



WIRRAL
Parks & Countryside

Upton Park Measured Mile

Difficulty Level



This course uses mowed wild walkways and hard surfaced paths



Key:

- Start
- Finish
- Mile Route
- Surfaced Path
- Wild walkway
- Building
- Way-Marker
- Grass
- Trees
- Meadow
- MUGA
- Play area
- Road
- Pond

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

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



Welcome to Upton 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 course goes off the solid surfaced 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

Directions

Start : At the pathway next to the car park access road and sports facility changing rooms. Follow the path until you reach the second bench, you have done 200m.

- 1 200m** — Continue to follow the path to the T junction and turn right towards the play area. Keep following the path past the play area until just before the surfaced path turns right. Prepare to go off road, onto our wild walkways!
- 2 400m** — Walk past the hedge line to your left. Then take the wild walkway on your left (take care, it maybe uneven!), until you reach the mown path T Junction.
- 3 600m** — Take a left turn at the T junction. Follow the wild walkway, keeping to the right and take the right hand fork. Follow it around the bend and you are nearly halfway.
- 4 Congratulations, you have walked half a mile** — Keep following the walkway and take the next right hand turn, this time keeping to the left hand side.... Past the path on your left.

Continue towards the woods, this time taking the left hand fork ahead. You will reach a small path heading into the woods on your right, Do NOT take this path, but continue on the walkway.

- 5 1000m** — Follow this walkway around the meadow until you reach the mown field. Then turn right up around to the top of the small pond and copse of trees.



Pond and copse of trees

- 6 1200m** — At the top of the copse and small pond go straight ahead until you reach where the woodland edge meets the grass. Turn left and follow the edge of the woods until you meet the hard surfaced path. Turn right onto the path. At the T junction take a left and follow the path back towards the car park. When you reach the first bench you have walked 1400m.

- 7 1400m** — The final leg, you are nearly there. Keep following the path back to the car park entrance road. ▼

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

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

