

# Discover The Sefton Coast

# AINSDALE

For the best in bathing beaches and nature reserves



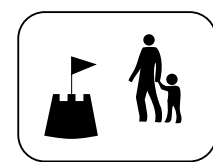
**KEY**

Bathing Beach	Merseyrail Station
Beach Marker Post	National Trust
Car Park	Picnic Area
Church	Public House
English Nature	Public Telephone
Footpath	<b>WC</b> Toilets
Golf Course	
Level Crossing - Beware of trains!	

Whilst every care has been taken to ensure the accuracy of the information given here, neither Sefton Council nor Merseytravel can be held responsible for any inconvenience arising from any errors or inaccuracies.  
Maps are diagrammatic and distances indicated are approximate.  
November 1994

## Welcome to Ainsdale...

### To Beach



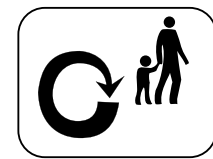
Shore Road goes straight from the Station to the beach. The walk will take about 10 minutes. Ainsdale beach is the main bathing beach on the coast. Near the beach are toilets, cafes and other facilities.

### Station to Station



There is a path through the Birkdale Sandhills Local Nature Reserve to Hillside Station (2 1/2 miles). The reserve has no restriction on access and any route can be taken. The walk from Ainsdale Station to Freshfield Station (3 1/2 miles) is a popular family ramble through the Ainsdale National Nature Reserve.

### Circular Walks



A medium length circular walk would be to use Pinfold Path on the National Nature Reserve to link back to Shore Road (about 3 miles). Shorter nature trails are laid out at the Sands Lake and from the Lido near the beach.

### Coastal Path



Ainsdale Station is a good starting point for long walks north to Crossens, at Southport, (9 1/2 miles) or south to Hall Road Station (12 miles). A guide to the full route is available.

### Further Information:

English Nature welcomes visitors to the Ainsdale National Nature Reserve. A reserve leaflet is available from the Site Manager. For further information phone 01704 578774.

The Sefton Ranger Service look after the Ainsdale and Birkdale Sandhills Local Nature Reserves and other sites on the coast. Leaflets are available. For further information phone 0151-934 2962.

Merseytravel's Walkabout Booklet 1 describes 5 short walks along the Sefton Coast. The walks, which are packed with interest, are gentle enough for people of all ages. This free colour booklet, containing maps and photographs is available from Merseyrail Stations, Merseytravel Ticket & Information Centres or by phoning the Merseytravel Line on 0151-236 7676



FOR INFORMATION ON ALL LOCAL BUSES, TRAINS AND FERRIES RING-

**Merseytravel Line**

**0151-236 7676**

8 am - 8 pm, 7 days a week MINICOM SYSTEM AVAILABLE



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