

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 05-10-2018 Stony Stratford	Penny Jamieson	Frank	David	N/A	10:15	All Walks Car Park by Bowls Club, Ostlers Lane, Stony Stratford, MK11 1BN Coffee: Bowls Club
Friday 12-10-2018 Lodge Lake	Ann Stevens	Bob Evelyn	David	N/A	10:15	All Walks Badminton Centre (Rear Car Park), Bradwell Road off H4, MK8 9LA Coffee: Badminton Centre
Friday 19-10-2018 Caldecotte/Simpson	Jo	John Melvin	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 26-10-2018 Tear Drop Lakes	Ann	Martin	David	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 02-11-2018 Furztou Brook	Penny Jamieson	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 09-11-2018 Woughton-on-the-Green	Richard	John Flack	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 16-11-2018 Emerson Valley	Colin	Martin	Brian	N/A	10:15	All Walks Rugby Club Car Park, Bowland Drive, Emerson Valley, off V2, MK4 2DN Coffee: Rugby Club
Friday 23-11-2018 Great Linford	Richard	John Flack	Brian	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 30-11-2018 Woolstone	Jan or Penny	Bob Evelyn	Brian	N/A	10:15	All Walks Car Park Near Barge, Newport Road, Woolstone Coffee: MKCC Strudwick Coffee Shop, Oldbrook, MK6 2TG
Friday 07-12-2018 Bancroft	Richard	Frank	David	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 14-12-2018 Tongwell Lake (Xmas Lunch)	Jo	John Melvin	David	N/A	11:00	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 21-12-2018 Tattenhoe	Richard	John Flack	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 28-12-2018 No Walk	N/A	N/A	N/A	N/A		

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

