

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
RIVER WALK**



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



**THE HEALTHY
WAY TO EXPLORE MK**

RIVER 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

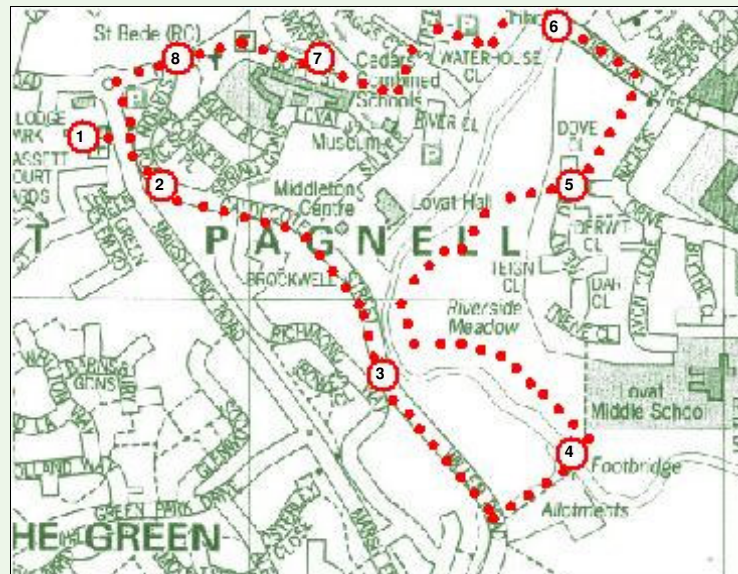
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **footpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

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. Cross the road at the traffic lights and turn right down Caldecote Road. Follow the road past the pub and garage.



3. Continue down Caldecote Road and it will turn into Willen Road. Walk past the vets on the left and continue past the houses.



4. Turn right just past the warehouses on the left continue on the footpath, with the allotments on the right. Cross the river at the bridge, turn left and follow the path along the river.



5. Continue along the path, past the weir and around to the gate. Go through the gate and straight over the road to the small footpath.



6. At Tickford Street T junction turn left and follow the path over the river. Turn left down a small alley just past Mark Graham Estate agents. Follow the path and turn right towards Silver Street.



7. Turn left and then turn second right off onto Bury Street. Continue past the school and follow the road around straight back to the High Street.



8. Turn left, continue towards Marsh End Road, cross at the traffic lights and then back to Shipley Court.

