

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 residents from Linden House)



STONY STRATFORD WALK



EXPLORE YOUR CITY.....



THE HEALTHY WAY TO EXPLORE MK



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STONY STRATFORD 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 footpaths or leisure routes. Some care should be taken when crossing roads.

Distance

The walk is just over 1.5 kilometre in length (around 1 of a mile). It takes around **30-35 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 the Plough Pub, at the top of the high street, turn left off London Road at the stony wall painting up Horsefair Green.



5. Cross over the footbridge and turn right down Mill Stream.



2. Turn right at end of Horsefair Green down Silver Street, past the war memorial on the right.



6. With the Mill Stream on your right. Walk around Mill house and turn right along the River Great Ouse.



3. Continue on past Coffridge Close and turn left at Oxford Street.



7. Carry on over the small bridge along Ouse Valley Way footpath beside the river. Follow the path with your river on the left around the arch and back towards the high street.



4. Down Ousebank Way turn right down the footpath and then turn right along the alley way towards Millfield.



8. Turn right at old Stratford Bridge. Walk towards Stony Stratford and down High Street. Past the Cock and the Bull and back to the Plough on London Road.

