around to the right and exit the Green Park estate on Swalegate crossing over the Westway fly-over and along Green Lane. Turn left into Shop Lane and continue onto the footbridge. This will bring you back to your starting point opposite the Maghull Health Centre.
- **Long Walk Directions** - Walk along the canal towpath crossing Green Lane swingbridge until Bells Lane swingbridge and turn left passing the Running Horses Pub. Immediately after the pub car park turn left onto a footpath. Continue along the footpath until you come to the River Alt, turn right and walk along the footpath until you reach the footbridge. Cross over the bridge and continue along the footpath to Green Lane. Turn right and follow Green Lane (taking the scenic route) and meet the roundabout at the other side of Green Park Estate.
- Continue and cross Swalegate at the roundabout, cross over the Westway fly-over and along Green Lane. Turn left into Shop Lane and continue onto the footbridge. This will bring you back to your starting point opposite the Maghull Health Centre.

