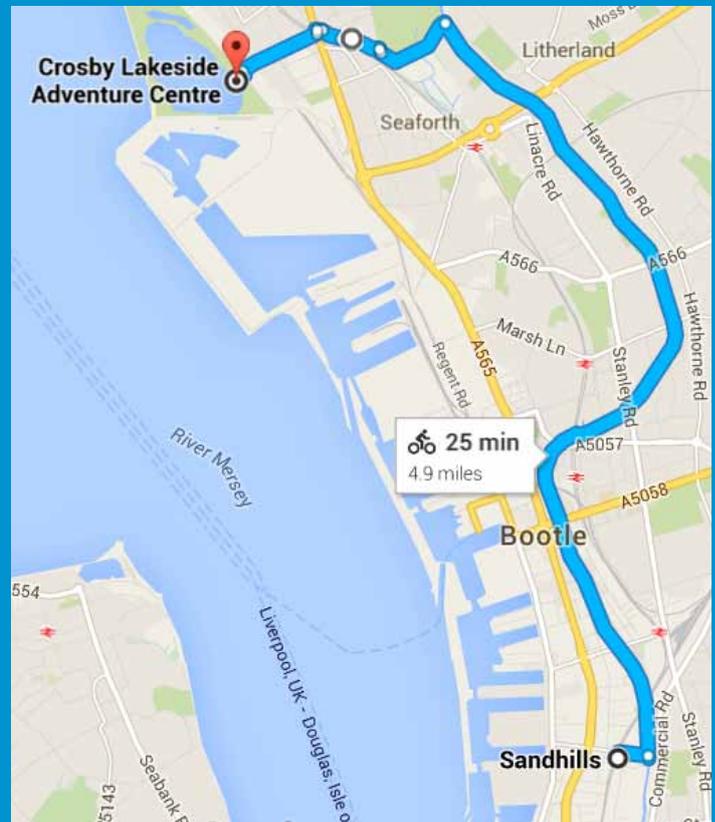


choose freedom!

Cycle route 4 Sandhills to Crosby

A ride along the canal through Bootle and Seaforth and through Rimrose Valley to Crosby Lakeside Marina. Once you reach Crosby you have the option to extend your ride along the waterfront path picking up Sustrans National Cycle Route 810 to Formby and for the very ambitious you could even continue to Southport

Distance (miles)	5 miles Approx
Estimated Cycling Time	45 minutes
Estimated Total Time	1 Hour
Stopping Points	Various stopping points available along the canal, Crosby Lakeside Adventure Centre
Points of Interest	Leeds Liverpool canal, Rimrose Valley Park, Crosby Lakeside Adventure Centre

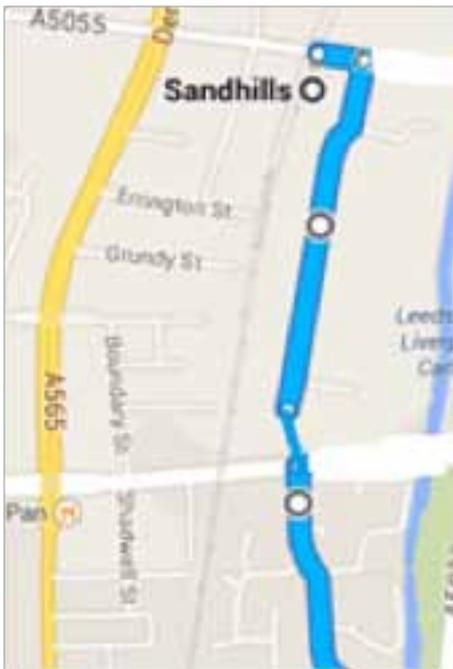


www.bikeright.co.uk/freedom



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Map data ©2015 Google



Step 1

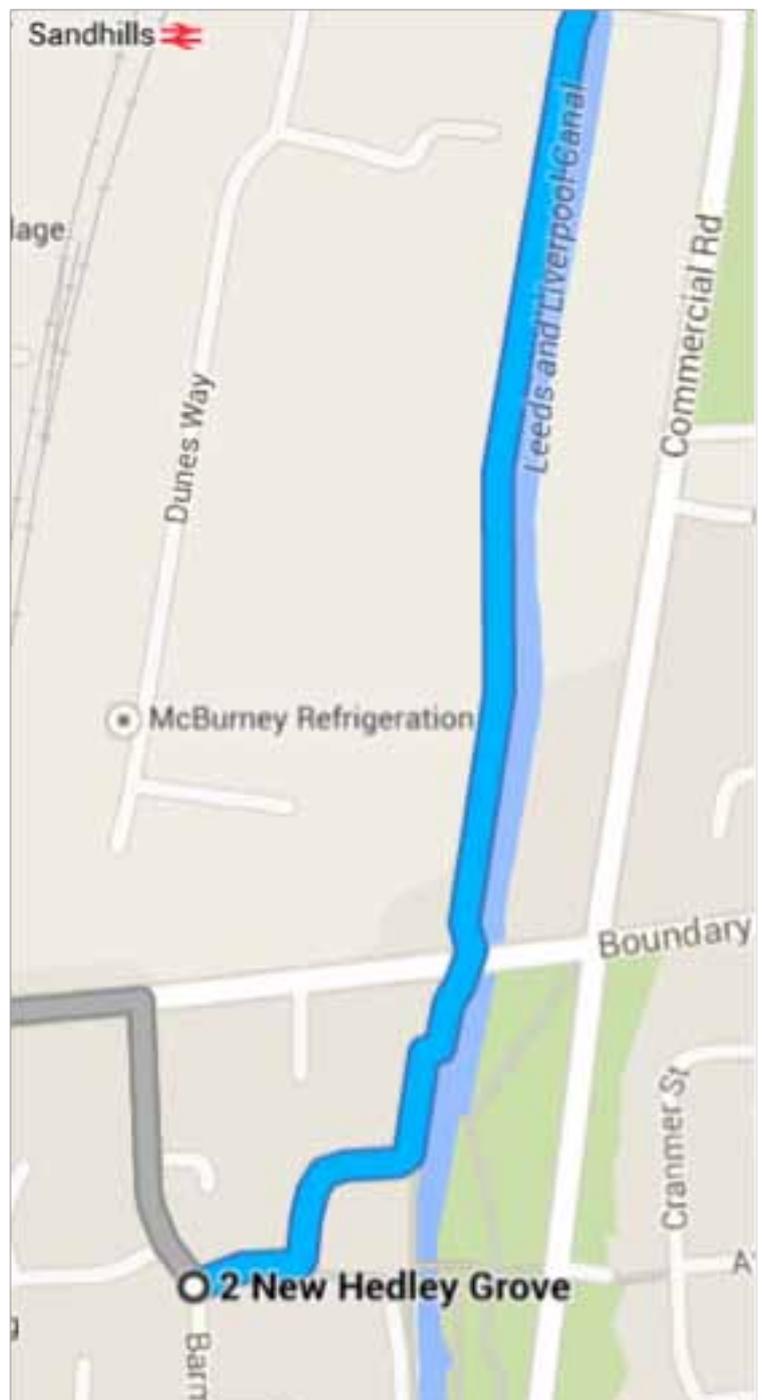
Coming out of Sandhills Station, take an immediate right to go along Dunes Way which is a road that runs through Sandhills Business Park. At the end of the road take the cycle path which will lead you out to Boundary Street. Cross Boundary Street and take the road opposite- Barmouth Way.

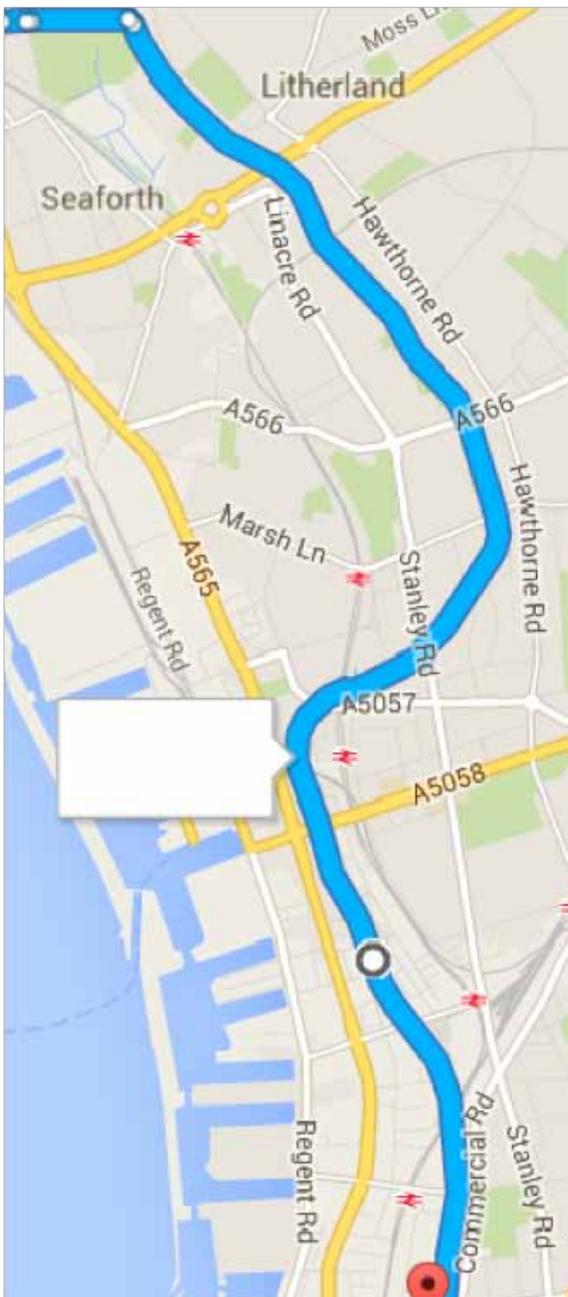
Step 2

From Barmouth Way take the second left on to New Hedley Grove.

Ride to the end of the road where you will see a gate to access the foot and cycle path along the canal. Take

a left onto the canal path so that you are riding back in the direction you have just come from.





Step 3

Continue to ride along the canal for about 4.5 miles. There is a bridge about halfway along at Bootle Strand where the path swaps on to the other side of the canal for a short time before returning back to the left hand side. Keep following the path, past the large Tesco's at Seaforth. Eventually you will come to a blue bridge as you get to Rimrose Valley Park.

Step 4

Turn left on to Rimrose Valley Park and follow the path round to the left. At the end of the path take the path to the right through Brook Vale Recreation Ground. The terrain is quite mixed and can be muddy if it has been raining. There is also a small wooden bridge which may be slippery if wet. At the end of the path you will come out on to Brook Vale Road. This is a one way road so look for traffic coming from the right. Take the road directly opposite, Brooklands Avenue. You will see a blue sign about half way along the road which takes you through to a foot and cycle path. There are barriers on the path where you must dismount. Follow the path to the end where you will exit at Crosby Road South. Take the pedestrian crossing to cross over the road and also cross over the next road, Great George Road. Get back on the bike and ride to the end of Great George Road. At the end of the road you will see the cycle path which leads to the Crosby Lakeside Adventure Centre straight ahead.

Return journey via same route.

