

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.



Short Walk
30 – 40mins
Gentle Pace



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

Date and Walk	Walk Type Walk Leader				Time	Meeting Location and Coffee Stop
Friday 04-01-2019 Tear Drop Lakes	Jo or Jan	Bob Evelyn	Brian	N/A	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 11-01-2019 Emerson Valley	Penny Jamieson	Colin	Brian	N/A	10:15	All Walks Rugby Club Car Park, Bowland Drive, Emerson Valley, off V2, MK4 2DN Coffee: Rugby Club
Friday 18-01-2019 Woughton-on-the-Green	Corrine	Frank	Brian	N/A	10:15	All Walks. Woughton Green Hotel, Newport Road, Woughton-on-the-Green, MK6 3LR Coffee: St Mary's Church, Newport Rd, Woughton-on-the-Green MK6 3BE
Friday 25-01-2019 Furzton Brook	Ann	Martin	Brian	N/A	10:15	All Walks Car park opposite Bowl Off V4, MK5 8AA Coffee: MKCC Strudwick Coffee Shop, Oldbrook, MK6 2TG
Friday 01-02-2019 Great Linford	Richard	Bob Evelyn	David	N/A	10:15	All Walks Parklands near Art Centre, Great Linford, off V8, MK14 5AJ Coffee: St Andrews Church, Parklands, Great Linford, MK14 5AU
Friday 08-02-2019 Waterhall	Richard	Martin	David	N/A	10:15	All Walks Car park at Irish Centre opposite Dobbies, MK2 2HX Coffee: Dobbies (OPTIONAL)
Friday 15-02-2019 Furzton Lake 11th Birthday	Penny Jamieson	John Flack	David	N/A	10:15	All Walks Hungry Horse, Sherwell Drive off H7 by Furzton Lake, MK5 8AA Coffee: Hungry Horse, Sherwell Drive off H7 by Furzton Lake, MK5 8AA
Friday 22-02-2019 Lodge Lake	Ann	John Melvin	David	N/A	10:15	All Walks Badminton Centre (Rear Car Park), Bradwell Road off H4, MK8 9LA Coffee: Badminton Centre
Friday 01-03-2019 Caldecotte/Simpson	Jo	Bob Evelyn	Brian	N/A	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 08-03-2019 Stony Stratford	Ann	John Flack	Brian	N/A	10:15	All Walks Car Park by Bowls Club, Ostlers Lane, Stony Stratford, MK11 1BN Coffee: Bowls Club
Friday 15-03-2019 Tongwell Lake	Trish	John Melvin	Brian	N/A	10:15	All Walks Car Park The Giffard Park, Broadway Avenue, Giffard Park, Milton Keynes, Buckinghamshire, MK14 5QN Coffee: The Giffard Park, Broadway Avenue, Giffard Park, MK14 5QN
Friday 22-03-2019 Tattenhoe	Corrine	Frank	Brian	N/A	10:15	LONG/MED - Car park Prince George Public House. Portishead Drive; SHORT - Allotments, Rosemullion Ave, Tattenhoe Coffee: George Public House, Portishead Drive, Tattenhoe, MK4 3FA
Friday 29-03-2019 Howe Park Wood	Richard	Martin	Brian	N/A	10:15	All Walks Rugby Club Car Park, Bowland Drive, Emerson Valley, off V2, MK4 2DN Coffee: Rugby Club

H1 - Ridgeway, H2 - Millers Way, H3 - Monks Way, H4 - Dansteed Way, H5 - Portway, H6 - Childs Way, H7 - Chaffron Way, H8 - Standing Way, H9 - Groveway, 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

