

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.



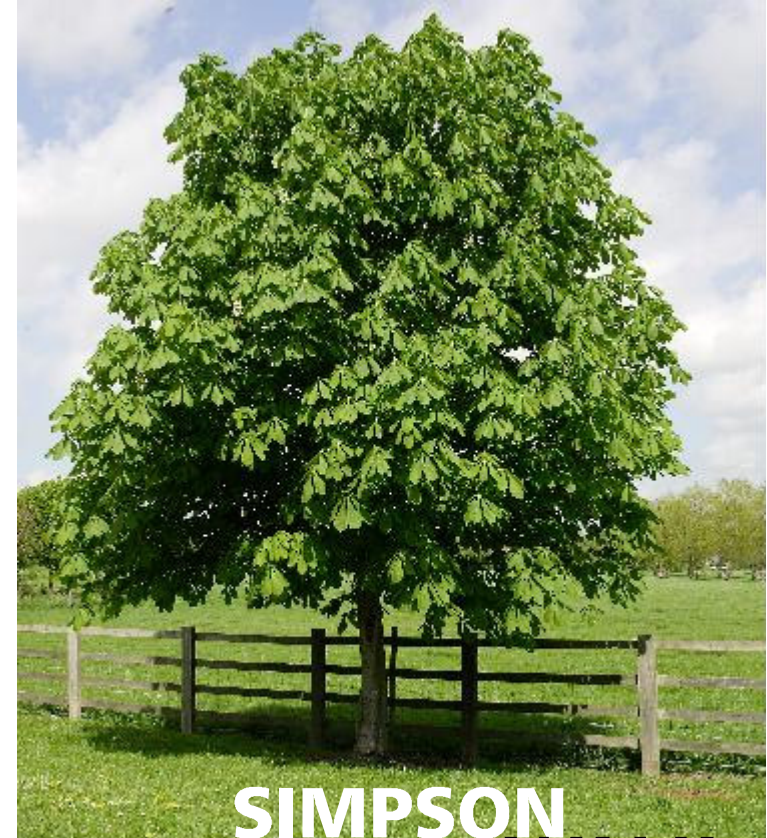
**MILTON KEYNES
COUNCIL**

Sports Development / Environment

Milton Keynes **NHS**
Primary Care Trust



(Made with help from Robert Siegel)



**SIMPSON
WALK**



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



**THE HEALTHY
WAY TO EXPLORE MK**

SIMPSON WALK

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, Redways or leisure routes. Some care should be taken when crossing roads.

Distance

The walk is just over 3 kilometres in length (around 2 miles). It takes around **40-45 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 MK walks 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 Caldecotte Arms pub/hotel car park off the H10, follow the path around the lake. At the T junction take the path that leads towards the Caldecotte Project, Youth Centre.



2. Cross over Simpson Road and then take the bridge over the canal and turn right.



3. Follow the canal path through the woods, you will pass Simpson school on your left.



4. Walk under the bridge, (H9 Groveway) into Tinkers Bridge, continue following the canal path.

5. When the paths cross take the Redway on your right and follow it into Woughton Park towards the Lake.



6. Follow the Redway until you reach the River Ouzel, you will see St Michaels church in the distance.



7. Follow the path along the river under the bridge and back towards Simpson, under the H9 again.



8. Cross over Simpson Road towards the car park. Follow the path next to Caldecotte Lake, when you reach the weir turn right and make your way to your starting point.

