

**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**

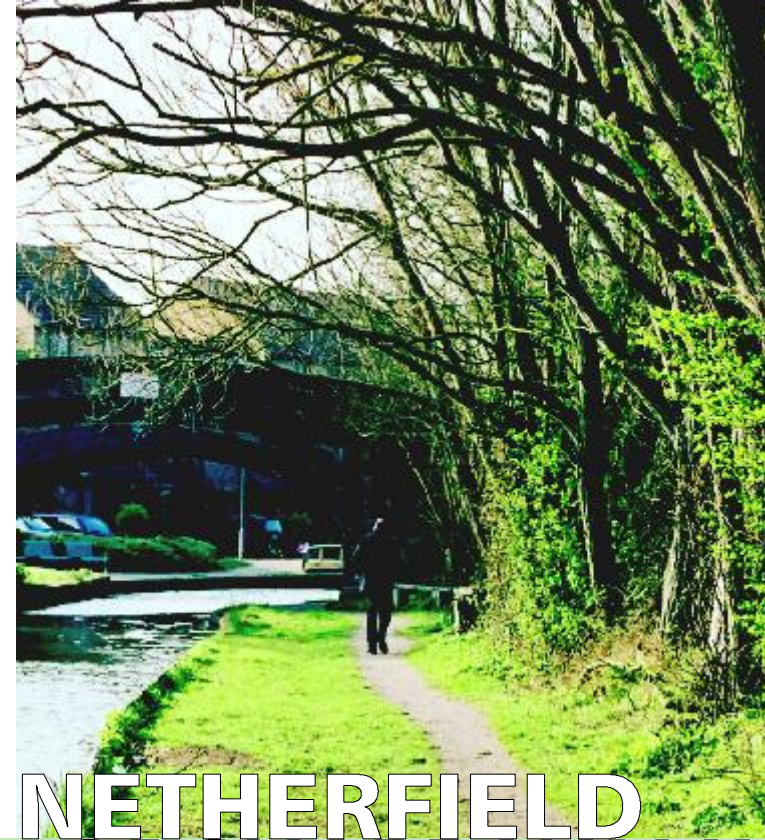
**Do you know how close you live to Milton Keynes beautiful openspace?**

**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.**



# NETHERFIELD ORCHARD WALK



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



**THE HEALTHY WAY TO EXPLORE MK**



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# NETHERFIELD ORCHARD WALK

## Terrain

The walk is fairly flat with only **shallow hills** at the start and end of the walk. The canal side path is safe, with a wide grass alongside the water, however extra care should still be taken along this section.

## Distance

The walk is just over a kilometre in length (around  $\frac{3}{4}$  of a mile). It takes around **30-40 minutes to walk** the route at an average pace.

## Footwear

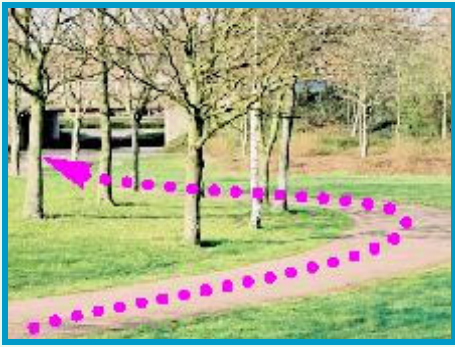
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **canal towpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

## 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](http://www.whi.org.uk) and [www.walk4health.org](http://www.walk4health.org)

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.



- Turn right when you reach the first bench, pausing too take a break if needed. Follow the straight path down to the canal.



- When you reach the bridge, go down the path to the left and turn right along the canal towpath.



- Carry on along the towpath, until you reach the bridge. Look out for all kinds of wildlife here, including ducks and swans. Follow the path to the right and cross over the bridge back towards Netherfield.

- Join the redway at the end of Beadlemead near to the school and turn right towards the underpass. Go through the underpass towards the canal.

- Follow the redway round to the right, passing the Waterside Building. Staying on the redway, go over the bridge and follow the path down the slope towards the orchard.

- Keep to the path through the orchard, breathing in the fresh air and taking in the peaceful surroundings.

