Get Involved

Register at walkruncycleplay.co.uk

Click Central Park and your preferred time slot

Arrive at your start point, receive a wristband, walk, run or cycle the distance you want to. The full Central Park loop is exactly 1 mile. There are four checkpoints around the park.

FREE Tea, Coffee or soft drink and sweets for children are provided on your return to The Place In The Park.

Checkpoints

1. **The Place In The Park,** Opposite The Kings Arms Pub
2. **Path Crossroads Junction,** Next to the football cage
3. **Parkfield Liscard Cricket Club,** Central Park Triangle
4. **Central Park Lake**

Did you know?

- A brisk 10-minute walk has lots of health benefits.
- You can tell you're walking briskly if you can still talk but cannot sing the words to a song.
- Running can significantly improve physical and mental health.
- As a form of aerobic exercise, running can reduce stress, improve heart health, and even help alleviate symptoms of depression.
- Cycling is a good muscle workout – cycling uses all of the major muscle groups as you pedal.
- Cycling causes less strain and injuries than most other forms of exercise.
- Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive and emotional strength.
- Play is important to healthy brain development.



#HYPEWalkRunCyclePlay
#playyourpart

If you have a business that can support this innovative project please do reach out by contacting HYPE at **enquiries@hype-merseyside.co.uk**

WIRRAL · LIVERPOOL CITY REGION COMBINED AUTHORITY · VIBRANT PARKS

CENTRAL PARK

WALK RUN CYCLE PLAY



Every Saturday and Sunday
for 3 weeks in December 10am - 12pm
December 4th, 5th, 11th, 12th, 18th, 19th
Starting at **Place In The Park**
FREE Open to all ages

walkruncycleplay.co.uk


Checkpoint
Parkfield Liscard Cricket Club,
Central Park Triangle
Checkpoint
Path Crossroads Junction
Next to the football cage
START
The Place In The Park,
Opposite The Kings Arms Pub
TOILETS WALLASEY
CENTRAL PARK
Checkpoint
Central Park Lake