

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, Milton Keynes Parks Trust
and the Primary Care Trust
to improve your health while exploring the city.



**NEWPORT PAGNELL WALKS
OLD RAILWAY WALK**



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



**THE HEALTHY
WAY TO EXPLORE MK**

OLD RAILWAY WALK

Terrain

The majority of the walk is flat but there are **short inclines up to the bridges**. All of the walks are either on redways or footpaths. Some care should be taken when crossing roads.

Distance

The walk is just over a kilometre in length (around $\frac{3}{4}$ of a mile). It takes around **20-25 minutes to walk** the route at an average pace.

Footwear

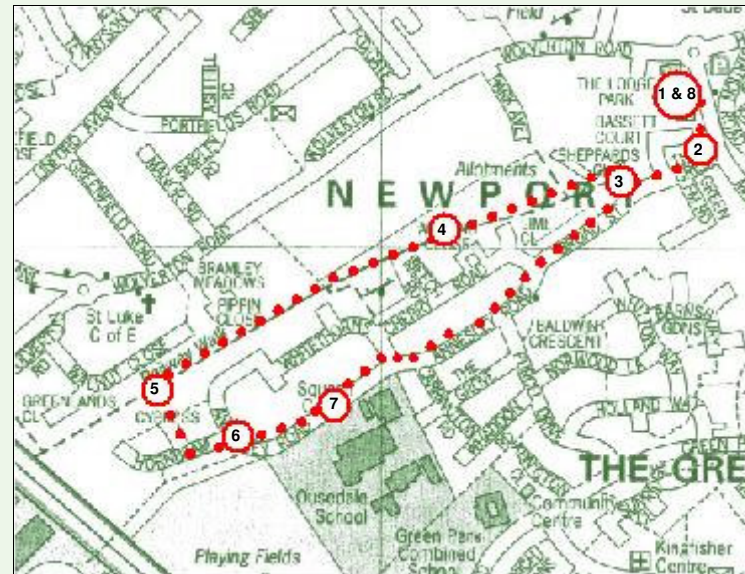
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **footpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

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 at Shipley Court turn right out of the car park onto Marsh End Road.



2. Turn right into Green Road just past the off-license.



3. Turn right into Sheppards Close, (follow cycle signs).



4. Continue straight on the foot path, with the allotments on the right.



5. Continue down the old railway path and turn left at the footpath on to Cypress Road and then left at the 'T' junction onto Hornbeam Avenue.



6. Follow this and take a right onto Annesley Road (be careful when crossing the road).



7. Continue past Ousedale school and back onto Broad Street and then the Green.



8. Take a left at Marsh End Road and left again back to Shipley Court.

