

**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!***

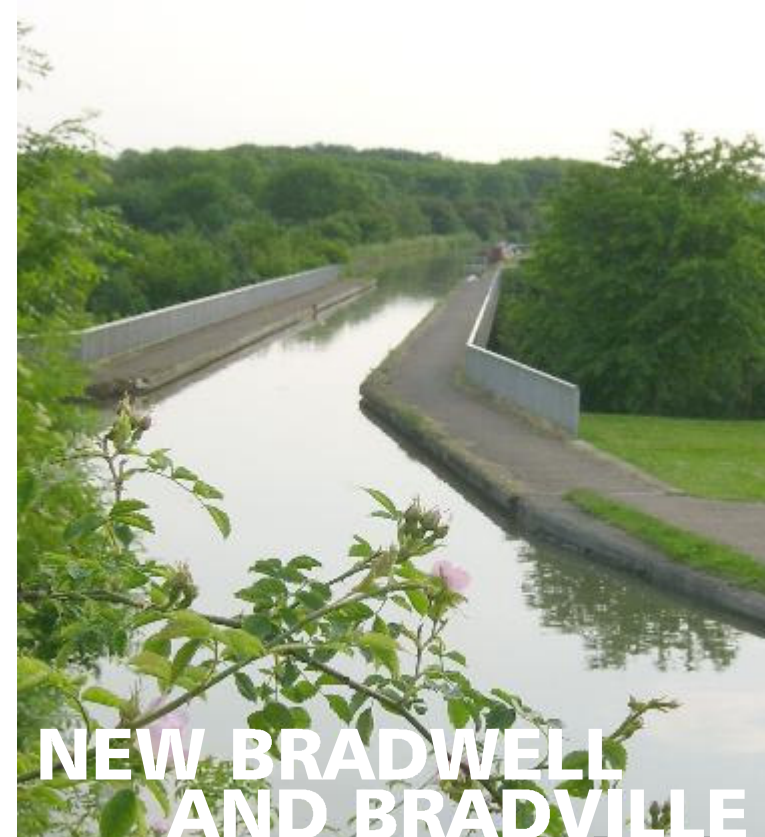
A range of walks designed by  
Milton Keynes Council, The Parks Trust  
and the Primary Care Trust  
to improve your health while exploring the city.



**MILTON KEYNES  
COUNCIL**

Sports Development / Environment

Milton Keynes **NHS**  
Primary Care Trust



**NEW BRADWELL  
AND BRADVILLE  
WALK**



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



**THE HEALTHY  
WAY TO EXPLORE MK**



**THE HEALTHY  
WAY TO EXPLORE MK**





1. Start on Spencer Street (Old railway cottages, which are now part of the rainbow housing co-op) and head left towards the High St.



2. Once on the High St turn right, down toward Bradwell Rd. At Bradwell road turn right towards the canal.



3. Just before you go over the canal take the steps on your right and then turn left, along the canal and under the bridge.



4. Follow the canal towpath until you reach bridge 74. Take the steps on the left hand side and walk over the canal. Take the first right down the footpath, around to the left and then turn right on Townsend Grove.

## NEW BRADWELL AND BRADVILLE WALK

### Terrain

All of the walks are either on footpaths, redways or leisure routes. There are some steep steps on this walk, and those in a wheelchair or with a push chair may find them difficult. Be careful when crossing roads.

### Distance

The walk is just over 1.5 kilometre in length (around 1 mile). It takes around **25-30 minutes to walk** the route at an average pace.

### Footwear

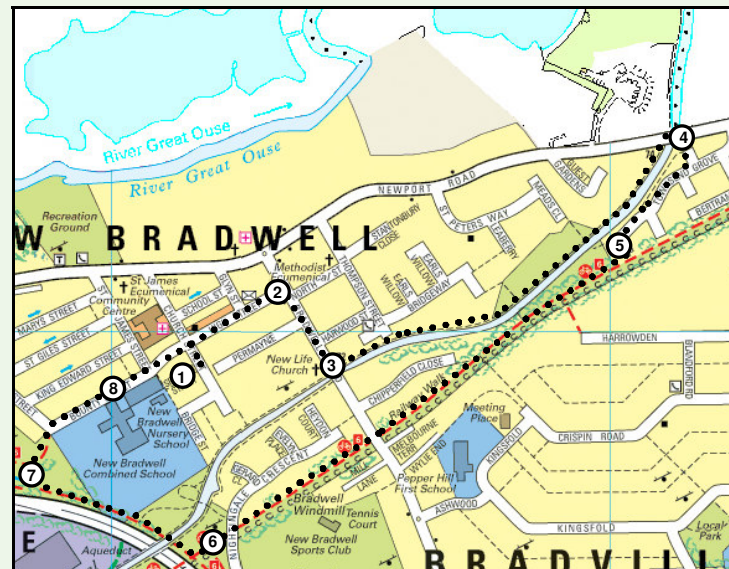
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **footpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

### 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](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)



5. At the bottom of the road take the footpath to the left onto the Old railway Path (the line that used to connect Newport Pagnell to Wolverton until 1964) and turn right.



6. Continue along the path, past the old New Bradwell platform, under the bridge and past the windmill on your left. At the opening cross over Nightingale crescent, over the foot - bridge on the right and then follow the path down the hill and turn right at the redway.



7. Follow the redway with New Bradwell School on your right and when it splits take the path to the right. Follow onto Bounty St, towards the High St.



8. Turn right just after the school and back to Spencer St and your starting point. There are plenty of places to have something to eat on the High St, or why not stop at the pub on the canal.

