



WIRRAL
Parks & Countryside

Victoria Park Measured Mile

Difficulty Level



This course has a gentle slope and is on solid surfaced pathways.



Key:

- Start
- Finish
- Mile Route
- Surfaced Path
- Building
- Way marker 200m
- Sports pitch
- MUGA
- Play area/equipment
- Road
- Gym Equipment
- Teen Shelter
- Grass
- Trees
- Hill

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

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



Welcome to Victoria 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 has a very slightly sloping aspect. This route is all 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 of the park by the roundabout at the road junction of Church Road, Bebington Road and Mount Road. Walk forward and then take the right hand fork. Then take the first left turn. At the end of the path turn right and then immediately right again. At the end of this path turn left, then after 50m you have walked 200m.

1 200m — Continue on the path and take the next left turn. At the end of the path take a right turn then right again on the path. As you reach in line with the junior football pitch you have walked 400m.

2 400m — Continue on the path and take the next left turn. Continue past the junior football pitch and MUGA (Multi Use Games Area) and a path on your left. As you reach the gym equipment on your right you have reached 600m, only 1000m to go.

3 600m — Follow the path taking the next right turn. As you reach the gym equipment on your right you have reached half way.

4 Congratulations, you have walked half a mile — Keep going straight ahead, past the path on the right and a set of gym equipment. As you reach the second bench on your left you have reached 1000m.

5 1000m — Follow the path parallel to Albany Road, at the next path junction turn right. Continue until you reach the second group of gym equipment. Only 400m to go.

6 1200m — Follow the path taking a right turn at the next junction. At the next junction take a left turn past the cricket pavilion and as you reach the gym equipment you have reached the final 200m.

7 1400m — At the five path junction take the second path on the left heading back to the entrance, where the course began. Follow the path, back to the start. ▼

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

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

