

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, 2nd August Gifford Park	Jane, Barbara and Shirley	Kerry Mick and Ian	Frank and Lola	0	10:15am	Gifford Park Pub, Broadway Avenue, off V10, MK14-5QN Coffee Stop: Gifford Park Pub
Wednesday, 9th August	Corinne, Lesley and Shirley	Mick Jane and David	Brenda and Pete	0	10:15 C	r park at the entrance of Parkside Hotel OR overflow at the Olde Swan Pub, car park, Newport Road, Woughton, MK6-3LR Coffee Stop: St Mary's Church, Woughton on the Green
Wednesday, 16th August Shenley Wood and Toot	Brenda Lesley and Jane	Brian, Corinne & David (Kerry)	Frank and Ian	0	10:15am	MED & LONG, end of Aldwycks Close, off Engaine Drive, MK5-6HZ. SHORT, Church car park, Dudley Hill, MK5-6AB Coffee Stop: St Mary's Church, Shenley Church End
Wednesday, 23rd August North Willen	Barbara, Colin & Corinne	Jane Mick & Brian	Ian & David (Frank)	0	10:15am	THE SHIP ASHORE Pub, Granville Square, Milton Keynes, Buckinghamshire, MK15-9JL Coffee Stop: The Ship Ashore Pub
Wednesday, 30th August OUTING to Wimpole Estate	0	0	0	0	9.15am	each pick up from Romans Field School Coffee Stop:
Wednesday, 6th September Howe Park Wood	Brenda Lesley & Shirley	Kerry Barbara & Brian	Mark and Pete	0	10:15am	Prince George Pub, Portishead Drive, Tattenhoe, MK4-3FA Coffee Stop: Prince George Pub
Wednesday, 13th September Cow Tunnel and BBQ £8	Colin, Brenda & Shirley	Lesley, Brian & David (Barbara)	Ian and Lola	0	10:15am	Pub & Canal side car parks, Old Wolverton Road, MK12-5NL Coffee Stop: Galleon Pub
Wednesday, 20th September Stony Stratford	Barbara, ??? and Shirley	Brian Corinne & Kerry	Pete and Mark	0	10:15am	Car park in Ostiers Lane, off Queen Eleanor Street, Stony Stratford, MK11-1AA Coffee Stop: Stony Bowls Club
Wednesday, 27th September Peartree	Jane Mick and Shirley	David, Brenda & Barbara	Frank and Ian	0	10:15am	Peartree Bridge Inn, Waterside, off V8, MK6-3PE Coffee Stop: Peartree Bridge Inn