

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 halve 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.



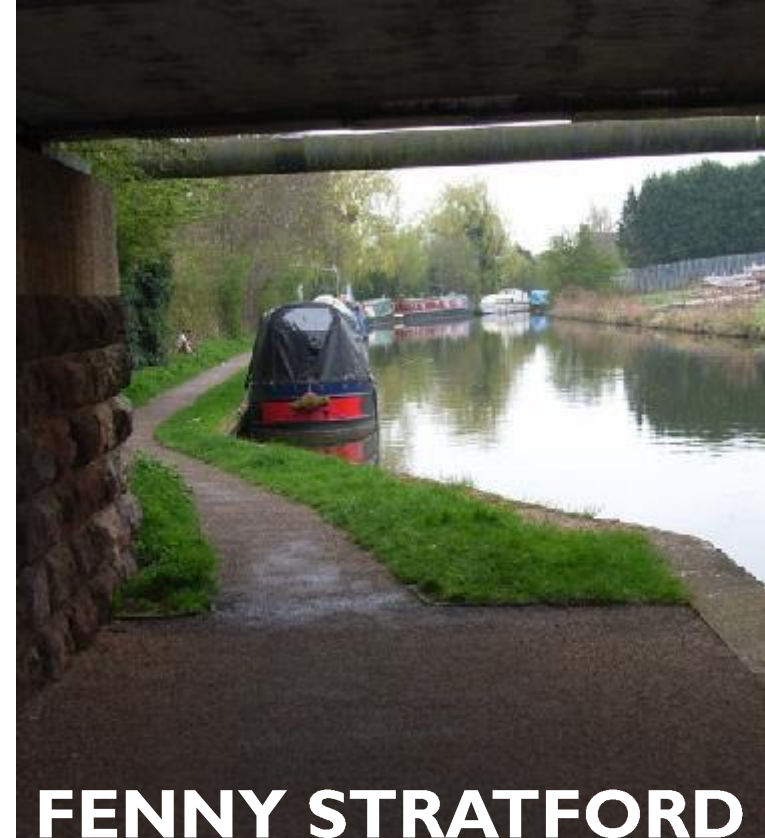
**MILTON KEYNES
COUNCIL**

Sports Development / Environment

Milton Keynes **NHS**
Primary Care Trust



(Made in conjunction with Sustrans)



**FENNY STRATFORD
WALK 1**



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



**THE HEALTHY
WAY TO EXPLORE MK**



FENNY STRATFORD WALK 1

1. Meet at car park off Denmark Street (behind P&D Cycles). Exit car park to left and walk around P&D Cycles to Aylesbury Street.



2. Turn left onto path parallel to Aylesbury Street and walk to pedestrian crossing. Cross road and continue to junction with Watling Street (double roundabout on road). Turn right continuing on footpath crossing Wharfside, canal, Saracens Wharf and Penn Road.



3. Carefully cross Watling Street into Belvedere Lane. Follow Belvedere Lane round to left then pick up public footpath.



4. Follow footpath through gate, under railway and A5 then you will see Caldecotte Lake.

Terrain

The majority of the walk is flat but there are **short inclines up to the bridges**. All of the walks are either on footpaths or leisure routes. Some care should be taken when crossing roads.

Distance

The walk is just over 2 kilometres in length (around 1.6 miles). It takes around **35-40 minutes to walk** the route at an average pace.

Footwear

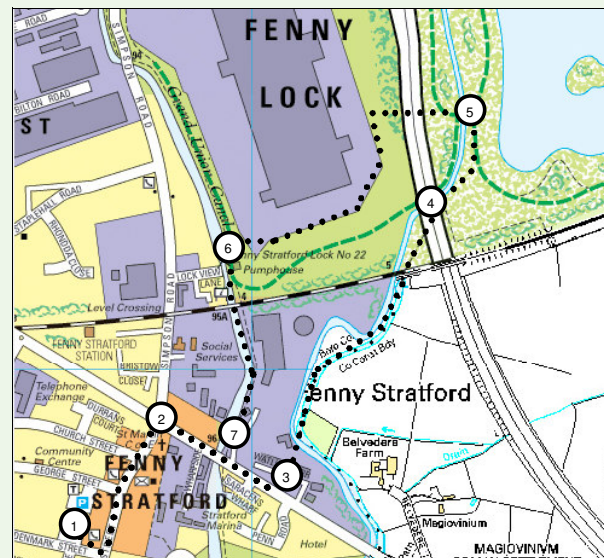
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **footpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

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.



5. Take the gravel path on left for a short distance before turning left over bridge across River Ouzel.



6. Follow path under A5 (Tesco's warehouse on right) until you reach the canal.



7. At Fenny Lock turn left along towpath through gate and under bridge. Walk along towpath until you reach bridge 96. Go under canal bridge 96 and then turn back on yourself.



8. Take steps up to Watling Street. Turn left on footpath, crossing Wharfside until reaching junction with Aylesbury Street. Cross road, turn left until junction with Denmark Street (P&D Cycles is on corner).

