

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.



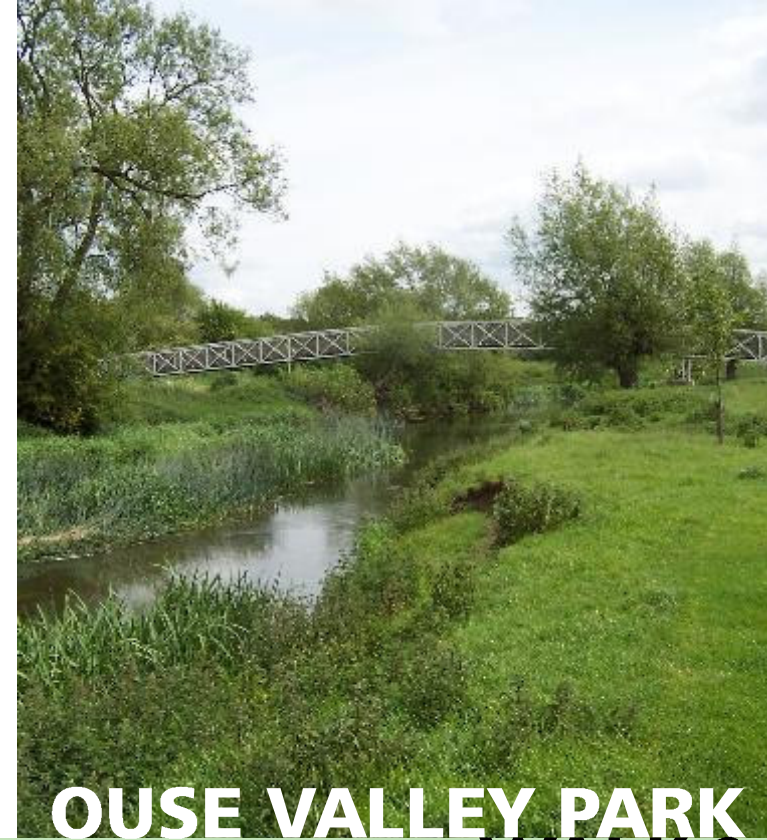
**MILTON KEYNES
COUNCIL**

Sports Development / Environment

Milton Keynes **NHS**
Primary Care Trust



(Made with help from Dave Easton)



**OUSE VALLEY PARK
WALK 2**



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



**THE HEALTHY
WAY TO EXPLORE MK**



OUSE VALLEY WALK 2

Terrain

The majority of the walk is flat but there are **short inclines up to the bridges**. All of the walk is either on footpaths, bridleways or leisure routes.

Distance

The walk is just over 4.7 kilometre in length (around 3 miles). It takes around **50-55 minutes to walk** the route at an average pace.

Footwear

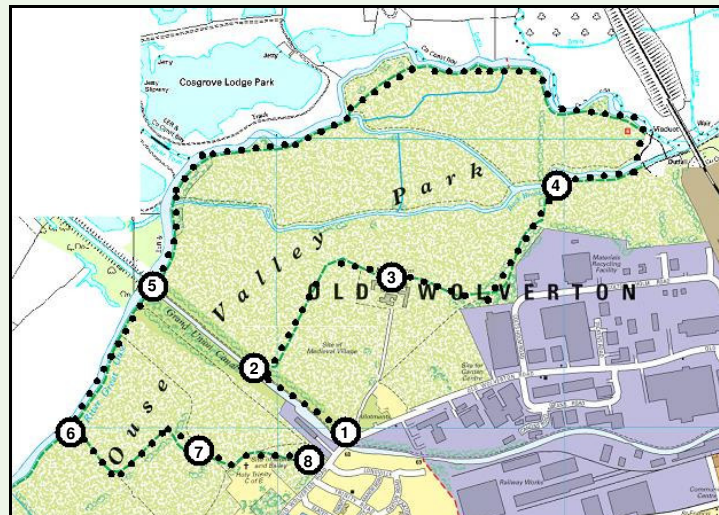
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **footpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

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 the Galleon Pub car park on Old Wolverton Road. Walk out and continue along the Grand Union Canal path.



2. At the T-junction turn right and follow the bridleway towards Manor Farm.



3. Follow the bridleway past Manor Farm towards the river, and railway viaduct.



4. Before you reach the viaduct cross over the river and follow the path around to the left.



5. Follow the path by the Great Ouse River at the Iron Trunk Aqueduct follow the tunnel under the canal and pick up the trail again.



6. When you reach a T-junction turn left and follow the path around to the left.



7. Continue along the bridleway towards the Holy Trinity Church.



8. Continue along the bridleway until you reach the canal and your starting point, Why not stop for a drink.

