

**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.**



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



**THE HEALTHY WAY TO EXPLORE MK**



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# SPRINGFIELD / WOOLSTONE WALK

## Terrain

The majority of the walk is flat but here is a **short incline up to the canal bridge**. Most of the paths are leisure routes, meaning they may be slightly more uneven than normal tarmac paths.

## 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](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 at the end of Turnmill Avenue in Springfield and make your way out of Springfield down the Redway.

4. Bare left towards the river and follow the path round to the right, taking in the peaceful surroundings of the river. Follow the path along and turn right opposite the wooden bridge.



2. Continue over the canal bridge and follow the Redway ahead, taking care crossing over Pattison Lane and Newport Road.

5. Follow the redway ahead past the allotments. Carry on along the Redway keeping the car park on your right. Cross Newport Road and continue along Marshalls Lane back towards the canal.



3. Remaining on the same path, follow it round to the right past the cricket field and the site of the medieval moat.

6. At the canal you can either cross the bridge back into Springfield or turn right along the tree lined path, returning to Springfield over the original bridge.

