

# 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
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Date and Walk	Walk Type Walk Leader				Time	Meeting Location and Coffee Stop
Wednesday, 3rd October Shenley Wood and Toot	 Corinne, Colin, Barbara, Shirley	 Lesley, Kerry, Brenda	 David, Frank (Bob)	 0	10:15am	Medium & Long Walks, car park at end of Aldwycks Close off Engaine Drive, MK5-6AB, Short Walk, St Marys Church car park, Dudley Hill, MK5-6AB  <b>Coffee Stop: ST Marys</b>
Wednesday, 10th October	 Colin, Jane, Shirley, Brenda	 Kerry, Corinne, David	 Ian & Pete	 0	10:15am	Short & Medium Walks, Badminton Club REAR car park or Herons Lodge, Long Walk, Bradwell Road car park off H4 MK8 9LA  <b>Coffee Stop: Badminton club</b>
Wednesday, 17th October Howe Park Wood	 Jane, Barbara, Corinne, Shirley	 Lesley, Brenda, Kerry	 Frank (Bob) & David	 0	10:15am	The Prince George of Cambridge car park, Portishead Drive, Tattenhoe, MK4-3FA  <b>Coffee Stop: Prince George</b>
Wednesday, 24th October Wolverton and Cow Tunnel	 Corinne, Jane, Brenda, Shirley	 Brian, David, Lesley	 Ian & Pete	 0	10:15am	Wolverton House Pub, Stratford Rd, Wolverton Mill, MK12-5NZ  <b>Coffee Stop: Wolverton Mill</b>
Wednesday, 31st October Teardrop lakes	 Barbara, Corinne, Lesley, Brenda	 Kerry, Jane, Mick	 Bob (Frank) & David	 0	10:15am	Short Walk, car park end of Garforth Place off Davy Ave, Knowlhill M5-8PG, Medium & Long Walk, Furzton Lake Car park off Watling Street MK4-1BZ  <b>Coffee Stop: Christian Centre</b>
Wednesday, 7th November Simpson & Caldecotte	 Lesley, Corinne, Colin, Shirley	 Mick, Brian, Jane	 Pete & Frank	 0	10:15am	MEDIUM-Simpson Drive Playground Carpark, MK6-3AY, SHORT-Car park opposite Church, MK6-3AF, LONG-Simpson Rd, MK7-8NB  <b>Coffee Stop: St Thomas's Church</b>
Wednesday, 14th November Woolstone and Willen Lake	 Jane, Mick, Barbara, Shirley	 Kerry, Lesley, David	 Pete & Brenda	 0	10:15am	Splashzone car park, Frobisher Gate, Newlands off V10, MK15-0AR  <b>Coffee Stop: Gullivers</b>
Wednesday, 21st November Woughton on the Green	 Brenda, Corinne, Jane, Shirley	 Brian, Kerry, Mick	 Ian & David	 0	10:15am	Car park at entrance to Parkside Hotel OR Olde Swan Pub car park, Newport Road, Woughton, MK6-3LR  <b>Coffee Stop: St Marys Church</b>
Wednesday, 28th November Broughton	 Corinne, Barbara, Colin, Brenda	 Lesley, Jane, Kerry	 Bob & Ian	 0	10:15am	Broughton Hotel/Hungry Horse Pub car park, Milton Road, Broughton, MK10-9AA  <b>Coffee Stop: Hungry Horse Pub Broughton</b>



Contact Brenda 01908 522359

[www.walkingforhealth.org](http://www.walkingforhealth.org)  
[www.milton-keynes.gov.uk/sportsdevelopment](http://www.milton-keynes.gov.uk/sportsdevelopment)

