

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 4**



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



**THE HEALTHY
WAY TO EXPLORE MK**



FENNY STRATFORD WALK 4

Terrain

The majority of the walk is flat, all of the walk is either on footpaths, Redways or leisure routes. Some care should be taken when crossing roads.

Distance

The walk is just over 1 kilometre in length (around 0.6 miles). It takes around **25-30 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. Meet at Tesco car park off Watling Street. Exit car park by pedestrian crossing over Watling Street. Turn left along Redway (The shops are on the right). Where the Redway splits take left hand fork under H10 Bletcham Way (sign saying Mount Farm on underpass).

3. Follow path around the lake keeping the main part of lake on your left. Half way round you pass the Beacon pub.



2. Take first sharp right by Parks Trust information board

4. When path ends rejoin the Redway and turn left. Retrace your steps under Bletcham Way and over Watling Street to Tesco car park.

