



We are one of many Walking for Health schemes in Milton Keynes helping you to get walking and stay healthy. Every Sunday morning we walk around the area, taking in the local scenery and wildlife. In general, we stick to Redways and other hard surface paths but there some longer walks where appropriate shoes will be needed. Don't forget your winter woollies and waterproofs!

Walk	Date 2013	Meeting Place
Furzton Lake c. 1 hour	Sunday 13 th October 11am prompt start	Meet at first car park on Sherwell Crescent off the H7 (Chaffron Way)
Campbell Park & Newlands c. 1¼ hours	Sunday 20 th October 11am prompt start	Meet next to Barge Inn, Woolstone <i>(park in second car park, just beyond pub)</i>
Howe Park Wood c. 1 hour	Sunday 27 th October 11am prompt start	Meet at the public car park at Howe Wood on H7 (Chaffron Way)
Waterhall Park, Water Eaton c. 1 hour	Sunday 3 rd November 11am prompt start	Meet far end of Sports Ground car park, beyond Irish Centre, Watling St, Fenny Stratford, <i>(entrance opposite Dobbies)</i>
Great Linford & Canal c. 2 hours	LONGTAIL WALK Sunday 10 th November 11am prompt start	Meet at the Arts Workshops, Parklands (off St. Leger Drive) in Great Linford <i>(if weather conditions are difficult, a shorter option may be substituted)</i>
Lodge Lake to Bradwell c. 1 hour	Sunday 17 th November 11am prompt start	Meet at Lodge Lake car park, Bradwell Road (off Danstead Way) includes flight of steps on bridge
Caldecotte South Lake c. 1 hour	Sunday 24 th November 11am prompt start	Meet in the top car park at the Caldecotte pub off the H10 (Bletcham Way)
Simpson & Walton Lake c. 1¼ hours	Sunday 1 st December 11am prompt start	Meet at the car park in Simpson Drive, just off the H9 (Grovelway)
Woolstone, Woughton & Ouzel Valley c. 2 hours	LONGTAIL WALK Sunday 8 th December 11am prompt start	Meet next to The Barge Inn, Woolstone <i>(park in second car park beyond the pub)</i>
Loughton Village & Teardrop Lakes c. 1 hour	Sunday 15 th December 11am prompt start	Meet at the Sports Ground car park, second left through arch in Davy Avenue, Knowlhill, off H6 Child's Way
Festive Season Stroll Willen - North Lake c. 1 hour	Sunday 22 nd December 11am prompt start	Meet at Willen Local Centre, at Ship-A-Shore Pub! (Father Christmas Hats please!)
CHRISTMAS WEEK BREAK	Sunday 29 th December	NO WALK
HAPPY NEW YEAR!	2014 Schedule	
NEW SHORT WALK FOR WAGTAILERS Broughton Village Heritage Trail c. 1 hour	Sunday 5 th January 11am prompt start	Every step counts-New Year, new start! Meet at Shackerstone Close car park at Broughton Fields School in Broughton
Bradwell Abbey & Roman Villa c. 1 hour	Sunday 12 th January 11am prompt start	Meet at Bradwell Abbey car park off the H3 Monks Way
Shenley Wood & Toot c. 1¼ hours	Sunday 19 th January 11am prompt start	Meet at The Shenley Church (Toby) Inn, off Burchard Crescent, off V4 (Watling Street) Please park through wooden arch in top car park
Stony Stratford c. 1¼ hours	Sunday 26 th January 11am prompt start	Meet in Market Square, Stony Stratford <i>(if crowded, car park in nearby Oxford Street)</i>
Giffard Park, Tongwell Lake, Canal c. 1 hour	Sunday 2 nd February 11am prompt start	Meet at The Giffard Park pub, Broadway Avenue, Giffard Park (turn into Knebworth Gate off the V10)
Furzton Lake & Emerson Valley c. 2 hours	LONGTAIL WALK Sunday 9 th February 11am prompt start	Meet at first car park on Sherwell Crescent off the H7 (Chaffron Way)

Walk leaders first point of contact: **Cathy Jones: 07711 201519 cathyjones1@btinternet.com**
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