

7 in 10 people do not do enough physical activity to protect their health

Contact with nature helps to reduce stress levels

Regular walking can half the risk of coronary heart disease

Do you know how close you live to Milton Keynes beautiful openspace?

Walking together helps people to build confidence and make new friends

Walking 10,000 steps per day can burn 2,000 – 3,500 calories

Remember, every step counts!

A range of walks designed by
Milton Keynes Council, The Parks Trust
and the Primary Care Trust
to improve your health while exploring the city.



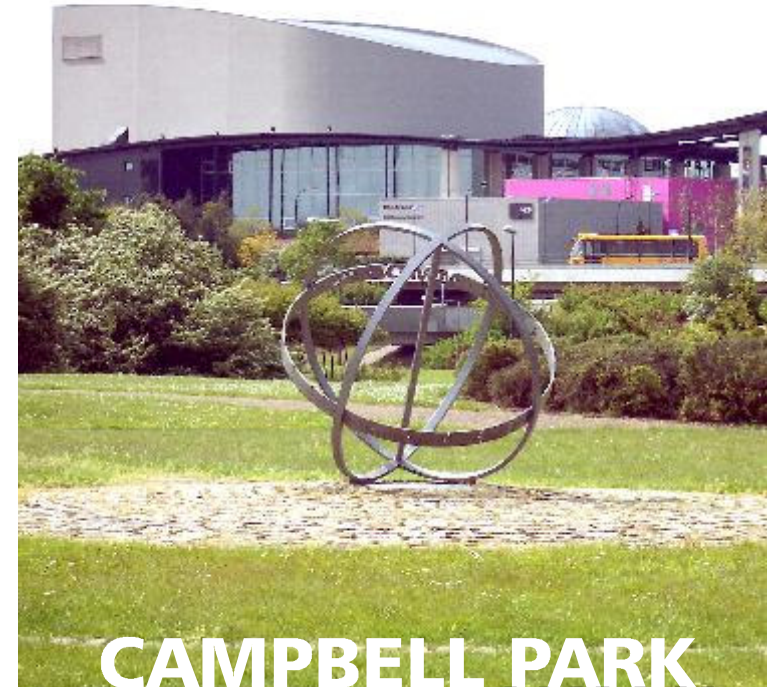
**MILTON KEYNES
COUNCIL**

Sports Development / Environment

Milton Keynes **NHS**
Primary Care Trust



(Made with help from Dave Easton)



**CAMPBELL PARK
WALK**



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



**THE HEALTHY
WAY TO EXPLORE MK**



CAMPBELL PARK WALK

Terrain

The walk starts with a decline, but finishes on an incline. All of the walk is either on footpaths or leisure routes.

Distance

The walk is just over 2.3 kilometres in length (around 1.4 miles). It takes around **45-50 minutes to walk** the route at an average pace.

Footwear

All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **footpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

Alternative walks

If you want to extend or alter the length of your walk, the dotted lines on the map show other available paths that can be explored.

For further information about healthy walks visit www.whi.org.uk and www.walk4health.org

Other walks in the Walk MK series are available at www.mkweb.co.uk/mkactive and www.mkweb.co.uk/regeneration and are free to download and print.



1. Start at the Campbell Park fountain next to the Events Plateau, in Central Milton Keynes.



2. Take the path that heads towards the viewpoint at the top of the hill.



3. Take the path that veers to the right (towards the open air theatre).



4. Follow the footpath down the hill, there is woodland area on your right.

5. Continue on the path you will see the cricket pavilion and pitch on the left.



6. Cross over road and follow path round to the left, then right towards the canal.



7. Continue on the path which bears to the left, you will see the cricket green, straight ahead.



8. Carry on past the city garden on your right, past the sculptures, you will see the theatre in the distance, take a left at the maze and back towards the start.

