

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 05-04-2019 Bancroft	Penny Jamieson	John Flack	David	N/A	10:15	All Walks Public car park, Constantine Way off H2, Bancroft, MK13 0RA Coffee: Roman Park Residents Club, Constantine Way off H2, Bancroft, MK13 0RA
Friday 12-04-2019 Tear Drop Lakes	Jo	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 19-04-2019 Good Friday				N/A		No Walk
Friday 26-04-2019 Stony Stratford	Penny Jamieson	John Flack	David	N/A	10:15	All Walks Car Park by Bowls Club, Ostlers Lane, Stony Stratford, MK11 1BN Coffee: Bowls Club
Friday 03-05-2019 Great Linford	Corrine	Frank	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 10-05-2019 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 17-05-2019 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 24-05-2019 Furzton Lake	Jo	Martin	Brian	N/A	10:15	All Walks Hungry Horse, Sherwell Drive off H7 by Furzton Lake, MK5 8AA Coffee: Furzton Hotel
Friday 31-05-2019 Lodge Lake	Ann	John Melvin	Brian	N/A	10:15	All Walks Badminton Centre (Rear Car Park), Bradwell Road off H4, MK8 9LA Coffee: Badminton Centre
Friday 07-06-2019 Woughton-on-the-Green	Corrine	Frank	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 14-06-2019 Tongwell Lake	Trish/Jo	John Melvin	David	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 21-06-2019 Howe Park Wood	Colin	Bob Evelyn	David	N/A	10:15	All Walks Rugby Club Car Park, Bowland Drive, Emerson Valley, off V2, MK4 2DN Coffee: Rugby Club
Friday 28-06-2019 Tattenhoe	Ann	Martin	David	N/A	10:15	LONG/MED - Car park Prince George Public House, Portishead Drive; SHORT - Allotments, Rosemullion Ave, Tattenhoe Coffee: Prince George Public House, Portishead Drive, Tattenhoe, MK4 3FA

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

