

# Sefton Stroll



## Independent Walk Routes

Your guide to great walks in Sefton



### Route directions

- › Start at The Punchbowl, Lunt Road, Sefton Village L29 7WA
- › With The Punchbowl behind you, turn right onto Lunt Road and walk along the pavement until you reach a metal gate to your right, take the footpath here.
- › Carry on along the path, cross over Harrison's Brook (ditch) and through an open metal gate (with signposts), the path rises slightly here.
- › Walk along this path until you reach the River Alt (and a locked bridge). Go left here and walk parallel with the river. Go through next set of wooden posts and signpost and stay on path to side of river (right path). Ahead is a wooden footbridge (Showrick Bridge) that crosses the river. Cross the bridge and walk down set of steps to the farm fields.
- › **N.B.** At certain times of year the fields are ploughed creating deep furrows which hide the footpath. This is a public right of way across the field. Please wear appropriate footwear. Cross the first field veering slightly left and over the ditch (1/3rd way up the field). Walk on the path through the next 2 fields until you reach Cheshire Lines Path (NCN62).
- › Turn right onto Cheshire Lines, it eventually veers round to the left and merges with Sefton Drive. At end of Sefton Drive turn right onto Sefton Lane (main road), cross Sefton Lane at the pedestrian crossing, go right and first left (Old Racecourse Road). Take 2nd road on the right (Meadway). At the end of Meadway go through an entrance signposted Trans Pennine Trail and into Jubilee Woods.
- › Walk through the woods, over a metal footbridge and straight ahead. After a short walk the path veers to the right, carry on along it for some time until you come to a large gated bridge across the river. In front of bridge and to the right is a set of steps, walk up the steps and along the path that runs parallel with the river (you come to a fork, take the left fork which is a grass path). This path leads you to a tarmac car park.
- › Go through the gate at the end and turn left onto Bridges Lane, cross over the lane, taking care as it's a busy road and right again (continuation of Bridges Lane), past St Helen's Church and back up to The Punchbowl.



Sefton Council



active travel





## Route Information



This walk starts and finishes at the same location



Walk Time: 100 mins | Distance: 5 miles | Steps: 11,500 approx | Calories: 455 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