

Taylor Park: Interesting Facts

- Taylor Park was opened to the public in 1893.
- It originally formed part of the Eccleston Hall Estate and was named after Samuel Taylor who donated the land to St.Helens.
- Carriage Drive was a thoroughfare between Samuel Taylor's 19th century house and the toll bar at Prescott Road. Tearooms are also located here.
- Local legend says the ghostly figure of the grey lady walks of an evening, smiling as she passes by in this area.
- The Boathouse was built in the 1930s and is the base for outdoor activities organised by St.Helens Council Youth Services.
- The Taylor Park Centre, an example of 1970's architectural design is now the offices of the St.Helens Council Ranger Service.
- In the shallow areas of the lake, birds such as the Great Crested Grebe, Coot and Moorhen rear their young.
- Mute Swans have nested and raised young under the trees in the park for the first time in 20 years.
- The dam wall has a clay core with a brick retaining wall on the lakeside and a grass bank with trees on the opposite side. The crest of the dam forms a footpath, which continues around the lake.
- The lake consists of a single reservoir of about 4.7 hectares and is one of a series of interconnected dams, constructed to supply local industry.
- At its deepest point the lake is 4 metres. Shoals of fish can be seen in the dam and include Carp, Bream Tench and Perch.
- The top of the hill can be viewed from the lake, where there is a plinth with a linear history of the park and a viewpoint taking in a panorama of St.Helens and the surrounding landscape of Merseyside and Lancashire.
- A £1.2 million lottery funded restoration project was completed in 2005.
- The park has been awarded the prestigious Green Flag since 2007.



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 or call **0300 123 4567**



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Parks For Life

Healthy Walks in St.Helens Parks



Taylor Park



St.Helens Council

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Walking in Taylor Park Park

The measured routes on the map of Taylor 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 also 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 and 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 of 150 minutes a week.

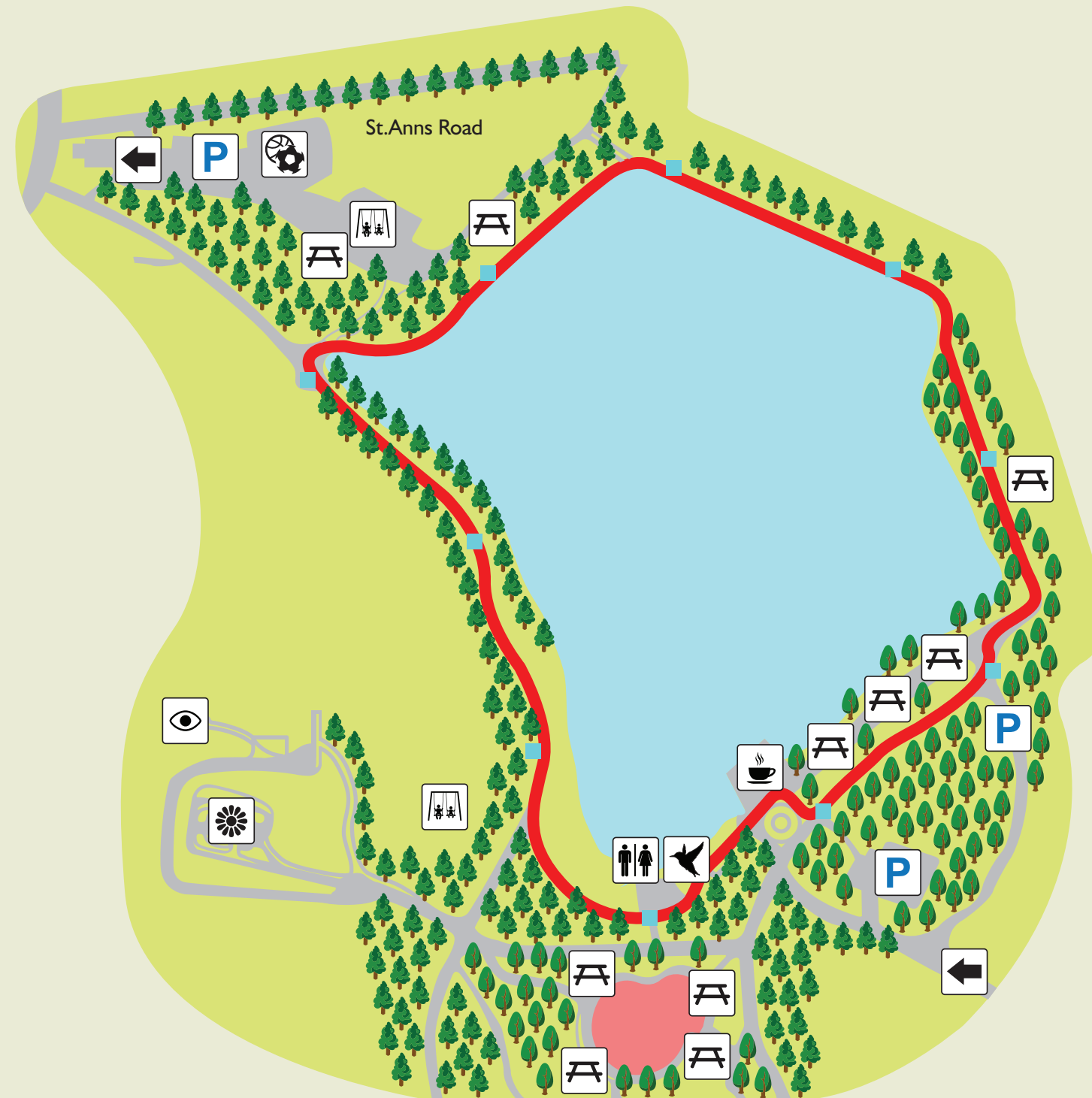
You should build up your fitness gradually and work at your own level. Start with an aim of completing 20 - 30 minutes walking, this may take several walks to achieve but build steadily and progress at your own rate.

Once you can walk for 30 minutes, now you can try to increase your time further or maybe even increase your speed of walking.

How many times can you complete the route in 30 minutes?



Make sure to contact your GP before undertaking any activity.

For further specific individually tailored advice contact the Health Improvement Team on **0300 300 0103** option 2.



Key

The route consists of all tarmac surfaces and is mainly flat.

-  Route: 1000m - (just under 2/3 mile)
-  Marker posts positioned every 100m along the route (Positioning of marker posts measured by keeping to the centre of pathways)

-  Benches
-  Free car park facilities
-  Play areas
-  Quarry gardens
-  Park entrance/exit
-  Multi use games area
-  Viewpoint
-  Boathouse tea room
-  Ranger Service Base/Toilet facilities
Available during opening times.
Summer: Monday - Wednesday, 9.00am - 4.00pm
Thursday - Sunday, 10.00am - 5.00pm
Winter: Monday - Sunday, 9.00am - 4.00pm
-  * These may on occasion be subject to change without notice.