

# LONG WALKS



## **LONG WALK on Wednesday 18<sup>th</sup> June**

Freshfield-Formby via Sefton Coastal Path

MEET see details in body of email

DISTANCE 6 miles

LEADER Hilary Eaude

The walk starts from Freshfield Station along Fishermans' Path crossing the railway and Formby Golf Course towards the coast. We will turn left to join the Sefton Coastal Path and after walking through the woods we will continue along the path through the dunes. The route takes us around the edge of Cornerstones Woods and through National Trust pinewoods with the possibility of seeing red squirrels. We continue along the footpath until we reach Lifeboat Road from where we will walk back to Formby Station.

There are opportunities to scale a dune, and if it is a clear day, to see the views of the Irish Sea, the Welsh Mountains in the distance, and both the Sefton and Wirral Coastlines. There are no stiles, and the route is generally flat. Care crossing both the railway line and

the golf course will be needed. Walking on sand footpaths up and down the dunes can be hard on leg muscles and please note that approx. 25% of the walk is on deep sand. There is an area at the entrance to the National Trust reserve, with tables and bench seats for a lunch stop.

There are toilet facilities at Freshfield Station, Lifeboat Road and Formby Station but the toilet facilities at the National Trust entrance are currently closed whilst the restoration work to the dunes is carried out (May 2025-Spring 2026)

## **PLEASE CONTACT ROSEMARY IF YOU WOULD LIKE TO COME**

Rosemary Hollingsbee  
walking@nestonu3a.org.uk

**Please note all walks are undertaken at your own risk.**

- 1. You are responsible for your own safety and for your personal possessions.**
- 2. Please remember to bring your Membership card with you with the In Case of Emergency information completed.**
- 3. Please bring masks in case there is opportunity to stop for a break where the venue might require them.**
- 4. The walk leader reserves the right to cancel the walk due to severe weather or other emergency.**
- 5. Please remember to check your emails before you leave home in case the walk is cancelled at short notice.**

### **YOUR PERSONAL RISK ASSESSMENT**

Whilst there are now no Government restrictions in place please use common sense when deciding whether attend a walk. If you have a cough, cold or feel unwell then please consider the safety and wellbeing of other members of the group.