

Milton Keynes Health Walks

Friday Trotters



Enjoy the parks and open spaces of Milton Keynes with a volunteer led health walk.
Meet new people, improve your health and have fun. All health walks are free.
Everyone is welcome. Come along with sensible footwear and a waterproof, just in case of wet weather.
We look forward to meeting you at the location listed below.



Great Linford



Medium Walk
45 – 60mins
Moderate Pace



Long Walk
60-90mins
Moderate to
Brisk Pace



Long Fast Walk
60 – 90mins
Brisk



Progressive Walk
90 mins +
Moderate to Brisk

Waterhall

Date and Walk	Walk Type Walk Leader				Time	Meeting Location and Coffee Stop
Friday 03-01-2020 Stony Stratford					10:15	All Walks Car Park by Bowls Club, Ostlers Lane, Stony Stratford, MK11 1BN Coffee: Bowls Club
Friday 10-01-2020 Tear Drop Lakes					10:15	LONG/MED Car Park opposite the Bowl, off V4; SHORT Garforth Place off Davy Avenue, Knowlhill, off H7 Coffee: MKCC Strudwick Coffee Shop, Oldbrook, MK6 2TG
Friday 17-01-2020 Walton Lake					10:15	LONG/MED Woughton Green Hotel Car Park, SHORT Walton Lake, car park opp Castle Rose - both Newport Road, Woughton-on-the-Green Coffee: St Mary's Church, Newport Rd, Woughton-on-the-Green MK6 3AB
Friday 24-01-2020 Bancroft					10:15	All Walks Public car park, Constantine Way off H2, Bancroft, MK13 0RA Coffee: Roman Park Residents Club, Constantine Way off H2, Bancroft, MK13 0RA
Friday 31-01-2020 Furztun Brook					10:15	All Walks Car park opposite Bowl Off V4, MK5 8AA Coffee: MKCC Strudwick Coffee Shop, Oldbrook, MK6 2TG
Friday 07-02-2020 Emerson Valley					10:15	All Walks Rugby Club Car Park, Bowland Drive, Emerson Valley, off V2, MK4 2DN Coffee: Rugby Club
Friday 14-02-2020 Stony Stratford 12th Anniversary					10:15	All Walks Car Park by Bowls Club, Ostlers Lane, Stony Stratford, MK11 1BN Coffee: Bowls Club
Friday 21-02-2020 Broughton Temple					10:15	All Walks Temple Car Park, Ferry Meadow Close, Broughton, MK10 9QY Coffee: Hindu Temple (Please take shoes off)
Friday 28-02-2020 Caldecotte/Simpson					10:15	LONG/MED Car Park Simpson Drive off H9, SHORT Simpson Road, Car Park under Arch Coffee: St Thomas's Church, Simpson, MK6 3AY
Friday 06-03-2020 Lodge Lake					10:15	All Walks Badminton Centre (Rear Car Park), Bradwell Road off H4, MK8 9LA Coffee: Badminton Centre
Friday 13-03-2020 Great Linford					10:15	All Walks Parklands near Art Centre, Great Linford, off V8, MK14 5AJ Coffee: St Andrews Church, Parklands, Great Linford, MK14 5AU
Friday 20-03-2020 Tattenhoe					10:15	LONG/MED - Car park Prince George Public House, Portishead Drive; SHORT - Allotments, Rosemullion Ave, Tattenhoe Coffee: Prince George Public House, Portishead Drive, Tattenhoe, MK4 3FA
Friday 27-03-2020 Waterhall					10:15	All Walks Car park at Irish Centre opposite Dobbies, MK2 2HX Coffee: Dobbies (Not Booked)

H1 - Ridgeway, H2 - Millers Way, H3 - Monks Way, H4 - Danstead Way, H5 - Portway, H6 - Childs Way, H7 - Chaffron Way, H8 - Standing Way, H9 - Groveaway, H10 - Bletcham Way
V1 - Snelshall Street, V2 - Tattenhoe Street, V3 - Fulmer Street, V4 - Watling Street, V6 - Grafton Street, V7 - Saxon Street, V8 - Marlborough Street, V9 - Overstreet,
V10 - Brickhill Street, V11 - Tongwell Street



Contacts: Jan - 07540 297837 or Kay - 07790 492073

www.walkingforhealth.org
www.milton-keynes.gov.uk/sportsdevelopment

