

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

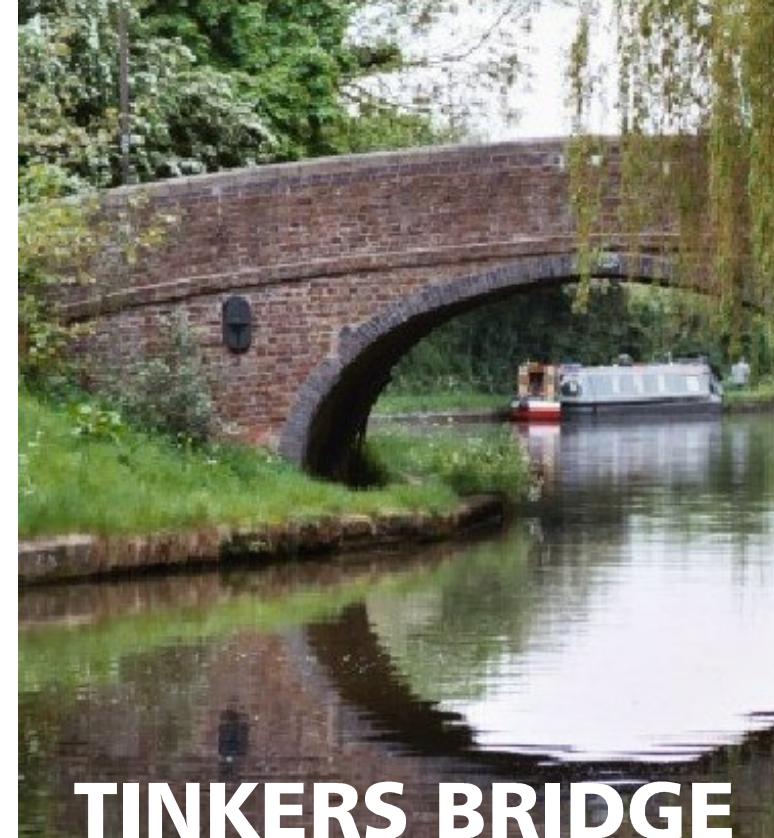
Do you know how close you live to Milton Keynes beautiful openspace?

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.



TINKERS BRIDGE WALK



EXPLORE YOUR CITY.....



THE HEALTHY WAY TO EXPLORE MK



THE HEALTHY WAY TO EXPLORE MK

TINKERS BRIDGE WALK

Terrain

The majority of the walk is flat but there are **short inclines up to the bridges**. Care should be taken along the canal towpath, particularly under the underpass where the surface is fairly rough, and entering the estate where there are some very shallow steps.

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

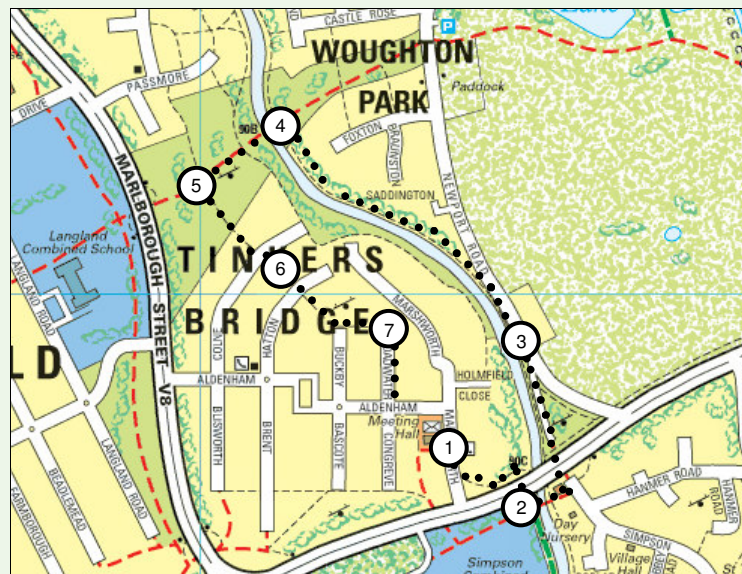
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **canal towpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

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 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 local centre and cross Marshworth Road following the path through the grass verge down towards the canal.



2. Turn right along the canal towpath underneath the road bridge and then. Turn left over the old canal bridge and then turn right and pass underneath the same bridge along the towpath.



3. Pass back underneath the main road bridge, taking care on the rough surface. Continue along the towpath, taking in the peace and wildlife along the canal.



4. Follow the path round to the right, at the first bridge and cross the canal into the park on the other side.



5. Continue along the Redway, turning left just before the kick-about area. If you are with children why not stop to let them enjoy the modern play equipment.



6. Follow the path back into the estate, taking care when crossing the two residential roads.



7. Passing the play area on your left, down towards Marshworth. Taking care, cross the road and follow the footpath back along to the local centre.

