

Parks & Ride: Ouzel Valley Park

Family and beginner friendly guided ride around our parks.



Join us for Parks and Ride at [Ouzel Valley Park](#) on Sunday, 30th August at 11am. This fun, family-friendly event will take you on a scenic bike ride, exploring the area and highlighting some great cycling routes along the way. It's the perfect chance to get the bikes out, enjoy the outdoors, and have some fun together.

Meeting point: Woughton on the Green Pavilion, Newport Road

What3Words location: [strain.miss.feels](#)

What else do you need to know?

- The event is free, and no booking is required—just turn up and enjoy the ride!
- The ride is beginner-friendly and ideal for family groups.
- Ride distance is around 10km (6 miles), taking approximately 60–90 minutes.
- There are no public toilets or cafés at this location, so please bring your own drink to stay hydrated.
- Participants should wear appropriate clothing and footwear for the weather and exercise. We recommend that you should wear a cycle helmet that conforms to current regulations, is the correct size and is securely fastened.
- Under-18s must be accompanied by an adult.
- All participants should be able to ride a bike safely in a small group.

Please arrive ready to ride, ideally by bike, wearing suitable clothing for cycling and ensuring your bike is in good working order. Our experienced staff and volunteers will be on hand to help with any last-minute questions or adjustments.

Route details: The ride will follow a mix of leisure routes, Redways, and may include short sections on-road or on trails. Linking together some of the villages that pre-date modern MK, the beautiful areas of the Ouzel valley, Grand Union Canal and Walton Lake. All routes have been carefully planned and checked to ensure they are suitable for all riders and bike types.

Accessibility information: If you need any accessibility support or have questions about adapted bikes or handcycles, please contact us at events@theparkstrust.com. The rides are generally suitable for adapted bikes, but please check in advance.

We can't wait to see you there and enjoy a great ride together!