

Corporation Park

Blackburn

STEP CHALLENGE



KEY

-  1. Step to It
19 steps
-  2. Quick Step
12 steps
-  3. Passi Italiani (Italian Steps)
21 steps
-  4. Rocky Balboa
51 Steps
-  5. On the Rocks
26 Steps (Tall steps)
-  6. Slippery When Wet
46 Steps (Hard route)
-  7. The Hurt Locker
128 Steps (Very hard route)
-  8. Quad Burner
82 Steps (Very hard route)
-  9. The 59 Steps



Map produced by Corporation Park Supporters Group
www.corporationparksupportersgroup.com



CORPORATION PARK STEP CHALLENGE

Being on a slope can make some activities in the park more difficult and be off-putting. So why not use the slopes and steps to challenge yourself? Start small and build up the difficulty. Walk first, then, when you feel you can, increase your speed.

WHY CLIMB STEPS?

Climbing steps is good for cardio-vascular fitness, burns fat, strengthens lower body and legs, and improves balance. It makes your walk, jog or run more intense and increases the benefit of the exercise.

ON THE ROCKS

A short flight of 5 steps followed by a more rustic flight of 21 steps. Each step of the second flight is slightly different, they have natural undulations and are spaced at different heights from each other. You will need to lift your feet high as you climb.

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1

STEP TO IT

Not a fan of steps? The Memorial Garden is a great place to start the challenge. Why? Because after the first set of 12 steps there are some handy benches overlooking the Garden for a quick rest. Do a circuit up the steps, into the trees, right down over the bridge, up around the main fountain then back again. Build-up to a few loops.

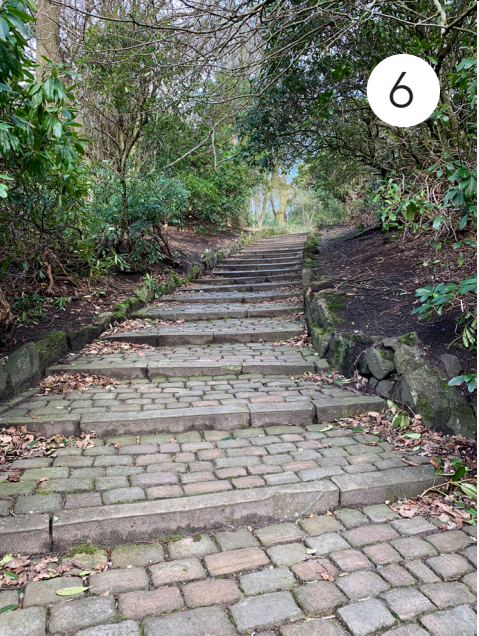


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SLIPPERY WHEN WET

These steps may look shallow and well spaced, but there are 46 to climb in total, so it won't be easy.

As the name of the route says, these smooth stone cobbles really are slippery when wet. So please take care.



2

QUICK STEP

A good gentle start is tackling the flight of 12 steps in front of the conservatory. To make it harder jog up from the oak tree at the bottom of the path. Link this route up with route 3 as you start to build up.

Eventually link routes 2 and 3 with route 5 or 6 up to the Panopticon.



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THE HURT LOCKER

This punishing route has 6 flights of steps to climb. The first two flights have 47 steps. Before 21 steps between the tennis courts up to the tennis pavilion. Next 21 steps up and around the pavilion either to the left or the right. Followed by another set of 21 steps. Until finally, the last flight of 18 steps takes you to Revidge Rd.

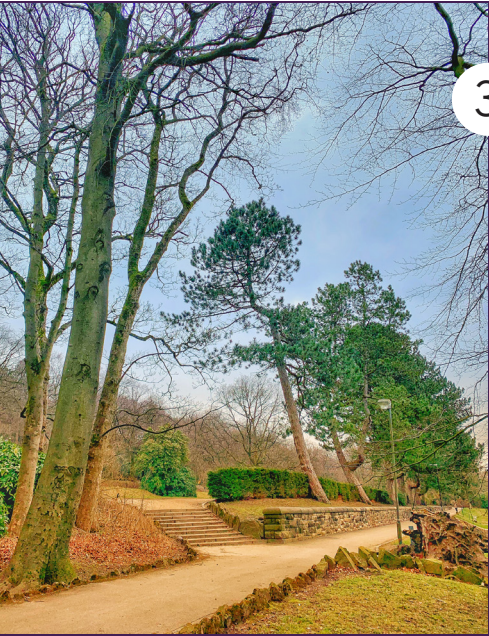


3

PASSI ITALIANI (ITALIAN STEPS)

At the side of the former Italian Gardens closest to the Conservatory you will find first a shallow set of 10 steps. Then from the Italian Gardens to the Broad Walk there is a flight of 11 steps.

Do Route 2 beforehand as you start to increase the challenge.



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QUAD BURNER

Another tough challenge is the 82 steps starting at the east end of the Broad Walk. Can you build-up to jogging or running all the way from bottom to top?

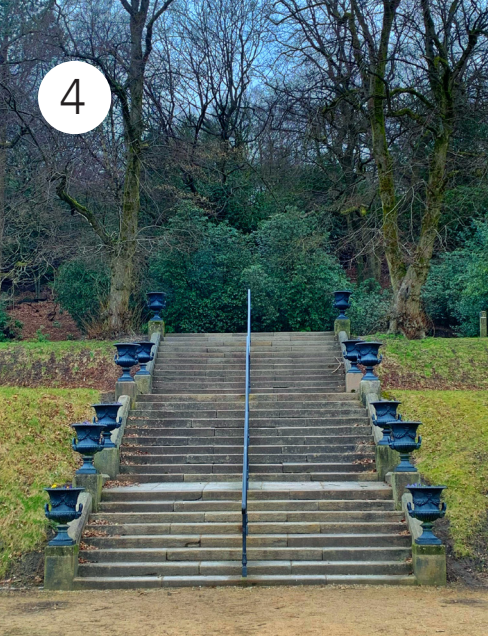
Want to extend the challenge? Carry on along the path beside the tennis courts and pick up the last flight of 18 steps on Route 7 to Revidge Road.



4

ROCKY BALBOA

Possibly the grandest flights of steps in the park. A flight of 10 then a flight of 11 steps up into the former Italian Gardens. Followed by 30 steps from the Italian Gardens up to the Broad Walk. Build-up to running up all of these starting from the lake and you'll be feeling like a fictional '80s American boxer.



THE 59 STEPS

Just outside the park there is the extra challenge of the 59 steps of Brantfell Road. A single giant flight of steps spans the entire road. Please remember this is a public road, be aware of vehicles at both the top and bottom of the steps.

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