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Ainsdale to Formby Trail



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

- **Start at AINSDALE TRAIN STATION.**
- Turn left out of Ainsdale Train Station and walk towards the shore along Shore Road.
- Continue towards the shore past the Sands Public Hotel.
- Turn left onto the beach, walk along the shore for approximately 40 minutes until you reach the footpath marker (Fishermans Path), turn left off the beach and follow the footpath.
- Continue on to the Fishermans Path, approximately 30 metres on the right is a footpath leading into a tunnel of trees, take that footpath.
- Follow the footpath through woodland and onto the sand dunes, follow the markers towards Cornerstone Path.
- Turn left at Cornerstones sign and follow the main footpath to the squirrel reserve entrance.
- At squirrel reserve return to Freshfield Train Station.

Ainsdale to Formby Trail



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