

# 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 06-04-2018 Woolstone	TBC	John Melvin	David	N/A	10:15	All Walks Car Park Near Barge, Newport Road, Woolstone <b>Coffee: MKCC Strudwick Coffee Shop, Oldbrook, MK6 2TG</b>
Friday 13-04-2018 Waterhall	Ann	Martin	David	N/A	10:15	All Walks Car park at Irish Centre opposite Dobbies, MK2 2HX <b>Coffee: Dobbies Conservatory, Watling Street, Bletchley, MK17 9JH</b>
Friday 20-04-2018 Tear Drop Lakes	Trish	Martin	David	N/A	10:15	LONG/MED Car Park opposite the Bowl, off V4; SHORT Garforth Place off Davy Avenue, Knowlhill, off H7 <b>Coffee: MKCC Strudwick Coffee Shop, Oldbrook, MK6 2TG</b>
Friday 27-04-2018 Stony Stratford	Ann	Colin	David	N/A	10:15	All Walks Car Park by Bowls Club, Ostlers Lane, Stony Stratford, MK11 1BN <b>Coffee: Bowls Club</b>
Friday 04-05-2018 Great Linford	TBC	Frank	Brian	N/A	10:15	All Walks Parklands near Art Centre, Great Linford, off V8, MK14 5AJ <b>Coffee: St Andrews Church, Parklands, Great Linford, MK14 5AU</b>
Friday 11-05-2018 Caldecotte/Simpson	Jo	John Melvin	Brian	N/A	10:15	LONG/MED Car Park Simpson Drive off H9, SHORT Simpson Road, Car Park under Arch <b>Coffee: St Thomas's Church, Simpson, MK6 3AY</b>
Friday 18-05-2018 Emerson Valley	Trish	Martin	Brian	N/A	10:15	All Walks Clock Tower Car Park Whitehorse Drive off H8 <b>Coffee: Clock Tower, Emerson Valley</b>
Friday 25-05-2018 Furzton Lake	Ann	John Flack	Brian	N/A	10:15	All Walks Hungry Horse, Sherwell Drive off H7 by Furzton Lake, MK5 8AA <b>Coffee: Hungry Horse, Sherwell Drive off H7 by Furzton Lake, MK5 8AA</b>
Friday 01-06-2018 Lodge Lake	Ann	John Flack	David	N/A	10:15	All Walks Badminton Centre (Rear Car Park), Bradwell Road off H4, MK8 9LA <b>Coffee: Badminton Centre</b>
Friday 08-06-2018 Woughton-on-the-Green	TBC	John Melvin	David	N/A	10:15	All Walks. Woughton Green Hotel, Newport Road, Woughton-on-the Green, MK6 3LR <b>Coffee: St Mary's Church, Newport Rd, Woughton-on-the-Green MK6 3BE</b>
Friday 15-06-2018 Tongwell Lake	Trish	John Melvin	David	N/A	10:15	All Walks Car Park The Giffard Park, Broadway Avenue, Giffard Park, Milton Keynes, Buckinghamshire, MK14 5QN <b>Coffee: The Giffard Park, Broadway Avenue, Giffard Park, MK14 5QN</b>
Friday 22-06-2018 Howe Park Wood	Ann	Frank	David	N/A	10:15	All Walks Rugby Club Car Park, Bowland Drive, Emerson Valley, off V2, MK4 2DN <b>Coffee: Rugby Club</b>
Friday 29-06-2018 Tattenhoe	Jan	Martin	David	N/A	10:15	LONG/MED - Car park Prince George Public House. Portishead Drive; SHORT - Allotments, Rosemullion Ave, Tattenhoe <b>Coffee: George Public House, Portishead Drive, Tattenhoe, MK4 3FA</b>

H1 - Ridgeway, H2 - Millers Way, H3 - Monks Way, H4 - Dansteed 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](http://www.walkingforhealth.org)

[www.milton-keynes.gov.uk/sportsdevelopment](http://www.milton-keynes.gov.uk/sportsdevelopment)

