



# Independent Walk Routes

Your guide to great walks in Sefton

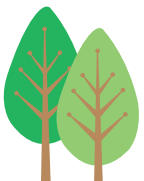
## Ainsdale Amble



Taking in open areas of sandy dunes, grassland and cool shaded pockets of woodland this 45 minute walk doesn't disappoint.

### Route directions

- › Start at Sands Hotel, Shore Road, Ainsdale PR8 2QD
- › To the side of The Sands Hotel there is a car park, at the far end of the car park you'll see a footpath. This leads you round the old boating lake, follow the path/boardwalk back round to the car park.
- › Turn left out of the car park, past the hotel, cross over the Coastal Road (*taking care as it is a busy road*) and take the next road at the roundabout (Shore Road).
- › Continue on Shore Road until you reach the houses on the right hand side (set back from the main road, Stratford Close). Cross here and between the Transpennine Trail sign and the houses on Stratford Close is a paved footpath. Take this paved footpath which leads you along the side and back of the houses.
- › Where the paved footpath finishes there is a narrow footpath to your left and a sandy path to your right through the trees.
- › Take the sandy footpath, the ground dips down here and then up again. At the end of this short path you'll reach a crossroads in the footpaths (and a white-topped post). Go right here and follow this path through the dunes and grassed areas, keeping parallel with the Coastal Road (to your left).
- › The footpath winds through a number of wooded areas and back out onto the dunes. The last of the wooded areas has a board walk and boggy path.
- › At the end of the wooded footpath you will come back out onto Shore Road. Turn left and walk back towards Sands Hotel.



Sefton Council



active travel





## Route Information



This walk starts and finishes at the same location



Walk Time: 45 mins | Distance: 2.2 miles | Steps: 5,500 approx | Calories: 200 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)