

**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 Shenley lead walks)



**SHENLEY WOOD WALK**



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



**THE HEALTHY WAY TO EXPLORE MK**



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# SHENLEY WOOD WALK

## Terrain

The majority of the walk is flat but there are **short inclines in the wood**. All of the walk is either on footpaths or designated routes within the wood, these however may come slippery/muddy when wet.

## Distance

The walk is just over 1.5 kilometre in length (around 1 of a mile). It takes around **25-30 minutes to walk** the route at an average pace.

## Footwear

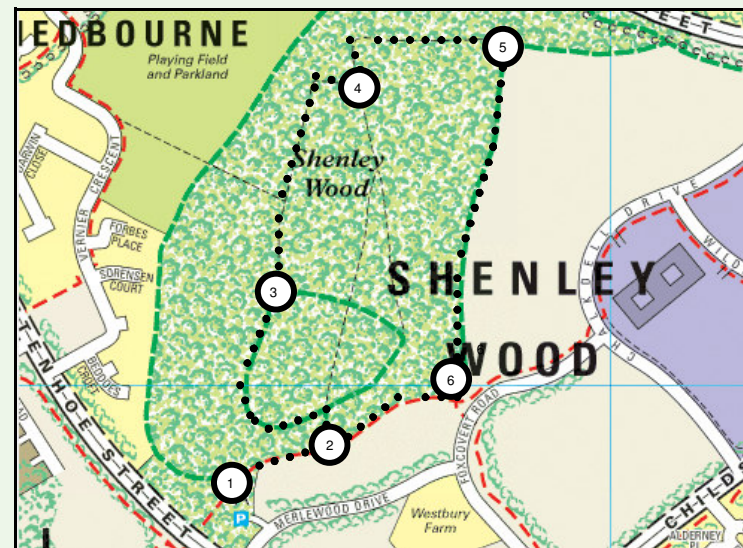
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, some of the paths within the wood are not surfaced and may become slippery when wet. There are also some areas where some of the tree roots may present a trip hazard.

## 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 the car park off Merlewood Drive off the V2 Tattenhoe Street and take a right along the Redway with the woods on your left.



2. Take the first left along the leisure route into the woods through the gate. You will come to a T junction and take a left.



3. Follow the leisure route which will bear around to the right. Once you come to a junction continue straight along the grassed path.

4. Continue along the grassed path which will bear around to the right. At the next T junction take a left and then the path will bear right.

5. Continue on the path through gate and take a right along the Redway with the wood on your right.

6. Carry on along the Redway back to the car park and enjoying the views over Shenley.