



# WIRRAL

## Parks & Countryside

# Whiteheath Park Measured Mile

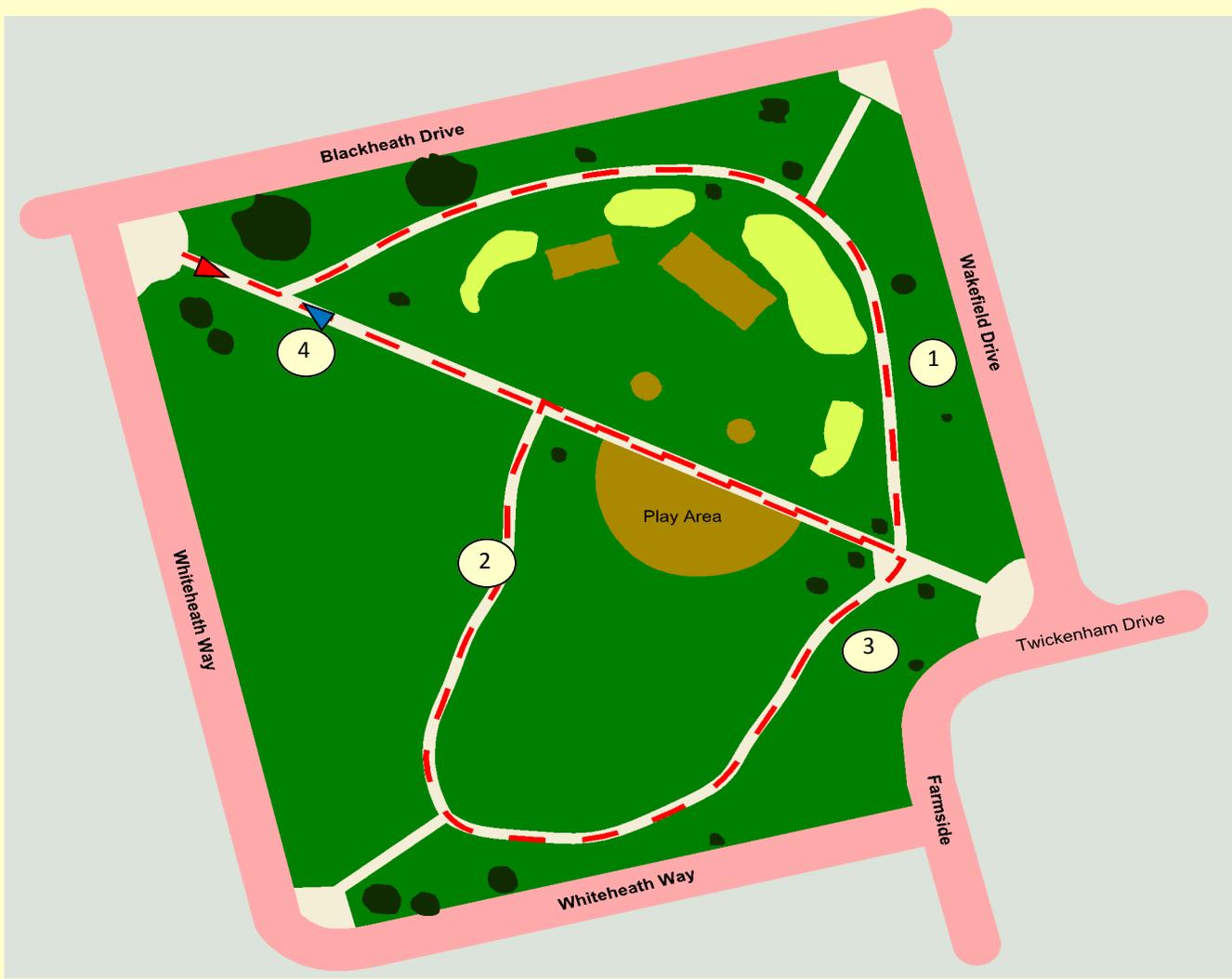
Difficulty Level



This course uses hard surfaced paths, field edges and wild walkways.

Key:

- Start
- Finish
- Route
- Surfaced Path
- Way marker 100m
- Grass
- Trees
- Grass Mound
- Play area
- Road / Car Park
- Housing



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

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



# Welcome to Whiteheath 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.

This is a small park and so the course should be repeated four times in order to reach the complete mile.

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](http://www.wirral.gov.uk/walkingmiles)

## Directions

**Start** : Begin the course on the Junction of Blackheath Drive and Whiteheath Way. Walk forward into the park taking the first path on the left. Follow this path around past the grass mounds and play equipment.

- 1 100m** — Continue to follow the path, then take the next right turn towards the large play area. After the play area continue following the path taking the next left turn. Follow this path for 20m and you have walked 200m.
- 2 200m** — Continue on the path, walking the long curve and ignoring the right hand exit to Whiteheath Way . Returning towards the junction of Farmside, Twickenham Drive and Wakefield Drive. Continue to follow the path and as you reach about 20m from the cross roads (path) you have travelled 300m.
- 3** Continue on the path for 20m to the cross roads (path) and turn left once again. Head towards and then past the play area. As you reach the path junction on your right you have reached 400m. In order to reach your measured mile you must repeat the course another 3 times. Go to point 4.
- 4 400m** — Take the right hand path and follow it round past the 3 grass mounds and play equipment like before. Then follow instructions 1 – 4 until you complete three more laps.
- 5** Once you have completed your 3 laps instead of turning right walk towards the park exit at the corner of Blackheath Drive and Whiteheath Way, where you started. 

**Congratulations**  
You have now  
completed the  
Whiteheath  
Park, Measured  
Mile!!

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

