

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.



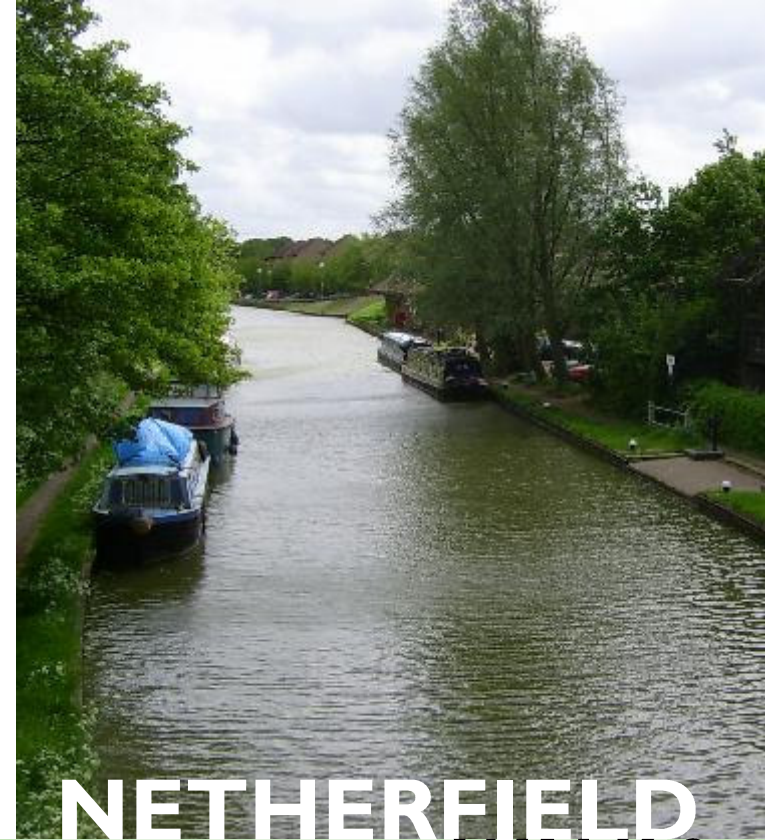
MILTON KEYNES COUNCIL

Sports Development / Environment

Milton Keynes **NHS**
Primary Care Trust



(Made in conjunction with Chrysalis Day Services)



NETHERFIELD WALK 2



EXPLORE YOUR CITY.....



THE HEALTHY WAY TO EXPLORE MK



THE HEALTHY WAY TO EXPLORE MK



NETHERFIELD WALK 2

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, Redways or leisure routes. Care should be taken along the canal towpath, and 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 have trouble walking up steep steps take the path on the left hand side of the canal and use Broadlands road in Netherfield back to Cripps Lodge.

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 at Cripps Lodge off Broadlands road in Netherfield. Turn left out of the car park along the footpath, behind the houses. At the T junction turn right and follow the Redway, past the road, path, the shopping centre, then Redway school and under the H8 (Standing Way) into Tinkers Bridge.



4. At the next junction on the Redway, turn left and follow the Redway down the hill and over the road. Continue to follow the Redway, with the Hospital on your right (beware of traffic when crossing the access roads).



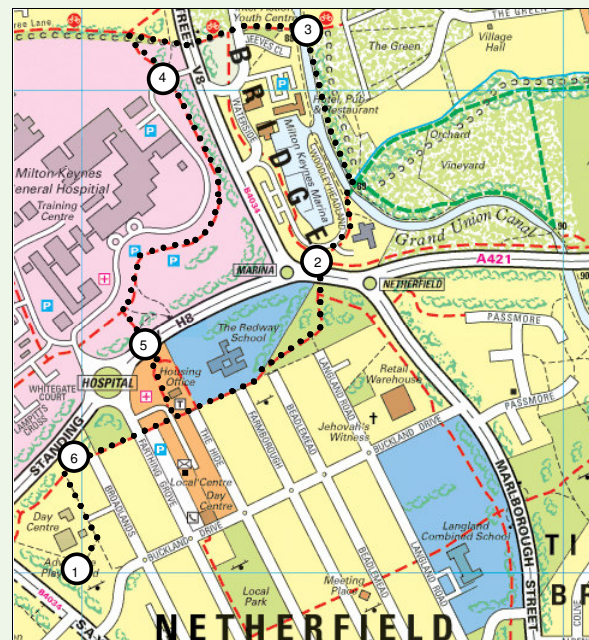
2. Just after going through the underpass take the middle path, with Waterside House on your right and go over the bridge, then turn left down the steps and walk along the canal. You will see Milton Keynes Marina on the other side of the canal.



5. At the fork on the Redway turn left under the H8 (Standing Way). At the fork take the right hand side path up the hill towards the shops. At the shops turn right along the Redway you started on, follow over the road and back up the hill.



3. At the next bridge turn right up the bank and go over the canal following the Redway down the hill, past Inter action on your right and over the road and under the V8 (Marlborough St).



6. Turn left at the path and back to your starting point. If you have trouble walking up steps, take Broadlands road back to Cripps Lodge.