

Arrowe Country Park Measured Mile

Difficulty Level



An easy course on good surfaced pathways

Key:

- Start
- Finish
- Mile Route
- Surfaced Path
- Building
- Way marker 200m
- Instruction Point
- Grass
- Golf course
- Trees
- Sports Pitch
- Play area
- Road / Car Park
- Depot (Authorised vehicles only)



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

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



Welcome to Arrowe Country 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 that due to the wooded nature of this walk there maybe some rough areas with exposed roots. We advise you wear appropriate footwear with decent ankle support.

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?

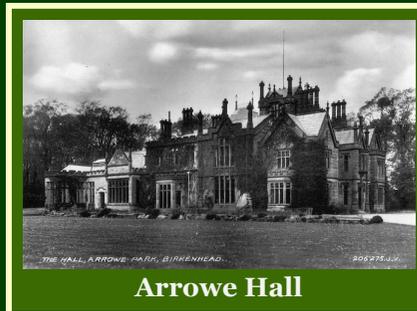
Just download your chosen map from:

www.wirral.gov.uk/walkingmiles

Directions

▲ Start : At the corner of the Arrowe Park Golf Centre beside the 10mph sign. Follow the main path, until a path forks off to the left after passing a small building on your left.

- 1 200m** — Take the left path. Then take the first path on the right. When you reach the crossroads turn left towards Arrowe Hall. Carry straight on, as you pass the entrance to Arrowe Hall on your left you have walked 400m.



- 2 400m** — Follow the main drive to the cross roads, then go straight ahead. After 100m you have walked 600m.
- 3 600m** — Take the second right turn; out of the woods. You will pass a set of exercise equipment on the left hand side you have now walked 800m.

- 4 Congratulations, you have walked half a mile** — Now take the first path on the right, then first left and then first right. As you pass the centre of the tennis courts you will have walked 1000m. Only 600m left!!

- 5 1000m** — Straight on at the junction take the next left. Then take the second left turn turning sharply back on yourself, until you pass the path on your left.

- 6 1200m** — Follow the path up to the bowls pavilion, turn left, then right around the building. The path you need next is to your right, passing along the back of the bowls pavilion towards Ivy Farm (follow the railings that are on your right). As you pass the arched gateway to Ivy Farm on the left you have walked 1400m. You have 200m left to go.

- 7 1400m** — Follow the path, through the woods until you reach the vehicle access to the park. Turn right taking the footpath back to the main path and the finish. ▼

! Take the footpath, Please be aware of vehicles.

Congratulations, you have walked a measured mile!! Each mile is 1601 m or 1.6 km.

