

## Mesnes Park: Interesting Facts

- Mesnes Park opened to the public in 1927.
- It is the largest park in Newton Le Willows.
- The name Mesnes is derived from the Norman term 'demesnes', which refers to the 'domain' of the local landowner.
- The park's football pitches are used by a number of local teams. Lying to the rear of the pitches is the world's first passenger railway line, opened in 1830 and linking Manchester and Liverpool.
- Much of the woodland areas of the park were planted in the early 1990s as part of the Mersey Forest initiative and mainly consist of Birch, Alder, Willow and Rowan.
- In 1995 the park was extended to the west, creating a contrasting landscape of woodlands, wetlands and grasslands. Today the park has further increased in area with the addition of the former St.Aelreds School playing field.
- When passing through the wooded areas of the park you may spot holes in the tree trunks where woodpeckers have hammered as they extract insects and create nesting holes.
- The grassland is a developing area, producing a variety of native flora from May through to September. Species such as Ragged Robin, Meadow Buttercup and Red Campion are usually the first flowers to be seen in the early part of the summer.
- The centre houses the Ranger Service and the Pensioners Association and is open to the public for toilet facilities and sport changing rooms.
- The park has been awarded the prestigious Green Flag since 2002.



St.Helens Council is in support of Change4Life. In order to maintain a healthy weight we need to both eat better and move more. Many families are making changes that will help them live healthier and longer lives.

For more information, visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life) or call **0300 123 4567**



St.Helens Council

### Contact Centre

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Please contact us to request translation of Council information into Braille, audio tape or a foreign language.

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# Parks For Life

## Healthy Walks in St.Helens Parks



# Mesnes Park



St.Helens  
Council

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## Walking in Mesnes Park

The measured routes on the map of Mesnes Park opposite can be used for walking, jogging, running and generally being active. The routes are measured at different lengths, depending on how far you want to walk. There are 100 metre markers placed around the route, so you can join or finish the route at any point and still work out the distance you have walked.

Always think about your current fitness levels. Start off steady and build progressively at your own pace.

## Benefits of Walking

Walking is great for your health and well-being. It reduces your risks of health problems such as Type 2 Diabetes, Heart Disease, Stroke and some Cancers. Walking can also boost your self-esteem, help you concentrate, sleep, look and feel better. It's also a great way of burning energy (calories). Best of all it's free to do and it gets you outdoors in the fresh air.

## How much should you do?

Adults should aim to accumulate 30 minutes of moderate to intense activity on five days of the week, a total 150 minutes a week.

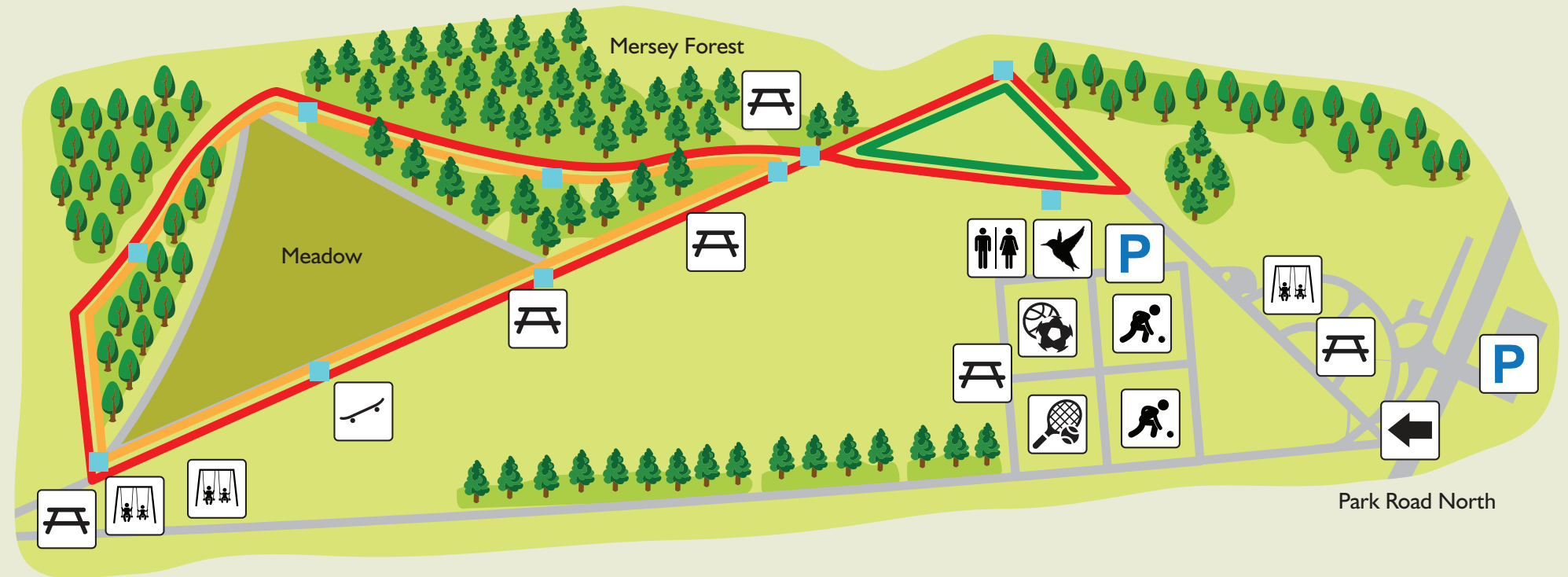
**Route 1:** Just getting going? Aim to do 20-30 minutes. Build up steadily and enjoy the walk. Depending on your pace of walking, in 30 minutes you could burn between 90-160 calories\*.

**Route 2:** Step it up! Aim to do 30-60 minutes without stopping and you'll burn between 90 and 315 calories\*. How many circuits of the route can you do?

**Route 3:** Go for it! Aim to do 60-90 minutes continuously and you will burn between 190 and 473 calories\*. How fast can you complete a circuit?


This is just a guide. Build up your fitness gradually and work to your own level. Make sure you contact your GP before undertaking any activity. For further specific individually tailored advice contact the Health Improvement Team on 0300 300 0103 option 2.


*\*Calorie consumption based on a 60kg person and a 2.5mph to 4mph pace. Calories burned varies depending on weight and pace.*





### Key


The routes are a mixture of tarmac and stone surfaces. They are mainly flat with a short incline leading towards The Ranger Service base.

 Route 1: 275m - (just over 1/6 of a mile)


 Route 2: 725m - (just under 1/2 a mile)

 Route 3: 1000m - (just under 2/3 of a mile)

 Marker posts positioned every 100m along the route (Positioning of marker posts measured by keeping to the centre of pathways)

 Park entrance/exit

 Benches

 Free car park facilities

 Play areas

 Bowling green

 Toilet facilities

 Tennis Courts

 Multi-use games areas

 Skatepark

 Ranger Service Base  
Available during opening times.  
Summer: April - September  
9.30am - 4.40pm  
Winter: October - March  
8.30am - 4.00pm