



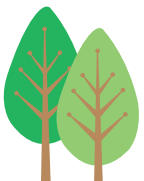
## Ainsdale to Formby Trail



A 90 minute walk with stunning beach, dune and woodland trails. Perfect for those wanting a challenge!

### Route directions

- › Start at Ainsdale Train Station  
Shore Road, Southport PR8 2RF
- › From the train station walk down Shore Road, cross over the Coastal Road (*taking care as it is a busy road*) past The Sands Hotel (to your right) and onto the beach.
- › Turn left on the beach and walk along the shore for 40 minutes (approx), until you reach the 'Fisherman's Path' footpath marker to your left (set back a little in the dunes). Turn left off the beach here and make your way through the dunes, following the sandy path.
- › Continue to follow the path until you reach a wooden sign on your right with Victoria Road/Lifeboat Road on it. Turn right onto this path and stay on it through the woods.
- › After a while you reach a clearing, to your left is a gate, fence and sign for the golf course. Walk on the footpath next to the fence it curves round to the right.
- › Ahead of you the path becomes sandy and rises up between a cluster of trees, carry on along it. The sandy path then drops down amongst the grassy dunes.
- › Carry on along this path, through a fenced opening and past the National Trust Formby sign, until you reach a wooden bench.
- › Continue on the path next to the bench, the path slightly rises up, ahead of you is a wooded area. Carry on along this path until you reach the large wooden sculpture with footprints in it. The footpath forks here, take the right hand path and continue on it through the woods.
- › When you reach the Cornerstones sign and a wooden play area (to your right), turn left here and continue along the path until you reach the National Trust Formby car park. Turn left here and make your way onto Victoria Road. Continue on this road until you reach Freshfield Train Station.





## Route Information



This walk starts and finishes at different locations



Walk Time: 90 mins | Distance: 4.5 miles | Steps: 11,250 approx | Calories: 409 approx



For more info about our walks go to [activetravelsefton.co.uk](http://activetravelsefton.co.uk), email: [activetravel@sefton.gov.uk](mailto:activetravel@sefton.gov.uk) or call 0151 934 2824. Find us on [@SeftonTravel](https://twitter.com/SeftonTravel)