



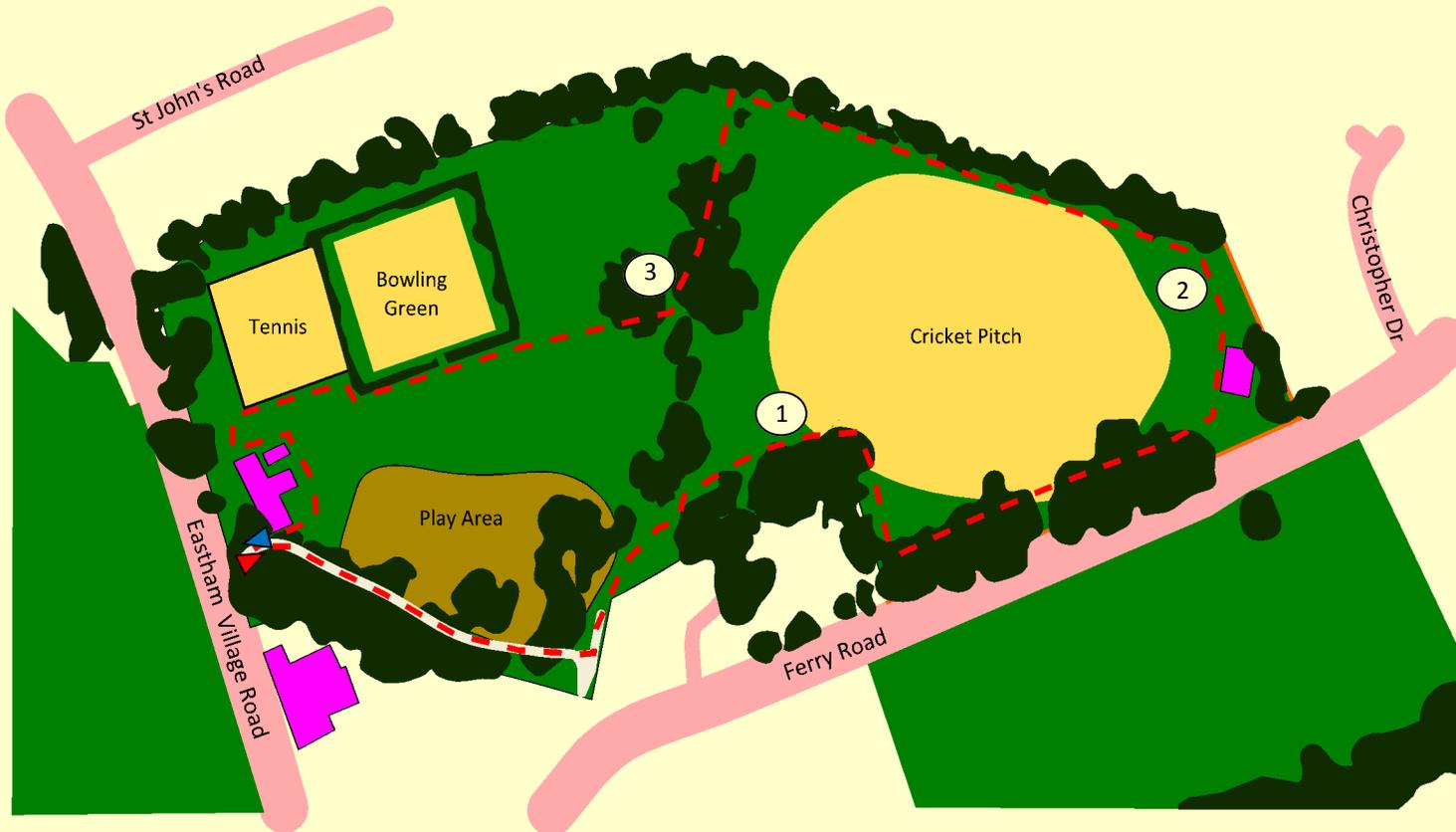
WIRRAL
Parks & Countryside

Torr Park Measured Mile

Difficulty Level



This course is mostly off surfaced pathways, across slightly uneven grassed fields.



Key:

- Start Point
- Finish
- Mile Route
- Surfaced Path
- Building
- Way marker 200m
- Sports pitch
- Grass
- Trees
- Play area
- Road
- Fence

For Measured Miles in other parks, scan the QR code or go to

<https://www.wirral.gov.uk/walkingmiles>



Welcome to Torr Park

Measured Mile

What is a measured mile?

These are measured routes, of approximately one mile in length. You can use this route for walking, jogging, running and generally being active.

The route is a flexible way to build towards your weekly 150 active minutes (or 2.5 hours) as well as enjoying our parks all year round.

Please be aware this course is mostly off surfaced pathways and across slightly uneven ground. We advise you wear appropriate footwear with decent ankle support. The course is 800m in length and must be repeated once to reach the full measured mile.

How do I know I am doing it at the right level?

We all walk and exercise at different speeds. If you are walking and feel comfortable to talk, but it is a challenge to sing the words of a song. Then you are exercising at the correct level!

How do I join in?

Just download your chosen map from:

www.wirral.gov.uk/walkingmiles

Directions

▲ Start : At the park entrance off Eastham Village Road, to the right side of the Seven Stars Martial Arts Centre. Follow the solid surface pathway across the front of the play area and at the end of the path take a left turn onto the small driveway and onto the field. Follow the field edge keeping it to your right hand side until you reach the edge of the cricket pitch. You have completed the first 200m.

1 **200m** — Continue following the field boundary on your right and take a right turn as you reach towards ferry road as the field boundary turns towards Ferry Road. Turn Left and follow the wall and tree line parallel with Ferry Road until you pass all the trees. The follow the field around past the front of the cricket pavilion. Just after the pavilion and just before you reach the trees you have walked 400m.

2 **600m** — Continue to follow the field boundary, keeping the trees to your right and keeping the cricket pitch to your left. Follow it until you reach the line of trees running to your left across the park. Turn left through these trees, and once you are in line with the big Oak tree (to your right) that stands alone turn right behind it towards the bowling green.

3 Continue forward past the bowling green and tennis courts and as you reach the end of the tennis courts turn left and walk behind the Seven Stars Martial Arts building. Once past the building turn left back to the entrance where you started. **Congratulations you have now walked half a mile.**

4 **1000m** — In order to reach your goal you need to repeat this course from the **▲** start to point 3. As you return back to the entrance you have completed your measured mile. **▼**

**Congratulations
you have
walked the
Torr Park
Measured
Mile.**



**Congratulations, you
have walked a
measured mile!! Each
mile is 1600 m or 1.6 km.**

