



WIRRAL
Parks & Countryside

Ashton Park Measured Mile

Difficulty Level



This course has two small slopes and vehicle barriers which may cause access issues

Key:

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

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

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



Welcome to Ashton 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 has a very slightly sloping aspect with a slope and vehicle barriers. This route is all on hard surfaced pathways. We advise you wear appropriate footwear with decent ankle support. The course is 800m or half a mile and must be repeated once to reach a 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 entrance to the park by the road junction of Church Road, and Westbourne Road. Enter the park and take the centre fork on the path, follow it straight on until you reach the bowling green. Ignore the path to the left and continue straight on. Turn left after the bowling green. Then turn left again between the lake and bowling green. As you reach the T junction and the painting of Jupiter you have walked your first 200m.

1 200m — Turn right at the T junction towards the lake and follow path around the lake. As you pass the play area and begin to turn back along the opposite side of the lake you have walked 400m.

2 400m — Follow the path and as it forks take the central path going straight ahead. Follow it around the bend and up the slope to the footbridge, past the vehicle barriers. Take the path over the footbridge. Cross the bridge and then turn right following the path along the tree line just before the path forks you have reached point 3.

3 600m — Take the next right follow the rails and head down the hill onto the Wirral Way. As you reach the Wirral Way turn left and take the second right just before the bridge. Follow this path passed the dolphins. After the seals follow the path as it bends right then take a left back to the entrance at Church Road and Westbourne Road.



Beautiful wooden sculptures, This one is at the outdoor performance space.

4 Congratulations, you have walked half a mile — In order to complete your measured mile you need to repeat the course from the start **▲** to the end of point 3 again. Once you have completed this last step you have walked the Ashton Park Measured Mile. **▼**

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

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

