



TheParksTrust  
MILTON KEYNES

Milton Keynes'

# WALKING FESTIVAL

**SAT 14TH MAY - SUN 15TH MAY 2016**

A variety of walks across two days  
for all ages and abilities



## BOOKING FORM

TheParksTrust  
MILTON KEYNES

Name:

Address:

Contact Number:

Email:

Day	Walk No	No in Group	Cost	Total Cost
Saturday 14 May	1		FREE	
Saturday 14 May	2		FREE	
Saturday 14 May	3		FREE	
Saturday 14 May	4		FREE	
Saturday 14 May	5		FREE	
Saturday 14 May	6		£1 EACH	
Saturday 14 May	7		FREE	
Sunday 15 May	8		FREE	
Sunday 15 May	9		FREE	
Sunday 15 May	10		FREE	
Sunday 15 May	11		FREE	
Sunday 15 May	12		FREE	
Sunday 15 May	13		£4 EACH*	
Sunday 15 May	14		£1 EACH	
Anytime	15	Self-guided trail, download from <a href="http://theparkstrust.com">theparkstrust.com</a>		

**Return to:** Walking Festival 2016, The Parks Trust, Campbell Park Pavilion, 1300 Silbury Boulevard, Campbell Park, Milton Keynes MK9 4AD

**All walks must be pre-booked.** Please book either via our website at [www.theparkstrust.com](http://www.theparkstrust.com), on email to [events@theparkstrust.com](mailto:events@theparkstrust.com), on our booking line 01908 255379 or by sending in this booking form with a cheque for any charged walks payable to The Parks Trust (\*except walk 13 which is payable on the day).

**You will be required to sign in upon your arrival at your walk and sign a declaration of good health.** Please note all walkers take part at their own risk. Please ensure you have proper clothing, footwear and carry adequate refreshments for the duration of your chosen walk. Be prepared for sudden changes in weather conditions. **Please note dogs are not allowed**, with the exceptions of walks 2, 8 and 14 where well behaved dogs on leads are welcome.

**Booking essential.** For walk details:

Email [events@theparkstrust.com](mailto:events@theparkstrust.com)

Call 01908 255379

Visit [www.theparkstrust.com](http://www.theparkstrust.com)





# SAT 14 MAY 2016

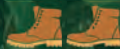
**WALK 1**  
**Nordic Walking Taster Session**  
Free; 10am; 1 hour  
Give Nordic Walking a try with this taster session, learn how Nordic Walking can help increase fitness levels and learn about the various courses available to improve techniques. Equipment will be provided. Meet in the car park at Campbell Park Pavilion, Silbury Boulevard.



**WALK 2**  
**Oxley Park to Great Horwood Walk**  
Free; 10am; 6 hours; 10-12 miles  
Walk from Oxley Park to Great Horwood and back via Bottledump corner. Come prepared for countryside walking. Well behaved dogs welcome. Bring a packed lunch although there will be a planned stop at a pub around lunchtime. Meet in front of Oxley Park Academy, Redgrave Drive, Oxley Park.



**WALK 3**  
**Ouse Valley and Flood Plain Forest Walk**  
Free; 10am; 1.5 hours; 3 miles  
Walk through the peaceful Ouse Valley and discover the wetland habitat of the Floodplain Forest. Opportunity to finish at a local public house. Walk is free, but bring money for refreshments. Meet in the car park near the Galleon Pub, Old Wolverton Road, Old Wolverton.



**WALK 4**  
**Great Linford Lakes Walk**  
Free; 10.30am; 3 hours; 6 miles  
Discover the lakes and parkland around Great and Little Linford. Come prepared for countryside walking. Meet in the car park at Stonepit Field, Wolverton Road opposite Oakridge Park.



Discover more self-guided walks from [theparkstrust.com/resources/self-guided-walks-rides-and-outings](http://theparkstrust.com/resources/self-guided-walks-rides-and-outings)  
For information about walks throughout the year across Milton Keynes see [walkingforhealth.org.uk/walkfinder/milton-keynes-health-walks](http://walkingforhealth.org.uk/walkfinder/milton-keynes-health-walks)

**WALK 5**  
**North Bucks Way to Whaddon Walk**  
Free; 11am; 3 hours; 4 miles  
Walk along the North Bucks Way to Whaddon. Discover about the area's history and trees. Come prepared for countryside walking. Meet in the car park next to Walnut School at the junction of Portway and Otterburn Crescent, Oakhill.



**WALK 6**  
**Woodland Walk**  
£1/person; 1.30pm; 1.5 hours; 2 miles  
Discover the natural history of one of Milton Keynes' ancient woodlands and Site of Special Scientific Interest, Howe Park Wood. Meet in the Howe Park Wood car park, V7 Chaffron Way opposite the Westcroft Centre.



**WALK 7**  
**Saturday Swans Walk**  
Free; 2pm; 1 hour; 3 miles  
Take in the sights of the area around Willen with this walk which will take in the local water ways towards Milton Keynes village. Meet just outside the reception at David Lloyd (opposite Gulliver's Land), Livingstone Drive, V10 Brickhill Street.



# SUN 15 MAY 2016

**WALK 8**  
**North Loughton Valley to Furzton Walk**  
Free; 10am; 1 hour or 4 hours; Choice of 1.5 miles or 5 miles  
Walk through the North Loughton Valley from Lodge Lake with choice to complete a 5 mile route to Furzton Lake or shorter 1.5 mile walk.

Shorter route suitable for anyone including those with mobility challenges and children. Longer route suitable for anyone wanting to join a longer route including buggies, scooters and well-behaved dogs on a lead. Bring refreshments for a planned stop around lunchtime. Meet in the Lodge Lake car park, Bradwell Road, Loughton.



**WALK 9**  
**Broughton, Broughton Woodlands and Nature Reserve Walk**  
Free; 11am; 2.5 hours; 4.7 miles  
Walk from Broughton and discover the woodland and nature reserve beyond the city boundaries. Come prepared for countryside walking. Meet in the car park at Broughton Fields School, Milton Lane, Broughton.



**WALK 10**  
**Stony in Bloom Walk**  
Free; 11am; 1.5 hours; 3 miles  
Learn about the work of the Stony Stratford in Bloom volunteers and see the many flower beds that have been created in the town. Meet outside the Crown pub, Market Square, Stony Stratford.



**WALK 11**  
**Caldecotte Lakes**  
Free; 11am; 1.5 hours; 3 miles  
Join the Walking for Health Walking Group for a morning walk around the South and North Lakes at Caldecotte. Meet in the car park behind the Windmill Pub, Lakeside Grove, Caldecotte Lake, H10 Bletcham Way.



**WALK 12**  
**Ouzel Valley Walk**  
Free; 12 noon; 1.5 hours; 3.5 miles  
Discover the parkland around the Ouzel Valley and will include the ancient fields, the board walk through Walton Lake and a visit to a hidden garden area nearby. Meet in the car park on Newport Road, Woughton on the Green just off H7 Chaffron Way near the Water Garden.



**WALK 13**  
**Waterhall Park to Bow Brickhill Walk**  
£4/person (payable on the day, in aid of British Heart Foundation); 1.30pm; 3 hours; 5.5 miles  
Walk from Waterhall Park to Bow Brickhill. Come prepared form countryside walking. Meet in the car park at Waterhall Park, Mill Road, Water Eaton.



**WALK 14**  
**Linford Manor Park and Grand Union Canal**  
£1/person; 3pm; 2 hours; 4 miles  
Walk takes in picturesque Linford Manor Park and parts of the Grand Union Canal. Well behaved dogs on leads are welcome on this walk. Meet in the Arts Centre car park, Parklands, St Leger Drive, Great Linford.



**WALK 15**  
**Self Guided Art and Nature Trail**  
Free; Anytime; Up to 2 hours; 3-4 miles  
Download a circular art and nature trail starting from Campbell Park. Start at Campbell Park Pavilion car park, Silbury Boulevard. Download from [theparkstrust.com](http://theparkstrust.com)



..... 1-2.5 MILES

..... 3-6 MILES

..... 7 MILES AND OVER