



WIRRAL
Parks & Countryside

New Ferry Park Measured Mile

Difficulty Level



This course crosses unmarked grassed Areas and hard surfaced paths



Key:

- Start
- Finish
- Mile Route
- Surfaced Path
- Wild walkway
- Building
- 1 Way-Marker
- Grass
- Trees
- Grass mound
- Sports Pitch / Court
- Play area
- Road
- Wall

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

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



Welcome to New Ferry 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 surfaced paths onto mown grassland, 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:

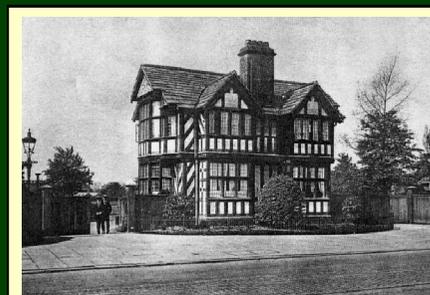
www.wirral.gov.uk/walkingmiles

Directions

▲ Start : Standing on the path-way off **Longfellow Drive** by the New Ferry Village Hall. Stand on the dog fouling marker facing the play area with the New Ferry Village Hall behind you. Turn immediately left and follow the field edge along the road. Turning right along the first path ignoring the entrance to the basketball courts. Take the next path on the right, past the small building on the left. As you reach the building you have walked 200m.

① 200m—Continue along the path taking the next left turn at the T junction. Follow this path until you reach the next path junction. To your right there is a large field and football pitch. At the junction leave the path turn right and walk across the field. Take care the ground may be uneven. Taking care to not to cut corners and stay off the football pitch. To the treeline on the other side of the field parallel with Sefton Drive.

② 400m—Turn right and follow the treeline parallel with Sefton Road. Turn right onto the solid path along the back of the building. Follow the path as it passes the building and begins to bend to the left. You have walked 600m.



New Ferry Park Lodge
1920's

③ 600m— Continue on the path as it bends left, then take the next right turn. Follow this path through the trees and continue straight on at the path junction back towards the play area. Continue past the play area to the start as the path reaches Longfellow Drive.
Congratulations you have walked half a mile.

④ Now repeat the course from the start to point 3. As you return to the end point for the second time you have walked a measured Mile or 1600m. ▼



**Congratulations
you have
walked the
New Ferry Park
Measured Mile.**

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

