**MK Nordic Saturday Striders Spring 2019**

Meet for 11am start. All walks are about one hour within Milton Keynes and are mainly on redways. The Striders walk faster than a stroll but willingly accommodate different speeds within the group.Striders health tips: Layer clothing for comfort and bring a small water bottle. For the winter months wear appropriate shoes for ice and snow. In severe weather conditions, walks may be cancelled at short notice.

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| Date  | Walk | Meeting place |
| Jan 5 | Stony Stratford Circuit | Car park Watermill Lane off Wolverton Road, Stony Stratford |
| Jan 12 | Kent's Hill  | Car park off Hawkhurst Gate off Brickhill Street |
| Jan 19 | Linford Wood | Car park off Breckland, approach from Monks Way or Saxon Street |
| Jan 26 | Furzton Lake and Teardrops1¼hours | Car park opposite the Bowl, V4 Watling Street |
| Feb 2 | MK Village/Woolstone  | MK Village Hall car park opposite All Saint's Church, Willen Road, MK10 9AF  |
| Feb 9 | Willen Lake  | Car park off Tongwell Street on left going north just after A509 Portway |
| Feb16 | Great Linford/Tongwell Lake  | Courtyard Arts Centre, off St. Leger Drive, Great Linford  |
| Feb 23 | Caldecotte Lake  | Car park at the ‘Windmill’ Pub off H10 Bletcham WayChat with others while enjoying a coffee or drink afterwards! |
| March 2 | Woolstone/Ouzel Valley 1¼hours  | Public car park near the Barge Inn, Woolstone , Newport Rd |
| March 9 | Bradwell Abbey/Lodge Lake  | Bradwell Abbey car park off the H3 Monks Way  |
| March 16 | Stony Stratford Circuit | Car park Watermill Lane off Wolverton Road, Stony Stratford |
| March 23 | Waterhall Park  | Manor Fields car park off Watling St. Just past the Irish Club |
| March 30  | Kent's Hill  | Car park off Hawkhurst Gate off Brickhill Street |
| April 6 | Linford Wood | Car park off Breckland, approach from Monks Way or Saxon Street |
| April 13 | Ouse Valley Park  | Car park next to Wolverton Railway Viaduct on the left off road to Haversham |
| April 20 | Furzton/Howe Park Wood  | Car park opposite the Bowl, V4 Watling Street |
| April 27New walk! | Stanton Low Park1¼hours | Stanton Low Car Park, Newport Road, New Bradwell (opposite Townsend Grove) |

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