

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 half 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

Remember, every step counts!

A range of walks designed by
Milton Keynes Council, The Parks Trust
and the Primary Care Trust
to improve your health while exploring the city.



**MILTON KEYNES
COUNCIL**

Sports Development / Environment

Milton Keynes **NHS**
Primary Care Trust



(Made with help from Dave Easton)



**WILLEN LAKE
WALK**



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



**THE HEALTHY
WAY TO EXPLORE MK**



WILLEN LAKE WALK

Terrain

The majority of the walk is flat but there are **short inclines**. All of the walk is either on footpaths or leisure routes. Some care should be taken when crossing roads and some of the paths in the wood may become muddy or slippery when wet.

Distance

The walk is just over 5 kilometres in length (around 3 miles). It takes around **1 hour 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 Grand Union Canal car park, at the edge of Campbell Park, follow the path over the canal towards Newlands.



2. Cross the bridge and follow the footpath, you will see the Gullivers World Theme Park through the trees on the left.



3. Continue on the path until you reach the events area, follow the path round to the left, you will see Willen Lake on your right hand side.



4. Follow the path under the underpass H6 (Portway Road), turn right and follow the path around, with the North Lake on your left.



5. Continue following the path around the lake, you will see the St Mary Magdalene church in the near distance on your right.



6. When you reach the Peace Pagoda follow the path to the right, up the hill, and over the V10 (Brickhill Street).



7. Follow the path through Willen Park.



8. When you reach the Grand Union Canal turn left and follow the path to your starting point.

