

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 06-10-2017 Lodge Lake | Ann | John Flack | David | N/A | 10:15 | All Walks Badminton Centre (Rear Car Park), Bradwell Road off H4, MK8 9LA Coffee: Badminton Centre |
| Friday 13-10-2017 Woughton-on-the-Green | Richard | Chris | David | 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 20-10-2017 Furztion Brook | Jan | Martin | David | N/A | 10:15 | All Walks Car park opposite Bowl Off V4, MK5 8AA Coffee: MKCC Strudwick Coffee Shop, Oldbrook, MK6 2TG |
| Friday 27-10-2017 Caldecotte/Simpson | Jo | Chris | David | 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 03-11-2017 Bancroft | Richard | Frank | Brian | N/A | 10:15 | All Walks Public car park, Constantine Way off H2, Bancroft, MK13 0RA Coffee: Milton Keynes Museum, McConnell Dr, Wolverton, Milton Keynes MK12 5EL |
| Friday 10-11-2017 Tattenhoe | Ann | Martin | 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 17-11-2017 Stony Stratford | Richard | John Melvyn | Brian | N/A | 10:15 | All Walks Car Park by Bowls Club, Ostlers Lane, Stony Stratford, MK11 1BN Coffee: Bowls Club |
| Friday 24-11-2017 Tear Drop Lakes | Jo | Martin | 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 01-12-2017 Howe Park Wood | Richard | Frank | David | N/A | 10:15 | All Walks Rugby Club Car Park, Bowland Drive, Emerson Valley, off V2, MK4 2DN Coffee: Rugby Club |
| Friday 08-12-2017 Furztion Lake (Xmas Lunch) | Trish | John Flack | David | N/A | 10:45 | All Walks Hungry Horse, Sherwell Drive off H7 by Furztion Lake, MK5 8AA Coffee: XMAS LUNCH : Hungry Horse, Sherwell Drive off H7 by Furztion Lake, MK5 8AA |
| Friday 15-12-2017 Tattenhoe | Jan | Martin | David | 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 22-12-2017 Emerson Valley | Trish | John Melvyn | David | N/A | 10:15 | All Walks Clock Tower Car Park Whitehorse Drive off H8 Coffee: Clock Tower, Emerson Valley |
| Friday 29-12-2017 No Walk | | | | | 10:15 | |

H1 - Ridgeway, H2 - Millers Way, H3 - Monks Way, H4 - Danstead Way, H5 - Portway, H6 - Childs Way, H7 - Chaffron Way, H8 - Standing Way, H9 - Groveway, H10 - Bletham 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

