



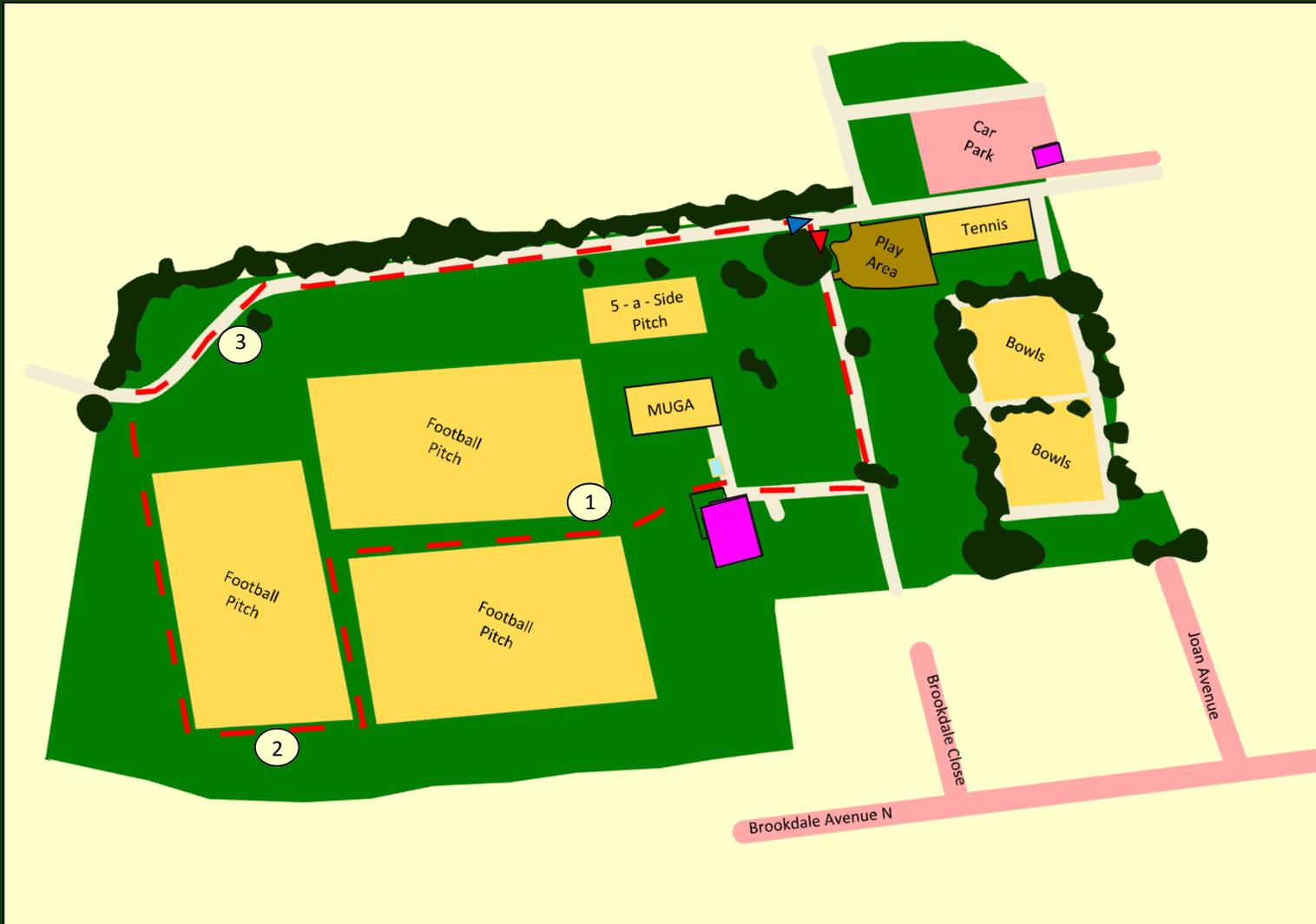
**WIRRAL**  
Parks & Countryside

# Coronation Park Measured Mile

Difficulty Level



This course has sections on surfaced pathways and walking across sports fields



Key:

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

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

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



# Welcome to Coronation 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.

This route is on hard surfaced pathways and across fields. 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](http://www.wirral.gov.uk/walkingmiles)

## Directions

**▲ Start** : at the path junction next to the play area with the play area on your left hand side. Walk along the path taking the first available right turn. Follow this path up to the changing rooms and then walk around the outside of the building and fencing crossing onto the field. Walk up between the two football pitches. As you reach between the corners of the pitches you have reached your first waypoint at 200m.

**1 200m** — Continue walking between the two pitches. Turn left at the top of the pitches, you will now have a third pitch to your right. Turn right as you reach the corner of the pitch on your right. As you reach the centre of the goal mouth you have walked 400m.

**2 400m** — Continue to the far corner of the pitch and turn right walking along the pitch. Then continue to the surfaced pathway ahead. As you reach the surfaced path turn right and just before the next bend in the path you have walked 600m.

**3 600m** — Continue to follow the surfaced back to the junction where you started.

**Congratulations you have reached half way.**

**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 Coronation Park Measured Mile.

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

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

