

Walking for Health - Milton Keynes Health Walks



Enjoy the parks and open spaces of Milton Keynes with these 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 health walks are free to attend and range in length.



Beginners Walk
up to 30mins
Gentle Pace



Intermediate
30-60mins
Moderate Pace



Advanced Walk
60- 90mins
Brisk Pace



Progression
Walk
90mins +

Walk Name	Walk Type	Day & Time	Meeting Location	Walk Leader
City Walk		Mondays, 12noon	Outside MKC Civic Office, Silbury Blvd.	Liz Thompson 07899 083770
Water Eaton Health Centre		Monday 1pm	Water Eaton HC, Fern Grove, Bletchley MK2 3HN	Surgery 01908 371318
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		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
Windmill Hill Walk	Short walk with regular stops	Wednesday 10am	Windmill Hill Golf Centre, Tattenhoe Lane, Bletchley MK3 7RB	Lisa Carvell 01908 253619
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		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	John West 01908 564055
Nordic Strollers		Thursday 3pm	Location vary: contact walk leader or see website below	Jyoti Palmer 07729 313600
Stony Stratford		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
Water Eaton Health Centre Walk		Fridays 1pm	Water Eaton HC, Fern Grove, Bletchley MK2 3HN	Surgery 01908 371318
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
www.milton-keynes.gov.uk/sportsdevelopment

*Please note progression walks (walks over 90 minutes)
are not part of the Walking for Health programme.



milton keynes council