





Walking for Health - Milton Keynes Health Walks

Enjoy the parks and open spaces of Milton Keynes with these free volunteer led health walks. Meet new people, improve your health and have fun. Please contact the appropriate walk leader to find out more about the health walk you are interested in. All new walkers must complete a walker registration form 10 minutes before the walk commences. Walkers walk at their own risk.



 Beginners Walk up to 30mins Gentle Pace	 Intermediate 30-60mins Moderate Pace	 Advanced Walk 60- 90mins Brisk Pace	 Progression Walk 90mins +
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Walk Name	Walk Type	Day & Time	Meeting Location	Walk Leader
Urban City Walkers		Mondays, 12noon	Outside MKC Civic Office, Silbury Blvd.	Liz Thompson 07899 083770
Water Eaton – Lake Estate walk		Monday 1pm	Spotlight on Bletchley Offices, 114 Serpentine Court, Lakes Estate, MK2 3QL	01908 254430 Fair weather walk only Check the website below
Lovat Fields		Monday 2.15pm	Main Reception of Lovat Fields Retirement Village MK15 9ED	Christine Theobald 01908 309184
Nordic Strollers		Tuesdays 10am	Location vary: contact walk leader or see website below	Fred Rolfe 01908 373787
Shenley - Roaming walk Short walk available	  	Tuesdays, 10.15am	Location vary: contact leader or see website: www.shenleywalks.co.uk	Sue Hadfield 07703 647733 info@shenleywalks.co.uk
Giffard Park / Great Linford		Tuesdays, 10.30am	The Giffard Park Pub Car Park, Broadway Avenue MK14 5QN	Tony McManus 01908 605176
MK Village Practice walk		Tuesday 1pm	MK Village Practice, Griffith Gate, Middleton, MK10 9BQ	Bob Evelyn 07540 579283
Whaddon Walkers (Roaming)	  	Wednesdays , 10.15am	Location vary: contact walk leader or see website below	Brenda Houghton 01908 522359
Walnut Tree Walkers		Wednesday 10.30am	Walnut Tree Health Centre, Blackberry Court MK7 7PB	Susanne Basovic 07875 363062
Red House Rovers Walks		Wednesday 2pm – 3pm	Location vary: contact walk leader or see website below	Ian Graham 07810 175219
Newport Pagnell shorter walk		Wednesday 10.30 -11.15	Meet outside Boots the Chemist, Newport Pagnell High Street	Lisa Carvell 01908 253619
Newport Pagnell		Wednesdays 3pm	Outside Lovat Hall, Newport Pagnell, Silver street, MK16 0EJ	Lisa Carvell 01908 253619
Willen		Thursdays, 10am	Camphill Car Park, (off V10) Japonica Lane, Willen Park	David Reed 07905 379508
Willen Hospice	 	Thursday 10am	The Garden Room, Willen Hospice, Willen Village MK159AB	Reception 01908 663636
Nordic Strollers		Thursday 11am	Location vary: contact walk leader or see website below	Jyoti Palmer 07729 313600
Stony Stratford Short walk available	  	Fridays, 10am	Mill Lane, (opp) Prospect Road, Stony Stratford	Mary Kendall 01908 260570
Friday Trotters Roaming walk	  	Fridays, 10.15am	Locations vary: contact leader or see: www.fridaytrotters.org.uk	Jan Elsdon 07540 297837
Saturday Strollers		Saturday 10–11am	the Giffard Park Pub Car Park, Broadway Avenue MK14 5QN	Jan Martin-Read jmartinread@gmail.com
Saturday Swans		Saturday 2pm	Meet At David Lloyd main reception, Newlands, MK150DL	John Mulligan 07954 625480
Wagtail Roaming walk	 	Sundays, 11am	Location vary: contact walk leader or see website below	Liz Thompson 07899 083770



www.walkingforhealth.org.uk and search Milton Keynes
or call Milton Keynes Council on 01908 253154

