

**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.



(Made in conjunction with Rethink Bletchley)



# SERPENTINE TO BLUE LAGOON WALK



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



**THE HEALTHY WAY TO EXPLORE MK**



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## SERPENTINE TO BLUE LAGOON WALK

### Terrain

The majority of the walk is flat but there are **short inclines in some places**. All of the walks are on footpaths. Some of the paths around the Lake may become muddy or slippery when wet and care should be taken when crossing roads.

### Distance

The walk is just over 1.75 kilometre in length (around 1 mile). It takes around **35-40 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 Lake 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) and are free to download and print.



1. Start in Serpentine court, outside the shops and head out towards Water Hall combined School. Turn right at the housing office, through the car park.



2. Turn left onto Fern Grove (be careful when crossing the road). Walk past Leon school on your right and follow the footpath around the school grounds to the right.



3. Pass the youth club and then turn right at the Blue Dinosaur onto Drayton Rd.



4. Follow the footpath along Drayton Rd, over Fern Grove and turn left crossing the Road into the Blue Lagoon Park entrance. Continue along the footpath around to the right.



5. Bear left as you reach the small lake. Follow the lake around to the right, over the small bridge and then take a right at the T junction, then turn right again.



6. At the style take a right back along the car park and out of the nature reserve, under the railway. Cross Drayton Rd and follow the footpath to the right.



7. At Fern Grove, cross the road and turn left, with the school grounds on your right. Walk past the community centre.



8. Bear right at the top of Fern Grove and cross over the road and walk back into Serpentine court. Why not stop at the Café for a cup of tea!

