

88. Formby

Distance **4 miles/6km**

Ascent **42 metres**

Start/finish **Formby Beach, L37 1LJ**

Leave the car park and follow the road inland to the toilets, turn L here onto a footpath running north past the caravan site before trending L to the beach (1 mile/1.7km). You can continue north here in the dunes as far as Ainsdale-on-Sea if you wish and return to this route back along the beach. Our route turns L onto the beach and runs south on the sand for a mile, passing the start of the route and continuing to a path inland at approximately SD 270074 (2miles/3.2km). Turn L inland and follow the path through woodland and along the field boundary to the north of Sandfield Farm. Continue east skirting the edge of the fields and trending R or north-east back to the road by the toilets. Turn L and return along the road to the start.

Miles	Km	Directions
0.0	0.0	Leave the car park and follow the road inland to the toilets and a left turn onto a footpath.
0.4	0.6	Follow this path north past the caravan site before trending left to the beach.
1	1.7	Turn left onto the beach and run south, passing the start of the route and continuing to a path inland at approximately SD270074.
2	3.2	Turn left and follow the path through woodland and along the field boundary to the north of Sandfield Farm to the south-eastern corner of the field.
2.7	4.4	Turn left and follow the path along the eastern edge of the fields and trending right or north-east back to the road.
3.1	5	Turn left and return to the start.