

# 7 Ainsdale Amble



**Time of walk 45 mins - Distance 2.2 miles  
5,500 Steps approx. : 200 Calories approx.**

- **Start at SANDS HOTEL.**
- From the car park of the Sands Hotel, follow the boardwalk around the boating lake, returning to the car park. Turn left out of the car park and past the front of the Sands Hotel. Cross over the Coastal Road and continue on to Shore Road.
- Continue past the railway cottages on the left and cross over Shore Road at the Trans Pennine Trail sign. Follow the footpath into the wooded area and continue along the footpath that runs parallel to the coast road, follow the white top posts.
- Continue along the sandy footpath that makes its way through small patches of woodland and sand dunes. Turn left when you see a red brick house and follow the footpath towards the houses on Shelton Drive. Turn left and walk along a yellow flagged footpath which runs at the back of the houses.
- At the end of the footpath, cross over to the opposite side of Shore Road, turn left back to the Sands Hotel.

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