



Freshfield to Ainsdale Trail

A woodland trail from Freshfield Train Station to Ainsdale Station.

Distance 5.1 kilometers / 3.2 miles

Duration 1 hour and 40 minutes



Wildlife



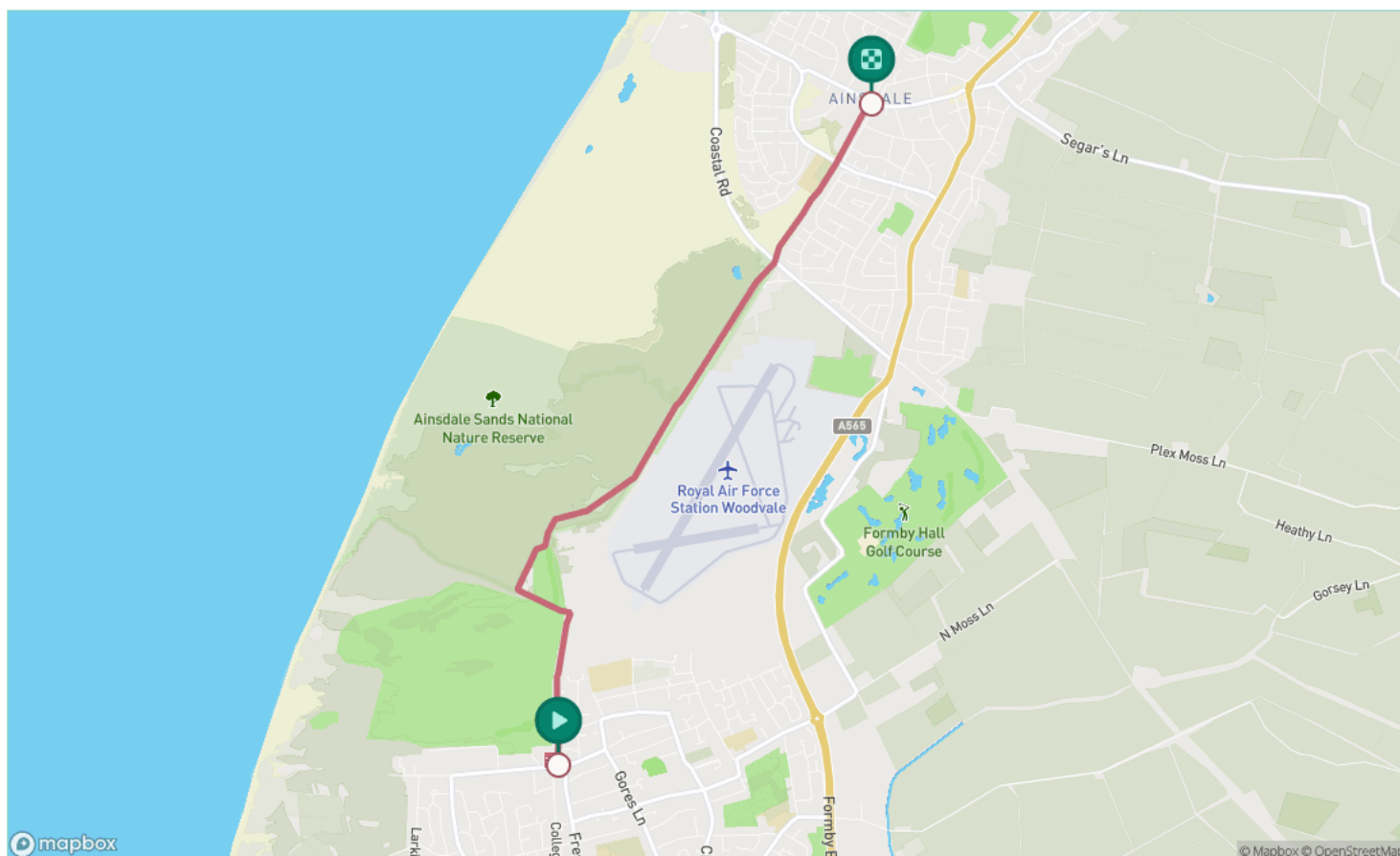
Refreshments



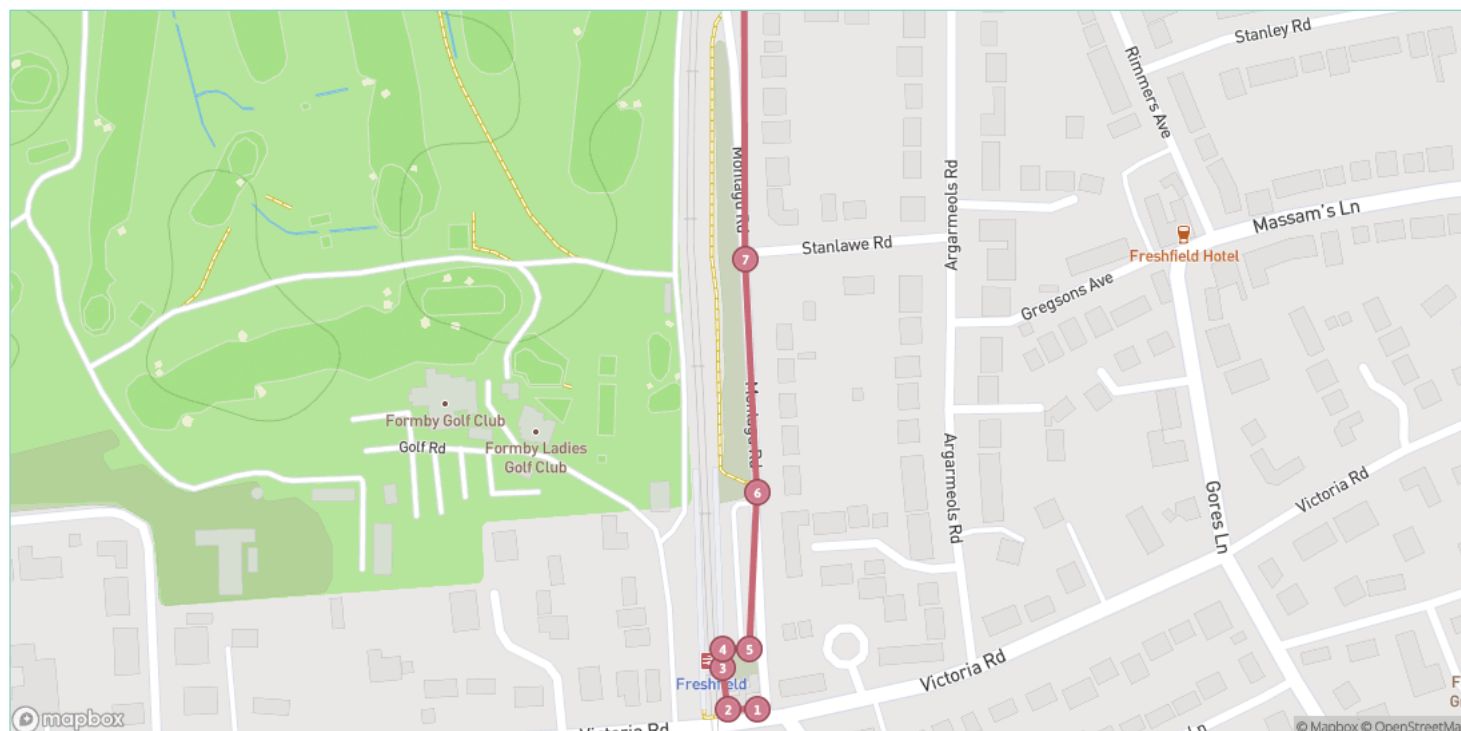
Public transport



Picnic spot



Disclaimer: Directions are provided as guidance only. Weather, construction, closures or other factors may affect routes. Please take care when crossing roads and avoid private land. Always follow local signage and use common sense. Created by Go Jauntly Ltd © 2026. Last Updated: 07 September 2026.



Step 1: Kiosk coffee on the corner by Freshfield Train Station.

Step 2: The walk starts here at Freshfield Train Station. Walk past the ticket office and onto the platform.

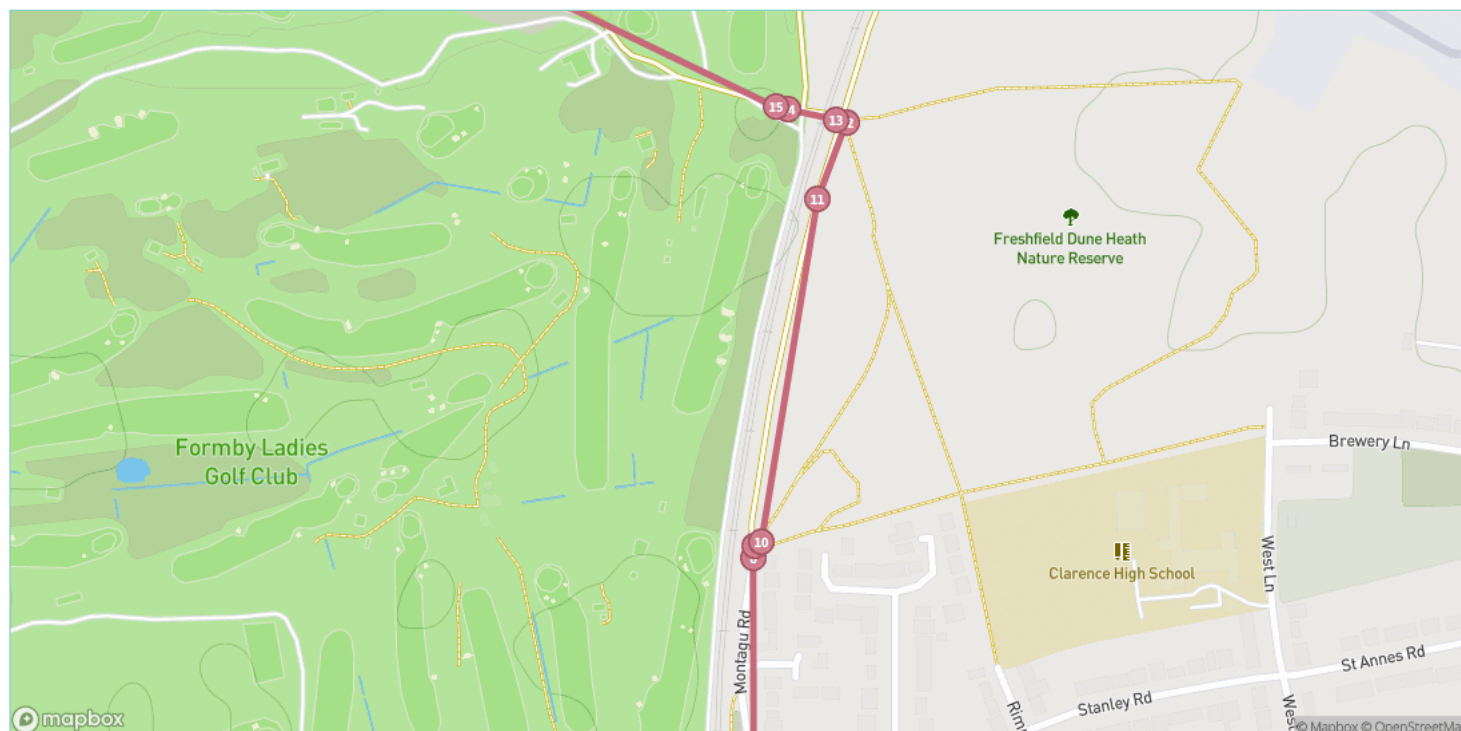
Step 3: Freshfield Station has regular Merseyrail trains to Liverpool Central and Southport.

Step 4: Exit the station through the gate on the right and into main car park.

Step 5: Turn left into car park and walk to the far end, be aware of moving vehicles. At the end of the car park exit right.

Step 6: Turn left to join Montagu Road, there are no pavements, so check for moving vehicles as you walk along the road.

Step 7: Keep walking along Montagu Road.



Step 8: There are gaps either side of the gate to walk through to continue walking alongside the railway.

Step 9: On your right you will see the Montagu Road Triangle sign. Somewhere else to explore.

Step 10: -

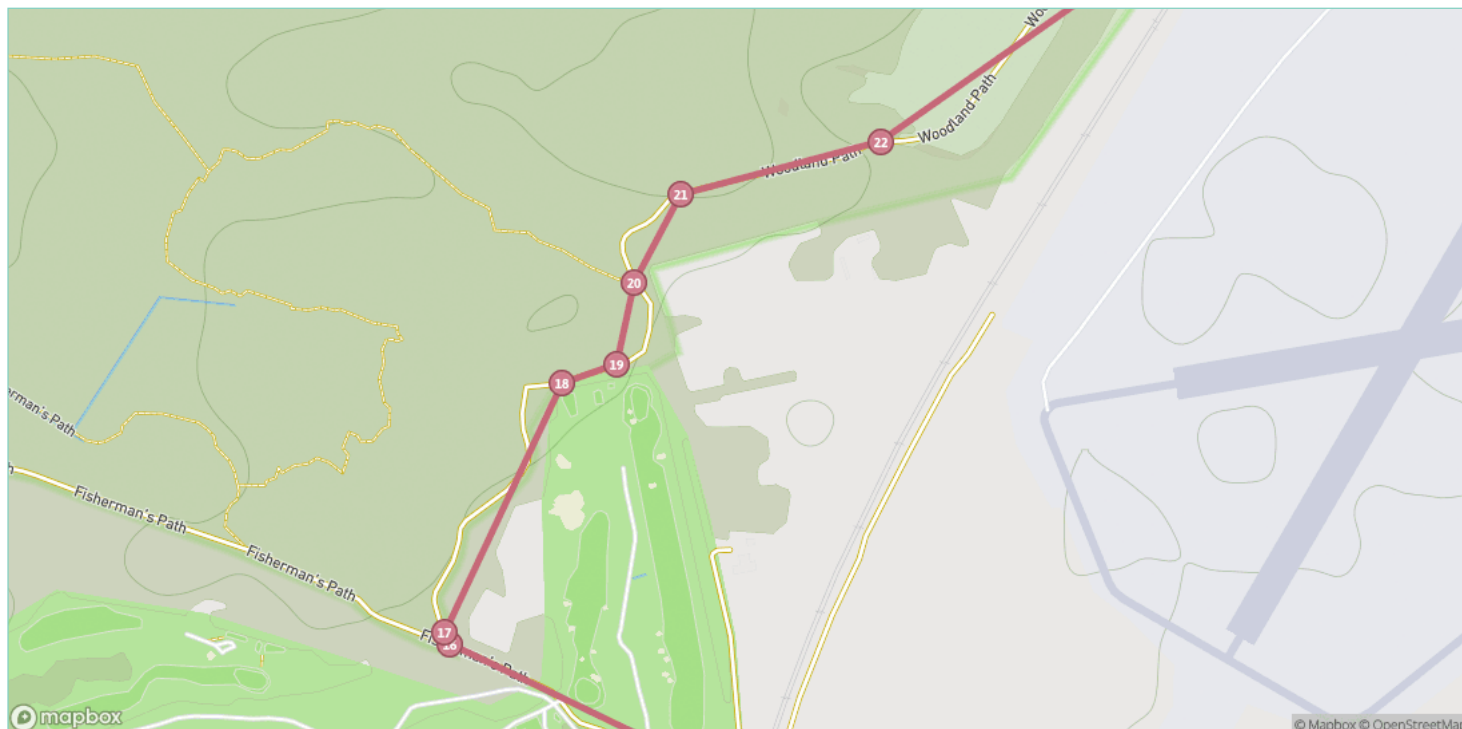
Step 11: Continue along the path, the railway is on your left.

Step 12: You will see the Freshfield Dune Heath on your right, again a different area to explore.

Step 13: On the left is the pedestrian level crossing. Please cross carefully, making sure to listen out for trains and check before entering.

Step 14: After crossing the railway safely you will walk through one of Formby Golf Courses fairways, check left to see if anyone is teeing off.

Step 15: Check left



Step 16: You will arrive at another gate, walk through the gap and head right.

Step 17: Up a gentle slope and into the woods.

Step 18: Tall pine trees line the path as you make your way around the back of Formby Golf Course.

Step 19: Cyclists use the path, be aware as you walk the twists and turns of the path.

Step 20: Maybe have a hydration break here at the bench, then continue straight on along the main path.

Step 21: Coming down the slope from the bench, the avenue of pine trees either side.

Step 22: You will arrive at a large clearing, continue along the main path.



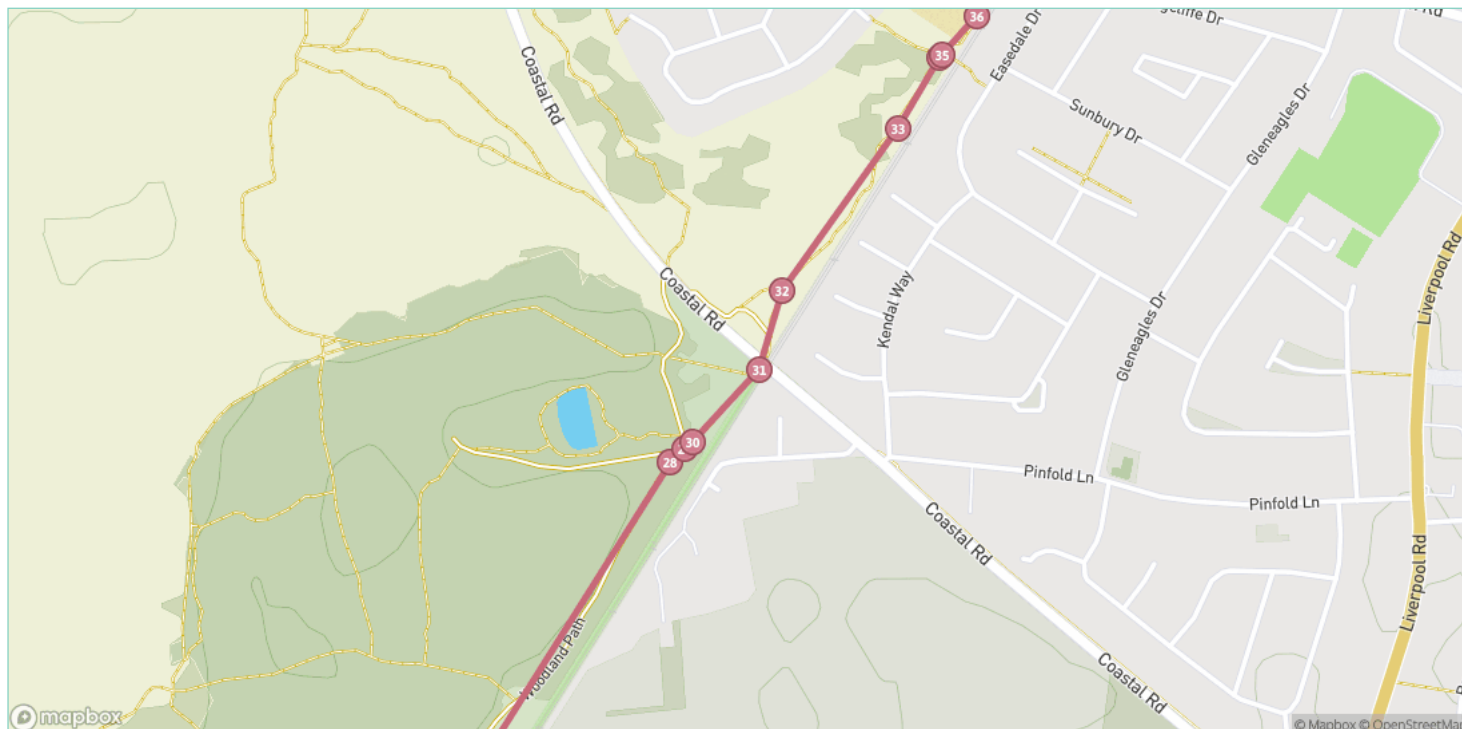
Step 23: Walking alongside the railway again and heading towards Ainsdale.

Step 24: Notice the colourful, large totem pole at the picnic area on the left.

Step 25: -

Step 26: If you look right you will see RAF Woodvale Airfield.

Step 27: Continue walking along the main path.



Step 28: You will see another gate, walk through the gap on the left of the gate and then turn right.

Step 29: -

Step 30: Walk along the path towards the bridge in the distance.

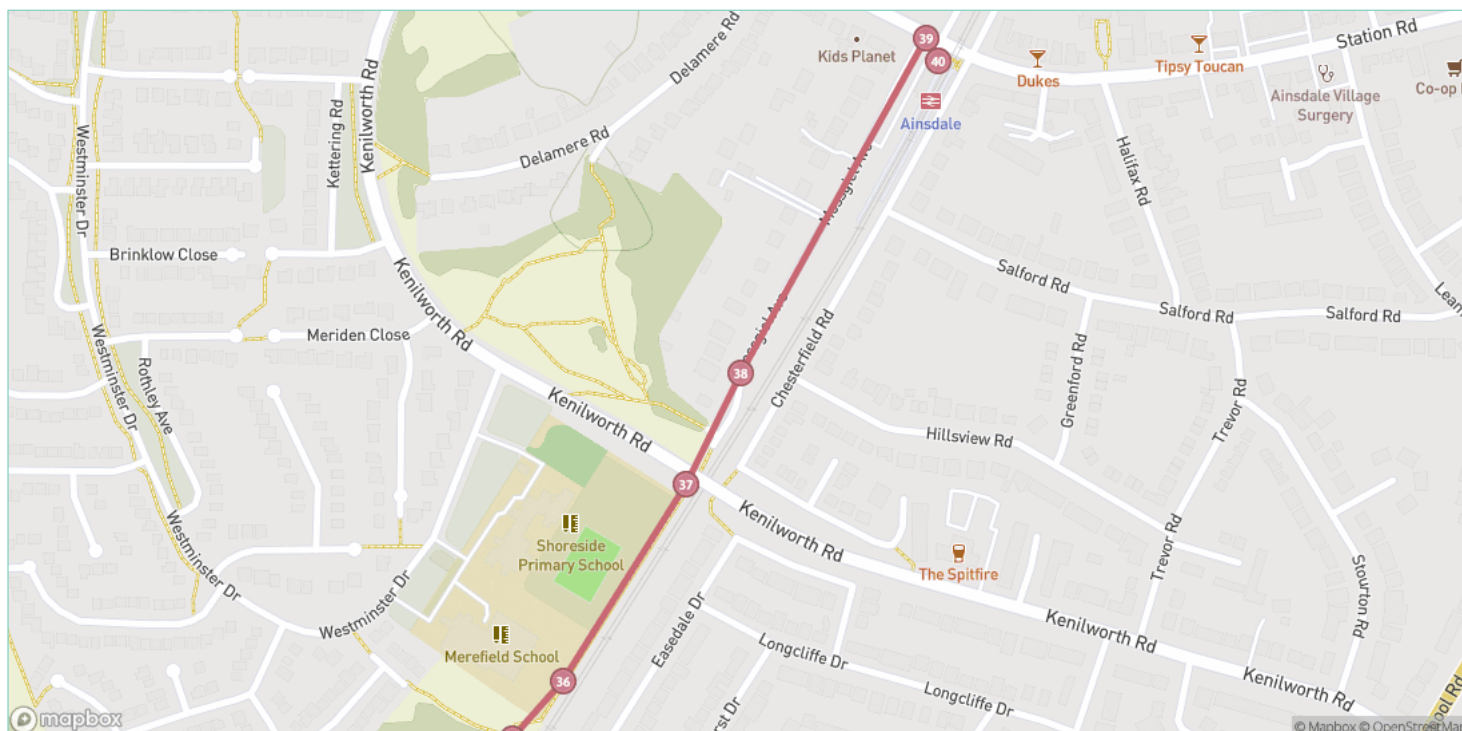
Step 31: Walk under the bridge.

Step 32: On the other side of the bridge you will turn right at the T junction.

Step 33: Spot some of the colourful plants along the way, lots of yellows, pinks and purples. This is bouncing-bet or common soapwort.

Step 34: You will arrive at cross paths, continue straight on. There is a footbridge on your right.

Step 35: -



Step 36: With the railway still on your right continue along this straight path. The path runs along the back of two school fields.

Step 37: Walk under the bridge and onto Mossgiel Avenue.

Step 38: Mossgiel Avenue, pavement on the left.

Step 39: You have arrived at Ainsdale Train Station, your finish point for this walk. Well done and we hope you enjoyed the trail.

Step 40: Ainsdale Train Station is one stop up from Freshfield. With trains to back to Liverpool Central via Freshfield every 15 minutes.