

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

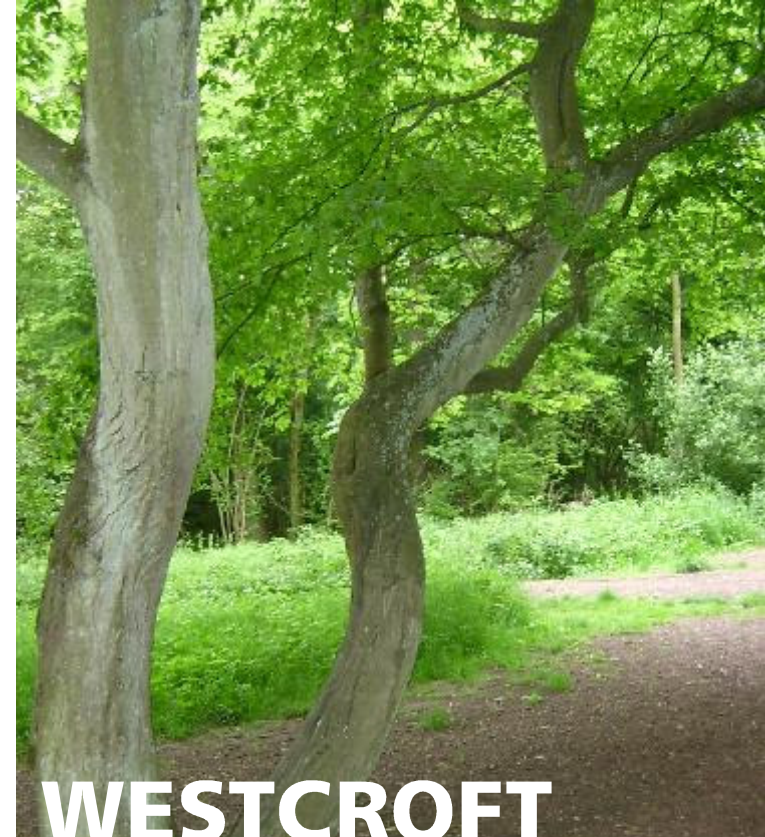
Do you know how close you live to Milton Keynes beautiful openspace?

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.



WESTCROFT HOWE WOOD WALK



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



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1. Start in the car park in Westcroft retail park outside the super market and walk out to the back of the shops through the Mall.

WESTCROFT HOWE WOOD WALK

Terrain

The majority of the walk is flat but there are **short inclines in the woods**. All of the walks are either on Redways or footpaths. Some of the paths on the wood may become muddy or slippery when wet and 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

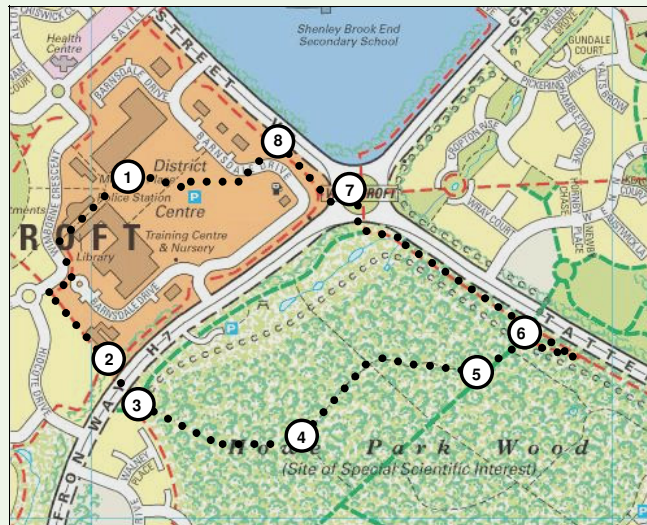
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **paths in the wood may become slippery**, meaning more appropriate, waterproof footwear should be considered.

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.



5. Carry on along the path until you come to a T junction with a leisure route and take a left. Go through the gate at the edge of the wood.



2. At the end of the Mall turn left and follow the Redway along Wimborne Crescent. Continue on the Redway to the left, and pass under the H7 Chaffron Way.



6. Take a right down the Redway just before the bridge and at the bottom of the hill immediately left back towards the retail centre along the V2 Tattenhoe St.



3. Once you reach Howe Wood enter the wood and follow the path round to the right. Take in the peace and quite of the wood.



7. Follow the Redway along the V2, pass under the H7 and take the first left in the middle of the roundabout.



4. Follow the path and continue straight, you will pass a seating area where you can relax and take in the calm of the wood.



8. Take the path up and round to the right and take the first left back into the retail centre. Take care when crossing the road.

