

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

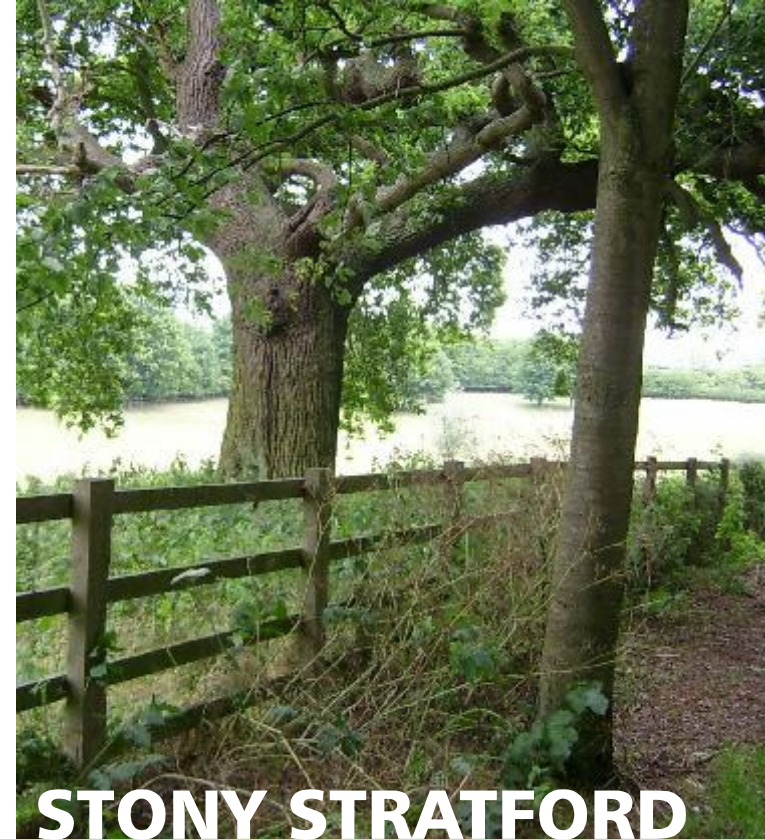
Walking 10,000 steps per day can burn 2,000 – 3,500 calories per walk

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 of Linden House)



EXPLORE YOUR CITY.....



THE HEALTHY WAY TO EXPLORE MK



THE HEALTHY WAY TO EXPLORE MK

STONY STRATFORD WALK 2

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

Distance

The walk is just over 2.3 kilometres in length (around 1¼ of a mile). It takes around **45-50 minutes to walk** the route at an average pace.

Footwear

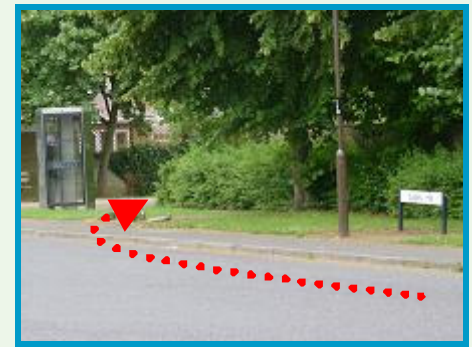
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **footpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

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.



4. Turn right along the Redway over the bridge crossing the A5 and follow the Redway until you reach Queen Eleanor School. Cross the Galley Hill road, past the phone box on your right.



5. Track the Redway under Queen Eleanor Street and then turn left at the T junction. Follow the Redway back to London Road via Hale Avenue and turn right past the allotments, garage and back to the pub where you can enjoy a refreshing drink!

2. Take the Redway on the right-hand side of the road under Queen Eleanor Street, under the A5 and then take the first right (opposite watermill lane) towards the balancing lakes.



3. Continue along the Redway with the balancing lakes on your left. At the peak why not stop at the viewpoint and gaze over the lakes and Wolverton.

