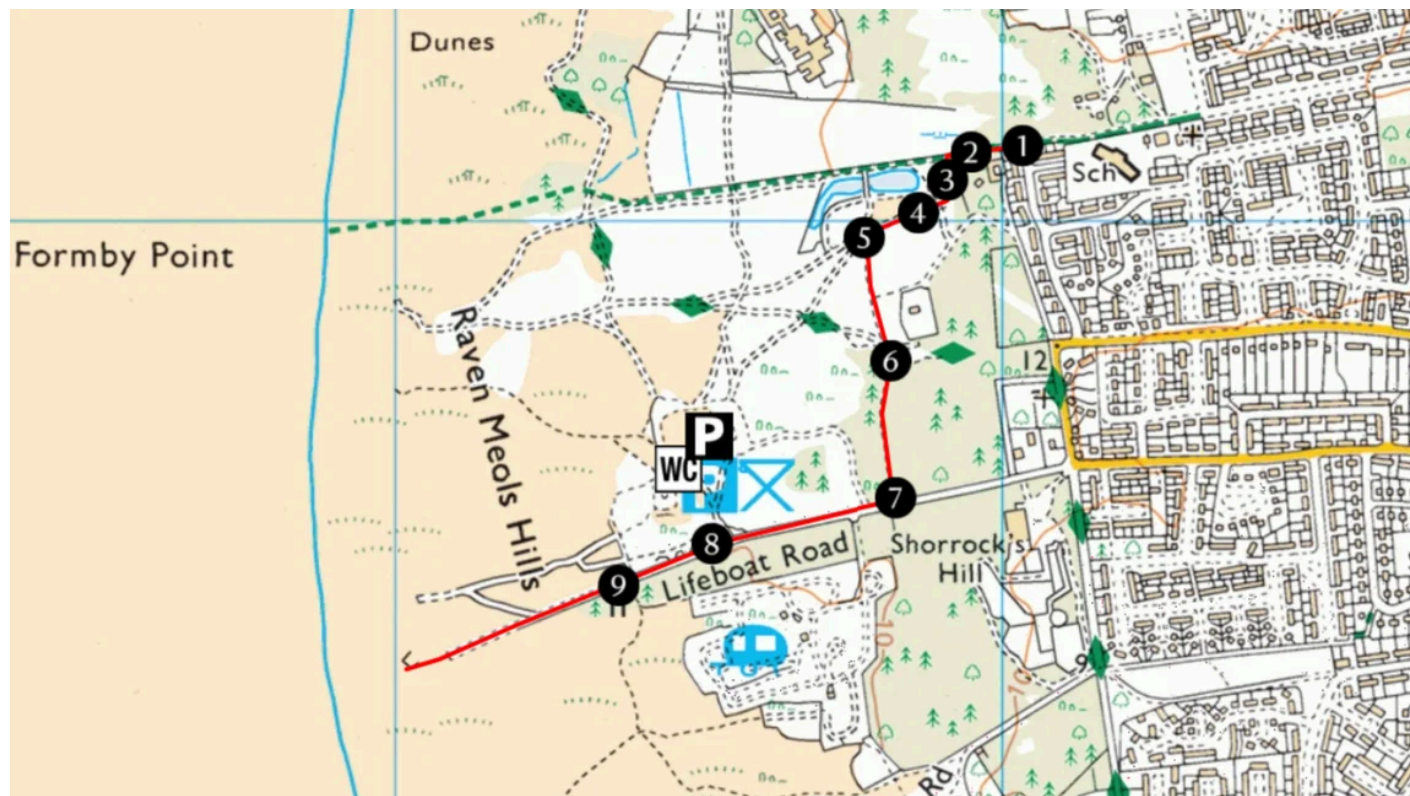


LIVERPOOL & LANCASHIRE

Public Bridleway

This 1 mile linear route directs visitors from the town of Formby to the edge of Wicks Lake, over old asparagus fields and woodland, and finally over dune grassland and mobile dune habitat on to the beach. Enjoy the variety of habitats present here at Formby, and learn about the history of the site too, including about the world's first Lifeboat Station here at Formby!



Information

Address: L37 2YF

Activity: Walking

Moderate

Dog friendly: Suitable for dogs under close control.

Full trail: Miles: 1 (km: 1.6)

Duration: 1 hour

Terrain

The trail is relatively level for the majority of the route, until you reach the sand dunes that have rolled back onto Lifeboat Road, whereby the gradient is up to 1:6 and on bare sand. Where the path is surfaced it is compacted stone, and the route offers opportunities to explore other parts of the site which are passed nearby, with connections to other good path surfaces.

The elevation of the route takes you from Formby town, through the dune grassland and over the sand dunes to sea level, with the biggest elevation rise and gain being the last sand dune before reaching the beach, which is likely around 10-15m.

Total stages: 9

Start point: You can either start at the southern end of Larkhill Lane, by the entrance to the bridleway (grid reference: SD 28320 07176) or by the side entrance to the bridleway just off Spruce Way (grid reference: SD 28035 07114). Details about both entrances can be found in our Accessibility Guide.

1. Head west along the sandy track, passing the National Trust Omega sign. The vegetation here can mean the track is fairly narrow in the summer, with it sometimes being restricted to only 100cm wide in places.
2. Continue west until you reach a section of revetment on your left-hand side and some post and rail fencing on your right. Follow the track as it bends to the left, keeping the revetment on your left-hand side.
3. Follow the blue way markers as the path continues south for around 100m, alongside some mature pine trees, before veering west again and out of the woodland, into the dune grassland. The path is still sandy here, but some large stones protrude in places so watch your step.
4. Continue west along the sandy track, and head through a narrow gap (up to 150cm) in the trees to bring you out to a bench facing south-west. This is where you can pick up the bridleway if you have detoured around Wicks Lake.
5. Veer south from the bench, cutting across the field along the hard surfaced path (up to 20mm stone size) for around 200m, until you re-enter the woodlands. This path has recently been resurfaced for pedestrians and cyclists to use. For horse-riders, please stick to the grassland to avoid damaging the path.
6. Continue south at the junction with Kirklake Path and the Sefton Coast Path, through the woodlands until you reach Lifeboat Road. A few short wooden posts on the edge of Lifeboat Road restrict access to 130cm wide.
7. On reaching Lifeboat Road, head west (right) and walk alongside the road for around 300m, until you reach the entrance to Lifeboat Road car park. Take care when walking down the road,

as it is used by pedestrians, cyclists, horse-riders, and motorists, and can be very busy in the summer months.

8. At the wooden barriers, use the gap in between the fence and the large bridleway post on the south side of the road to continue straight (west) for around 150m. This gap is 85cm wide.
9. At the point where the tarmac ends, continue west towards the beach, over the mobile sand dunes. The path is very undulating, entirely bare sand, and with steep gradients up to 1:6. Continue along this path for 400m to reach the beach.

End point: After making it up and down the last and largest sand dune, you have reached the beach, at which point the bridleway ends. It is here that you can see the remains of the footprints from the world's first Lifeboat Station, built at Formby in 1776. Grid reference: SD 27037 06267
