



**WIRRAL**  
Parks & Countryside

# Mayer Park Measured Mile

Difficulty Level



This course uses hard surfaced paths, field edges and wild walkways.



Key:

- Start
- Finish
- Mile Route
- Surfaced Path
- Wild walkway
- Building
- Way marker 200m
- Railway Line
- Grass
- Trees
- Sports Pitch
- Play area
- Road / Car Park
- Housing
- Knot garden
- Sunken garden
- Gateway

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

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



# Welcome to Mayer Park

## 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 our wild walkways, they maybe uneven and or muddy underfoot. 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** : On the pathway in line with the 'Knot Garden' facing away from Church Road between the two memorial stones. Walk forward take the first path on the right hand side. Follow this path and take the next left to just before the next right turn.

- 1 200m** — Take this right turn. Then take the next right turn back towards the sunken garden. Turn right around the sunken rose garden walking the long way around it and take the second exit. Follow this path and then take the next left turn.
- 2 400m** — Continue to the end of the path then turn right, then next left and exit the park through the gateway. Immediately re-enter the lower park onto the field. Follow the fence line turning left through the trees parallel to the railway line. After 50m you have walked 600m.
- 3 600m** — Follow the field boundary turning left along the woodland edge until you reach the path. Then turn right along the path until you reach the wild walkway on the left.

- 4 Congratulations you have walked half a mile.** Take the wild walkway and follow the path until it reaches a T junction. Take the left hand fork and follow it out of the woods onto the field under the trees. Carry on and after 50m you have now walked 1km.

- 5 1000m** — Continue along the field edge until you reach the path leading left up the park boundary towards some small cottages. As you reach the cottages turn left and follow the path taking the second right turn just past the play area.

- 6 1200m** — Follow the path, turn first right following the fence line, then through the old stone gateway. Turn right at the T junction and follow the path taking the 2nd left into the Yew Tree arch.

- 7 1400m** — The final leg, you are nearly there. Keep following the path through the yew archway until you reach the building. Turn left. Then take the second left turn. Follow the path taking the next right and immediately right again.

- 7** Follow the path up towards the main gate and rose garden. Once in line with the memorial stones you have completed your Measured Mile. 

**Congratulations  
You have now  
completed the  
Mayer Park  
Measured Mile!!**

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

