



**WIRRAL**  
Parks & Countryside

# Bidston Hill Measured Mile

## Difficulty Level



This course is mostly off surfaced pathways, has exposed routes and rough terrain and has a hilly aspect. Not suitable in icy conditions.



### Key:

- Start
- Finish
- Mile Route
- Path
- Building
- Way marker 200m
- Cliff
- Grassland
- Trees
- Sports Pitch
- Allotments
- Road / Car Park
- Tam O' Shanter Farm
- Heathland
- Bridge
- Seasonal Pond

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

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



# Welcome to Bidston Hill

## Measured Mile

### What is a measured mile?

These routes 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 goes off the solid surface paths onto woodland pathways with raised roots and then across rough and uneven sandstone areas. This course is NOT suitable in icy conditions and in hot temperatures be aware of fires. If you see a fire on the hill call 999.

### 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](http://www.wirral.gov.uk/walkingmiles)

## Directions

 **Start** : Start in the right hand corner of the car park taking the path next to the vehicle barrier and follow it across the grassland and into the woodland. Follow the path until just before you reach Vyner Road North, you have walked 200m.

**1 200m** — Turn left and follow the railings up onto the heathland and continue up the path, keeping the railings to your right hand side until you reach the footbridge on your right.

**2 400m** — As you reach the footbridge on your right, you will see vegetation ahead of you. Turn left along this vegetation and follow it along the sandstone walkway, be careful it is naturally uneven. Take the right hand fork. After a few minutes you should pass an opening on your right, by the seasonal pond area (with a metal bench), **do not** turn here but continue on the path until you reach a second metal bench. You have walked 600 meters.

**3** After the bench take the left hand fork and follow this into the woods past another metal bench. Continue straight onwards. You should pass close to some houses on your right hand side and eventually reach a cricket pitch on your right. At this point you have reached half way.

**4 800m** — **Congratulations you have walked half a mile.** Continue along the back of the cricket pitch and then take the next right. Then after another 50 meters you have walked 1km.

**5 1000m** — continue on this path until just before you reach Upton Road, then turn left on the path under the trees. Keep going and once you are in line with the bus stop to your right you have reached 1200m.

**6 1200m** — Continue on the path until the path joins with King George's Way at the junction of Upton Road and Boundary Road and then turn left up King George's Way. As you reach the end of the allotments you have reached 1400m you have 200m to go.

**7** Following King Georges way past the allotments onto the field, then turn right onto the surfaced path back towards the car park. Once at the car park carefully walk around the edge until you reach a small path entrance to your right. 



**You have walked  
Bidston Hill  
Measured Mile.**

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



**WIRRAL**