

7 in 10 people do not do enough physical activity to protect their health

Contact with nature helps to reduce stress levels

Regular walking can halve the risk of coronary heart disease

Do you know how close you live to Milton Keynes beautiful openspace?

Walking together helps people to build confidence and make new friends

Walking 10,000 steps per day can burn 2,000 – 3,500 calories per walk

Remember, every step counts!

A range of walks designed by Milton Keynes Council and the Primary Care Trust to improve your health while exploring the city.



**NEWPORT PAGNELL WALKS
BURY FIELD WALK**



EXPLORE YOUR CITY.....



**THE HEALTHY
WAY TO EXPLORE MK**



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WAY TO EXPLORE MK**



BURY FIELD WALK

Terrain

The majority of the walk is flat but there are **short inclines up to the bridges**. Care should be taken along the canal towpath, particularly under the underpass where the surface is fairly rough, and entering the estate where there are some very shallow steps.

Distance

The walk is just over a kilometre in length (around $\frac{3}{4}$ of a mile). It takes around **20-25 minutes to walk** the route at an average pace.

Footwear

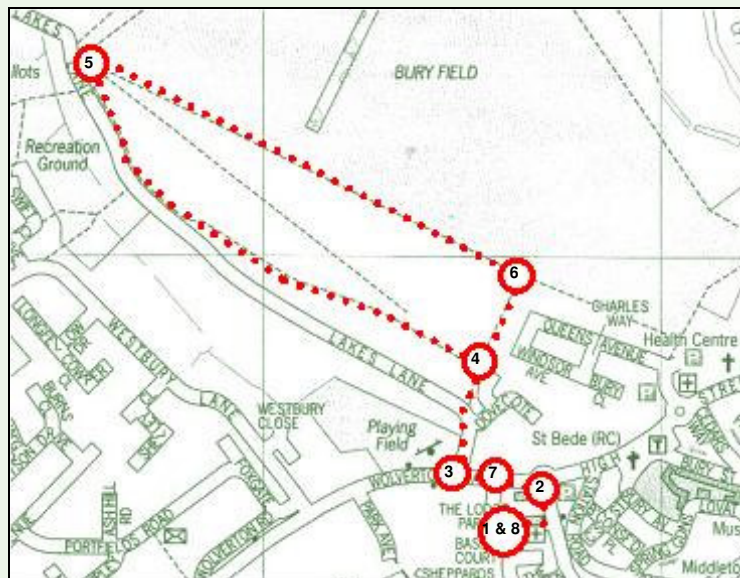
All of the paths are suitable to be walked all year round in trainers or comfortable shoes. However, in the winter months, the **canal towpath may become slippery**, meaning more appropriate, waterproof footwear should be considered.

Alternative walks

If you want to extend or alter the length of your walk, the dotted lines on the map show other available paths that can be explored.

For further information about healthy walks visit www.whi.org.uk and www.walk4health.org

Other walks in the Walk MK series are available at www.mkweb.co.uk/mkactive and www.mkweb.co.uk/regeneration and are free to download and print.



1. Turn right out of the car park onto Marsh End Road.



2. Turn left at Wolverton Road, and cross the road at the island.



3. Turn right into Lakes Lane. Follow the road around to the left at The Beeches; go down the footpath to its right.



4. At the gate turn left and follow the footpath with the houses on the left. Follow the path for about 1km until you see a gate on the left of the field.



5. Turn right and follow the path towards the trees in the middle of the field. Just before the trees follow the path to the right with the church tower in front of you.



6. Follow the path until you reach the gate at the car park behind the Medical Centre. Turn right at the gate towards the High Street.



7. At the High Street turn right and then cross the road at the traffic lights.



8. Continue towards Marsh End Road, cross at the traffic lights and then back to Shipley Court.

