

**Cystic  
Fibrosis Trust**



## **West Midlands / Midlands**

### **Malvern Hills and surrounding areas**

#### **Best for nature lovers: Burgh by Sands to Solway Coast**

16 miles of beautiful saltmarsh and farmland that arrives at fantastic beaches which have been designated an Area of Outstanding Natural Beauty. The loop starts out along the Hadrian's Wall Path and takes you out to the Cardurnock peninsula. At Bowness-on-Solway there is Campfield Marsh, an RSPB nature reserve with 360-degree views of the Solway Plain.

#### **Best for a challenge: Trans Pennine Trail (West)**

A fantastic mainly traffic-free long-distance route and one of the most popular routes on the National Cycle Network. From Southport to Barnsley this section of the longer Trans Pennine Trail follows the River Mersey and ascends into the Pennines through Hadfield and Hyde and continues on into the Peak District.

#### **Best for families: Chester Railway Path**

This route connects the historic city of Chester to the Wharf at Connah's Quay. The path takes you along an old railway line and is an attractive open ride from the north side of Chester out into the Wirral's rich arable farmlands.

#### **Best for the Lakes: Ride to Windermere**

A great cycle ride which travels between Lake Windermere and Kendal - a must for anyone visiting the North West. You can also extend the route all the way to the seaside resort of Grange-over-Sands.

Two cyclists on coastal cycle path with sea wall and beach and buildings in the distance  
The Solway Coastline on National Route 72.

## Best for history lovers: Stockport to Dunham Massey

National Route 62 travels between Stockport Train Station and Dunham Massey in Altrincham and is largely traffic free. The route is 13 miles, taking you to the stunning National Trust Georgian house, which is now the Stamford Military Hospital. Here you'll find a deer park and you can join a guided walk daily at 1.30pm to discover more about the park's long history and stories of the family who lived there.

## Best urban ride: Liverpool Loopline

The Loop Line is a popular, traffic-free wildlife-rich route running from Halewood to Aintree and on to Southport on the Cheshire lines path. This fabulous walking and cycling route follows the old railway line.



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Life Unlimited