

Milton Keynes Health Walks

Whaddon Walkers



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
Wednesday, 7th June Cauldecote and Simpson	Barbara Shirley Colin	Kerry Brian	Mick and Ian	0	10:15am	Caldecotte Arms Pub car park, Lakeside Grove off H10, Bletcham Way, MK7-8HP Coffee Stop: Caldecotte Arms Pub
Wednesday, 14th June	Brenda, Shirley	Lesley, Kerry and Jane	Mick and Frank	0	10:15am	Short Walk Car Park @ junction of Paynes Dr & Bradwell Rd / Medium Walk @ Badminton Club car park and Herons Lodge: Long Walk, Bradwell Road off H4 Coffee Stop: Badminton Club
Wednesday, 21st June Stanton Low	Shirley, Barbara Brenda	Ian, David & Lesley	Pete & Mick	0	10:15am	Black horse Pub, Wolverton Rd, Great Linford, Milton Keynes MK14-5AJ Coffee Stop: Black Horse Pub
Wednesday, 28th June Great Linford	Colin Lesley and Jane	David Barbara and Kerry	Ian and Lola	0	10:15am	Parklands, near Church & Arts Centre, MK14-5AU Coffee Stop: St Andrews Church
Wednesday, 5th July Roman's Field School	Jane, Brenda and Lesley	Mick, Barbara & Ian	Mark (Lola or Pete)	0	10:15am	Romans Field School (Residential car park), Shenley Rd, Bletchley MK3-7AW Short:-Eight Bells Pub Car Park Coffee Stop: Romans Field School
Wednesday, 12th July Teardrop Lakes	Brenda and Shirley	Kerry Brian & Jane	Pete & Mark	0	10:15am	Short Walk, car park end of Garforth Rd off Davy Ave, Knowhill off H7, Medium & Long Walk, Star car park off V4 Furzton Coffee Stop: The Christian Centre
Wednesday, 19th July Furzton Lake	Pete, Shirley & Brenda	Brian, Kerry & Lesley	Pete & Lola	0	10:15am	Furzton Pub car park, Shirwell Crescent off H7, MK4-1GA Coffee Stop: Furzton Pub
Wednesday, 26th July Waterhall	Jane, Barbara & Shirley	Mick, Brian & Pete	Ian & David	0	10:15am	Manor Fields Sports Ground car park off Watling Street, Fenny Stratford, MK2-2HX Coffee Stop: Dobbies
Wednesday, 2nd August	0	0	0	0	00TO BE	ARRANGED Coffee Stop: