

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

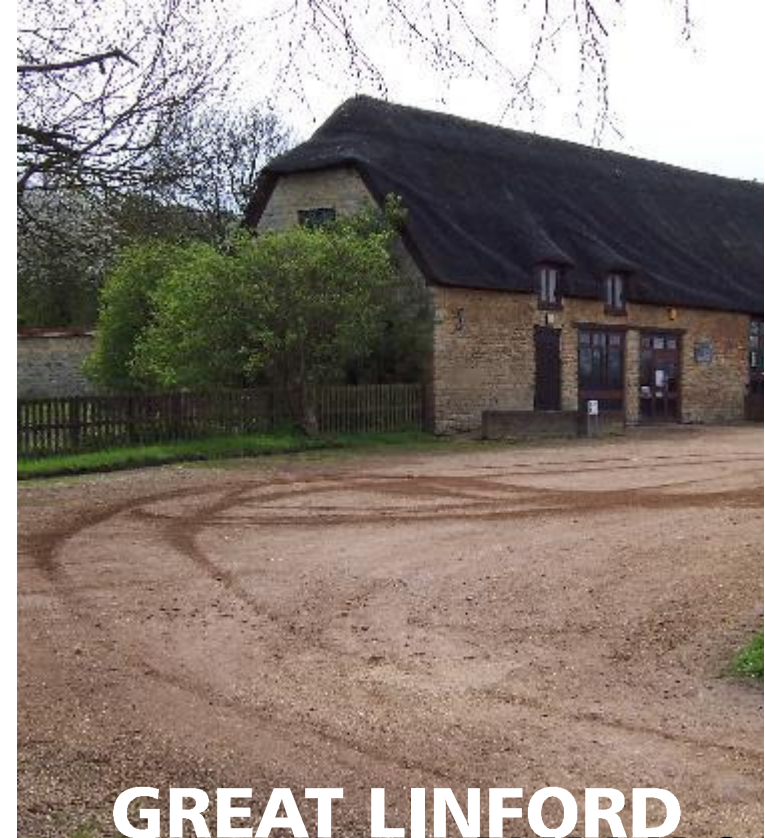
Walking 10,000 steps per day can burn 2,000 – 3,500 calories

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.



(Made with help from Dave Easton)



GREAT LINFORD WALK 2



EXPLORE YOUR CITY.....



THE HEALTHY WAY TO EXPLORE MK



THE HEALTHY WAY TO EXPLORE MK

GREAT LINFORD WALK 2

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. Paths in the woods may become muddy when wet.

Distance

The walk is just over 3.8 kilometres in length (around 2.3 miles). It takes around **50-55 minutes to walk** the route at an average pace.

Footwear

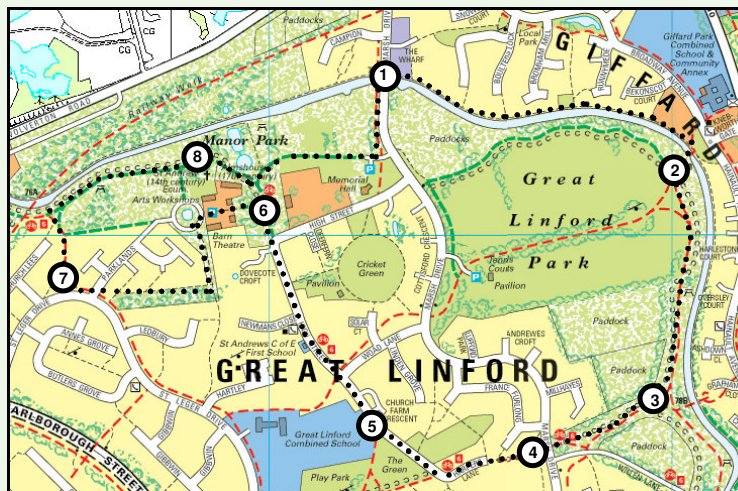
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **footpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

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 under the bridge at Marsh Drive follow the canal trail into Giffard Park.



5. Continue along the High Street, you should pass Church Farm Crescent on your right.



2. At the junction follow the Redway on your left that leads towards the paddocks.



6. At the end of the road continue on the brideway and turn left into the Barn Theatre, turn left again at the car park.



3. Take the Redway that veers away from the canal at the next junction.



7. Take the path through the woods then across Parklands road, following the path towards the canal.



4. Follow the Redway/Horsetrail over Marsh Drive and towards Harpers Lane.



8. Take the path through Manor Park passing St Andrews Church on your right, when you reach Marsh Drive follow the Redway to the canal your starting point.