

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 per walk

*Remember, every step counts!*

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



# HOSPITAL HEALTH WALK 3



**EXPLORE YOUR CITY.....**



THE HEALTHY WAY TO EXPLORE MK



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# HOSPITAL HEALTH WALKS

## Terrain

The majority of the walk is flat but there are short inclines along the Redways. Most of the paths are Redways and are properly lit and in good condition.

## Distance

The walk is just under a kilometre in length. It takes around 20 – 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 paths may become slippery.

## Alternative walks

Other walks in the walk MK series are available at [www.mkweb.co.uk/mkactive](http://www.mkweb.co.uk/mkactive) and [www.mkweb.co.uk/regeneration](http://www.mkweb.co.uk/regeneration) and are free to download and print.

For further information about healthy walks visit [www.whi.org.uk](http://www.whi.org.uk) and [www.walk4health.org](http://www.walk4health.org)



4. Keep following the Redway with the Hospital on your left (watch out for cars when crossing the roads).



5. Follow the Redway around to the left, you will come to a road, cross and continue along the Redway where it bears left. Turn left at the three point junction along Pear Tree Lane.



6. At the cross junction turn left, where the path will bear to the right and then into the Hospital Campus. Follow the path down the hill back to the PCT HQ.

1. Start at MKPCT HQ beside the totem-pole. Turn right out of the car park along the Redway.



2. Cross over the road after around 200m and turn left walking past the Hospital sign.



3. Cross the road (be careful when crossing, this is a busy road). Carry on along the Redway past the triangle junction on the right.

