

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

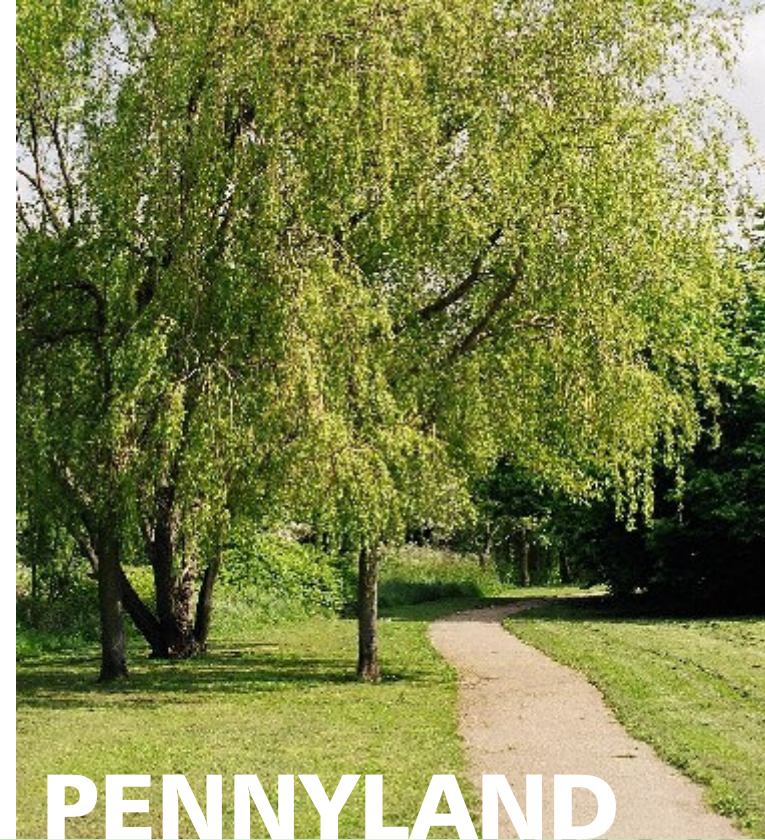
Do you know how close you live to Milton Keynes beautiful openspace?

Walking together helps people to build confidence and make new friends

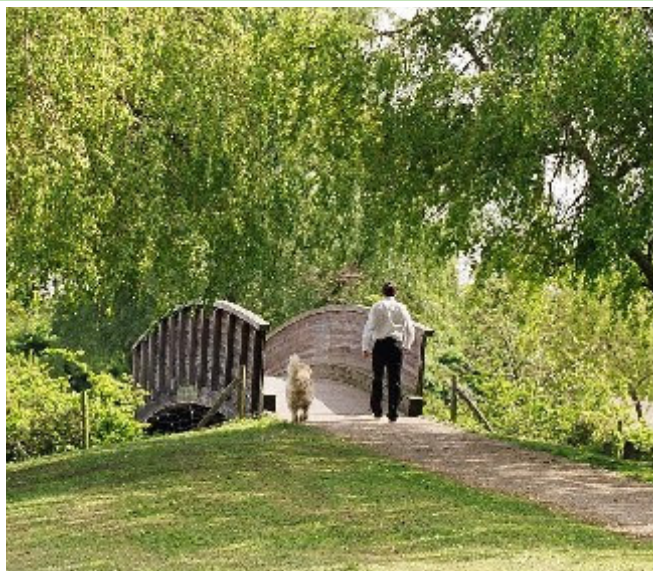
Walking 10,000 steps per day can burn 2,000 – 3,500 calories per walk

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.



PENNYLAND WALK



EXPLORE YOUR CITY.....



THE HEALTHY WAY TO EXPLORE MK



THE HEALTHY WAY TO EXPLORE MK

PENNYLAND 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 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.



4. Follow the path under the big road bridge. Take the next right turn alongside the paddock.



5. Carry on down the redway, crossing Colesbourne Drive. Turn right before the last big house.



6. Continue along the redway, under the underpass and up the slight slope back towards the local centre.

1. Start at the underpass at the Neath Hill Local Centre, take the right hand redway and turn immediately left around the bushes. Follow the redway round to the right down the hill, taking care when crossing Sovereign Drive.

2. Continue down the redway, round the edge of the grass mound, until you pass the lake on your right. Here bare right along the path towards the canal.

3. Follow the path alongside the canal, enjoying the peace and wildlife in the area. Cross over the wooden footbridge and continue along the footpath.

