

# TRAINS, PLANES AND BICYCLES

This 5.9 miles (9.5Km) cycle route is also short enough for a days walk.

Starting and ending at Freshfield railway station it takes you on a circuit to the north of Formby, passing RAF Woodvale before returning through the Ainsdale National Nature Reserve.

Exit Freshfield Station, turning left onto Victoria Road, keeping the small row of shops to your right. Continue along Victoria Road before coming to a crossroads at Gores Lane, turn left and just ahead go around a right hand bend at the Freshfield Pub into Massam's Lane, passing the thatched cottages on your left.

At the turning with the post box, take the left turn into West Lane; follow the road as it bends to the right into Brewery Lane, continue forward until you reach a footpath leaving the road to the right. Dismount here if cycling and take the path leading to the bollards ahead, remounting on entering Kenton Close. Follow the road until you reach a T-junction with Paradise Lane and a riding school to your left. Take the right hand turn, closely followed by a left turn into Brackenway. Follow this road as it meanders through the residential area bringing you out at a slightly staggered crossroads. Crossing over the junction enter Hawsworth Drive, continue along before reaching a further T-junction where you turn left to views of grazing fields, RAF Woodvale and Freshfield

Dune Heath. Exit the road, turning right onto the Bridleway heading inland towards the Formby bypass. Take care exiting the Bridleway onto the cycle path alongside the bypass.

Turn left here, heading north, keeping RAF Woodvale to your left. Continue along the cycle path all the way until reaching the traffic lights at the crossroads. Dismount if cycling and use the controlled crossing to cross the junction onto the cycle path alongside the Coastal Road, heading east. Follow the cycle path, passing Willowbank Caravan Park and grazing fields on your left crossing Pinfold Lane before taking the elevated cyclepath over the railway.

Immediately past the railings over the bridge, take the sharp right turn onto a loose surfaced path, follow the path around to the right to take you back under the bridge alongside the railway line now on your left, take care passing under the bridge looking out for other pedestrians and cyclists.



RAF Woodvale - Airfield



Ainsdale NNR Woodland Path



Freshfield Pub

Continue forward across the grassland heading for the woodland track; at times the track is stoney and care should be taken if riding. Upon reaching the track turn left and follow the route meandering through Ainsdale National Nature Reserve (NNR) and the railway on your left, passing a picnic area on your right, eventually emerging at a T junction at Fishermans Path. (A detour to the right here takes you down to the beach, a nice place for a picnic in good weather, cycle stands are available if riding). At the junction, dismount if riding, and turn left through the barrier, walking across the path through the golf course and cross the railway.

Once across the railway turn right and follow the gravel track, passing through a gate before entering Montagu Road. On reaching the end of Montagu Road you have completed the route back to Freshfield Station.



### Keypoints

Distance **9.5 miles (9.5km)**

- 1** Freshfield Dune Heath
- 2** RAF Woodvale
- 3** Ainsdale NNR

