



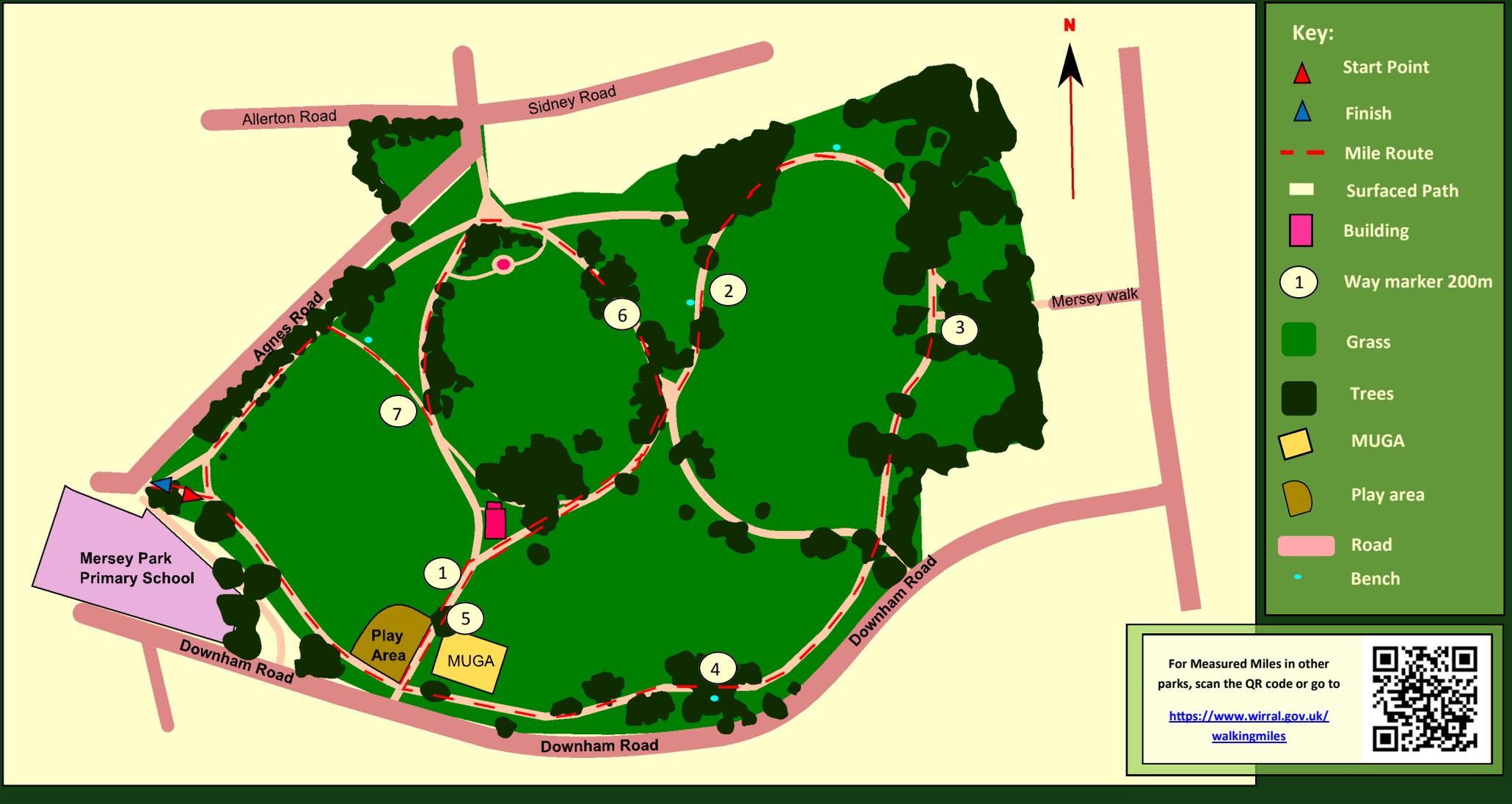
WIRRAL
Parks & Countryside

Mersey Park Measured Mile

Difficulty Level



This course is on the side of a hill and has some steep areas, which may prove challenging.



Key:

- Start Point
- Finish
- Mile Route
- Surfaced Path
- Building
- Way marker 200m
- Grass
- Trees
- MUGA
- Play area
- Road
- Bench

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

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



Welcome to Mersey 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 is a hilly site, with slopes and climbs, with one quite steep area (which can be easily avoided). This route is on hard surfaced pathways. 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

Directions

▲ Start : At the entrance to the park closest to Mersey Park Primary School. Take the right hand path and follow it to the children's play area. Then take the next left turn, up the hill.

1 200m — Carry on up the hill, taking the right hand fork past the boxing club building. Follow the path to the four way junction, ahead of you there are two paths, take the right hand one. Continue straight ahead at the next junction and follow the path until you reach the bench.

2 400m — Continue to follow the path past a path on the left, and continue downhill. Continue past two paths on your left. As you pass the second path, you have walked 600m.

3 600m — Continue straight ahead past the next junction, then follow the path parallel with Downham Road. As you reach the bench in the small group of trees you have walked 800m.

4 1000m — Congratulations, you have walked half a mile — Continue on the path past the multi use games area (MUGA) and take a right turn up the hill.

5 1000m — Continue up the hill, until the path forks. Take the right hand fork and continue back to the four way junction. This time, take the left hand path and head up the hill.



6 1200m — Follow the path up to the top of the hill. Keep the railings to your left hand side as you take the next left turn back down the hill. Then take the next right turn onto the smaller path heading towards Agnes Road.

7 1400m — The final leg, you are nearly there. Follow the path till you reach the T junction and take a left turn. Follow it Parallel to Agnes Road until the path forks. Take the left hand fork, then a sharp right back to the park entrance. ▼

Congratulations you have walked the Mersey Park Measured Mile.

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

