



**WIRRAL**  
Parks & Countryside

# Harrison Park Measured Mile

Difficulty Level



This course has hills and a small steep section.



Key:

- |  |                 |  |       |
|--|-----------------|--|-------|
|  | Start           |  | Grass |
|  | Finish          |  | Trees |
|  | Mile Route      |  | Hill  |
|  | Surfaced Path   |  |       |
|  | Building        |  |       |
|  | Way marker 200m |  |       |
|  | Sports pitch    |  |       |
|  | MUGA            |  |       |
|  | Play area       |  |       |
|  | Road            |  |       |
|  | Railway Line    |  |       |
|  | Golf Course     |  |       |

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

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



# Welcome to Harrison 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 is a hilly site, with slopes and climbs, with one quite steep area. This route is mainly on hard surfaced pathways but goes across the hills on a roughly surfaced pathway. 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](http://www.wirral.gov.uk/walkingmiles)

## Directions

 **Start** : At the entrance to the park off Sandcliffe Road. Follow the path as it bends to the left towards the tennis courts. Walk past the tennis courts and on until you reach halfway through the first bowling green.

- 1 200m** — follow the path past the play area and around the bend following the base of the hill. Take the rough stone covered path on the right heading up over the top of the hills. You should see the play area to your right down below you. You have walked 400 m.
- 2 400m** — Continue to follow the path over the hills taking care as it is a little uneven. As you begin to drop down the end of the hill towards the gateway on Sandcliffe Road you have walked 600m.
- 3 600m** — Continue down the hill until you reach the surfaced path. Turn left and follow the path around the base of the hill. Just before you reach the MUGA (multi use games area) you have walked half a mile.

- 4 1000m** — Congratulations, you have walked half a mile — Continue on the path past the multi use games area (MUGA) and take a right turning across the grass around the sports field. As you reach the far corner you have walked 1 Km.

- 5 1200m** — Continue around the football field, turning left back down the opposite side of the field and back towards the surfaced path. As you reach the path turn right. You have walked 1200m and only have 400m left to go.

- 6 1400m** — Follow the path around the bend, around the base of the hill. Keep following the path past the play area. Congratulations you are on your last 200m.

- 7 1600m** — The final leg, you are nearly there. Follow the path back to the gateway at Sandcliffe Road.

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

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

