

# 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 07/04/2017 Emerson Valley	Colin	Martin	David	N/A	10:15	All Walks Clock Tower Car Park Whitehorse Drive off H8 <b>Coffee: Clock Tower, Emerson Valley</b>
Friday 14/04/2017 Good Friday				N/A	10:15	<b>No Walk</b>
Friday 21/04/2017 Woughton-on-the-Green	Mary	John	David	N/A	10:15	All Walks Mercure Hotel, Newport Road, Woughton-on-the-Green, MK6 3LR <b>Coffee: St Mary's Church, Newport Rd, Woughton-on-the-Green MK6 3AB</b>
Friday 28/04/2017 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 <b>Coffee: MKCC Strudwick Coffee Shop, Oldbrook, MK6 2TG</b>
Friday 05/05/2017 Great Linford	Ann	Colin	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 12/05/2017 Waterhall	Sue	Martin	Brian	N/A	10:15	All Walks Car park at Irish Centre opposite Dobbies, MK2 2HX <b>Coffee: Dobbies, Watling Street, Bletchley, MK17 9JH</b>
Friday 19/05/2017 Bancroft	Ann	Frank	Brian	N/A	10:15	All Walks Public car park, Constantine Way off H2, Bancroft <b>Coffee: Milton Keynes Museum</b>
Friday 26/05/2017 Caldecotte/Simpson	Brenda	John	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 02/06/2017 Lodge Lake	Ann	Martin	David	N/A	10:15	All Walks Badminton Centre (Rear Car Park), Bradwell Road off H4, MK8 9LA <b>Coffee: Badminton Centre</b>
Friday 09/06/2017 Furzton Brook	Colin	Martin	David	N/A	10:15	All Walks Car park opposite Bowl Off V4, MK5 8AA <b>Coffee: MKCC Strudwick Coffee Shop, Oldbrook, MK6 2TG</b>
Friday 16/06/2017 Stony Stratford	Ann	John	David	N/A	10:15	All Walks Car Park by Bowls Club, Ostlers Lane, Stony Stratford, MK11 1BN <b>Coffee: Bowls Club</b>
Friday 23/06/2017 Woolstone	Mary	Brenda	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 30/06/2017 Tattenhoe		Colin	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 - 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](http://www.walkingforhealth.org)  
[www.milton-keynes.gov.uk/sportsdevelopment](http://www.milton-keynes.gov.uk/sportsdevelopment)

