

Queens Park and Meols Parade

Difficulty Level



This course has a few steps and crosses a busy road. The steps can be avoided by following instruction overleaf.



Key:

- Start
- Finish
- Mile Route
- Surfaced Path
- Building
- Way marker 200m
- Instruction Point
- Grass
- Trees
- Sports Pitch
- Play area
- Road
- Beach
- Pavement / promenade
- Housing
- Slipway

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

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



Welcome to Queens Park and Meols Parade

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 walk is split by a busy road, and has a couple of steps. 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 Queens Park at **Sandhey Road**. Walk into the park until the path forks. Take the left hand path. Follow this path taking the 2nd right turn towards the play area. Take a right turn at the next T Junction. Follow path until you reach the play area.

1 200m — The play area should be on your left hand side. Keep following the path. Take the second path on the right. Follow this path and take the next left and then immediately turn right along side the bowling green. At the T junction turn right and follow the path around to the left.

2 400m — Follow the path back to the park entrance and then onto the left hand pavement on **Sandhey Road**. Follow the pavement to the road junction with **Meols Parade**. Cross this busy road carefully onto the pavement of the seawards side of **Meols Parade** and turn Left.

3 600m— Continue on the pavement past the bowling greens.

4 Congratulations, you have walked half a mile — Continue on the pavement until you reach the slipway entrance road, then turn right back along the promenade.

5 1000m — Keep following the promenade.

6 1200m — Keep following the promenade following the fence and walls on your right hand side. Climb a couple of steps ** and follow the wall around the end of Meols Parade Gardens onto the pavement of **Meols Parade**.

7 1400m — The final leg, you are nearly there. Follow the Meols Parade pavement past the junction of **Wynstay Road** on your left, upto the junction of **Sandhey Road**. Take care crossing the busy road, then continue down **Sandhey Road** to the Park entrance. 

Congratulations you have completed the Queen's Park and Meols Parade Measured Mile!

** These steps can be easily avoided by continuing along the Promenade, to the slipway and onto the pavement at this point. This adds approx. 100m to your route.

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



Caution : Busy Road. Please, take care crossing over!