

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.



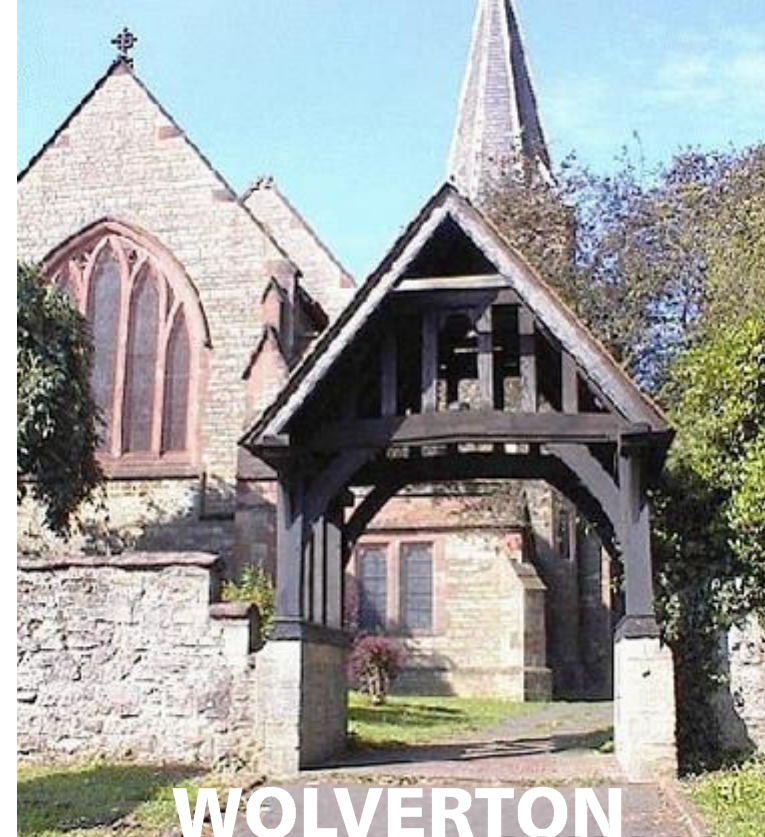
**MILTON KEYNES
COUNCIL**

Sports Development / Environment

Milton Keynes **NHS**
Primary Care Trust



(Walk made in conjunction with Oasis, Wolverton)



**WOLVERTON
WALK**



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



**THE HEALTHY
WAY TO EXPLORE MK**

WOLVERTON WALK

Terrain

All of the walks is either on Redways or footpaths. There are small hills along the walk and this should be taken into account when starting out. Some care should be taken when crossing roads.

Distance

The walk is just over 2-2.5 kilometres in length (around 1.5 miles). It takes around **40 - 45 minutes to walk** the route at an average pace.

Footwear

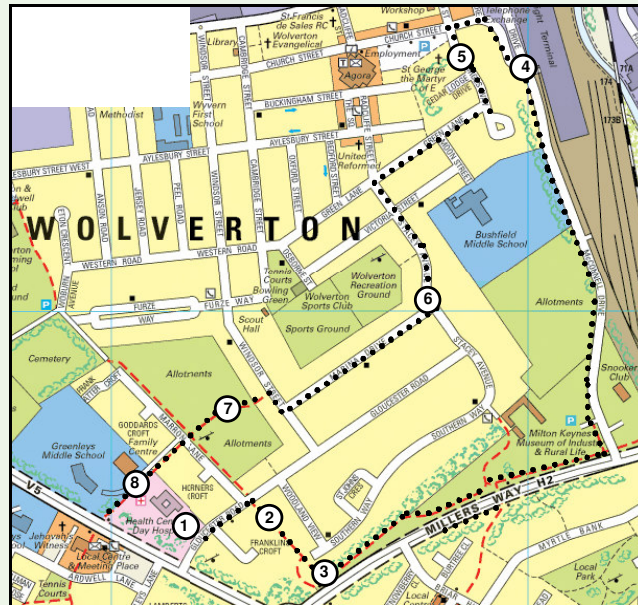
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **footpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

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 in the car park outside the health centre in Wolverton off the V5 (Monks St). Head out of the car park towards Gloucester Rd and turn left.



2. Pass Franklins Croft and cross the road just before the speed bump and take the Redway on the right towards Stacey Bushes and Hodge Lea.

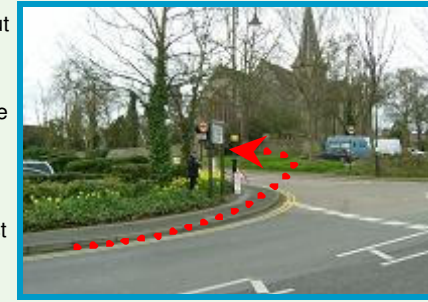


3. When you reach the H2 (Millers Way) turn left along the Redway and carry straight on until you reach the Museum of Industry and Rural Life (Why not stop for a cup of tea or visit the museum).



4. Turn left at McConnell drive and follow the Redway down the hill with the railway on your right, then turn left at the T-junction (Church Street) and stay on the left hand side of the road.

5. Turn left at the roundabout into St Georges Way and follow the road around to the right. Notice St George the Martyr church on your right built by the London to Birmingham Railway Company in 1843, the first Church in the world to be built by a Railway company!



6. Turn right at Green Lane and then left onto Stacey Avenue. Take Marina Drive on your left, at the end turn right and then almost immediately cross the road and turn left onto the Redway.



7. Follow the Redway past the allotments on your right and play area on your left.



8. Take the small path on your left back to the health centre before you reach the car park and your starting point.

