

- 1 Bradwell Abbey home to Milton Keynes City Discovery Centre, the site of a 12th century Benedictine priory, the Chapel of St Mary displays unique wall paintings depicting medieval pilgrimage.
- 2 The Concrete Cows were created in 1978 by artist, Liz Leyh. The original cows now live at Milton Keynes Museum. The cows in this park are replicas created by artist Bill Billings.
- 3 Millennium Circular Cycle Route— a 12 mile circular route around Milton Keynes. The Pilgrims Trail joins this route through the picturesque Loughton Valley.
- 4 Loughton Valley Linear Park a beautiful section of parkland managed by The Parks Trust. Like most parkland in MK it was designed to hold floodwater to protect housing. Now home to a huge amount of wildlife, including kingfishers and woodpeckers. Examples of medieval fields and old springs can still be found here.
- 5 Lodge Lake a very popular fishing spot in MK and home to many birds, including herons, swans and little grebes.
- 6 Stepping Stones located south of Lodge Lake, these large stepping stones across the shallow stream are great fun for children and adults to jump across.
- 7 All Saints Church The medieval building of All Saints sits in the heart of Loughton and is home to a livelyfamily church. Interior reburbished for multi use as well as worship.
- 8 Pirate Park, Loughton an excellent park for children with a wooden pirate ship. The Grumpy Cook Café at the Pavilion, Loughton, is located near the park.
- 9 The Talbot Inn an ancient coaching inn on London Road, Loughton. A large pub with a big garden and extensive menu. A resting place for pilgrims and travellers for many centuries who would have journeyed along the ancient trackway of Watling Street.
- 10 St Mary's Church has existed in some form from 1223, parts of the nave date back to c.1150, and parts of the chancel date back to c.1180. The church is Grade I listed and, like All Saints in Loughton, is part of the Watling Valley Ecumenical Partnership.
- 11 Shenley Toot this small pasture area is a scheduled ancient monument. In 1239 AD it was a moated motte and bailey castle, home to the family of Hugh Earl of Chester. Now managed by *The Parks Trust* and often grazed by cattle in the summer months you can discover bluebells in the spring and the heady scent of lime blossom during the summer.
- 12 Shenley Wood ancient woodland made up ofash and oak trees, with an 'understory' of hazel. The wood was recorded in the Domesday survey of 1086. An excellent spot for walks and picnics.
- 13 Westbury Arts Centre—a Grade II listed 17th Century farmhouse building, which provides both permanent and temporary artists studio spaces, as well as rooms and exhibition spaces available for hire.
- 14 Milton Keynes Boundary Walk a 63 mile circular footpath around 'the Town'.
- **15** Oxley Mead is a 3.7 hectare biological *Site of Special Scientific Interest.* An ancient hay meadow which has a nationally rare plant community.
- 16 Snelshall Priory an ancient scheduled monument which contains the extensive earthwork remains of a Benedictine priory built around 1200. The stones from the priory are believed to have been recycled to build the nearby St Giles Church in Tattenhoe.
- 17 Howe Park Wood is a 21.4 hectare ancient woodland and Site of Special Scientific Interest In medieval times it would have provided habitats for food and a source of raw materials for for nearby villagers. It is home to a wide variety of wildlife and more than 200 plant species. There is a visitor centre and cafe.
- 18 St Giles Church dates from around 1538. It is the second church building on the site, the first is thought to date back to medieval times, as the yew trees in the grounds are believed to be around 800 years old.
- 19 The Prince George opened in February 2014. It is named after Prince William and Kate's first born. It is a large pub that serves food and has a large garden.