



Health Walks – MK Strollers

October to December 2023 – Schedule

All walks meet on Tuesday – meet at 10:00 and walk at 10:15

All walks are **Moderate Pace** and Approx **2 to 2.5 miles**

Date	Walk	Starting Point	What 3 Words
Oct 10 th	Oakgrove	Middleton Pavillion	bonkers.justifies.wires
Oct 17 th	Caldecotte Lake (North)	Windmill Pub	Narrow.dent.those
Oct 24 th	Willen Lake North	Willen Pavilion	Sizes.total.variation
Oct 31 st	Great Linford	Memorial Hall	Ratio.orange.tuxedos
Nov 7 th	Broughton / Attebury	Middleton Pavillion	bonkers.justifies.wires
Nov 14 th	Tattenhoe Valley	Car park - Howe Rock Place	squashes.aims.engage
Nov 21 st	Broughton Brook	Broughton Pavilion	audible.survive.reactions
Nov 28 th	Linford Wood	Costa @ Breckland	shuffles.retrain.goad
Dec 5 th	Woughton on the Green	Swan Pub car park	finds.begins.stream
Dec 12 th	Caldecotte / River Ousel	Dobbies car park	candle.pint.papers
Dec 19 th	Pauline's Middleton	Middleton Pavillion	bonkers.justifies.wires
Dec 26 th	Boxing Day – No Walk	n/a	n/a

<https://what3words.com/> is a website that has unique locations across the entire globe. As most Parks do not have postcodes it's a great way to share locations. Use the App or the website.

All attendees should be capable of completing the walk, wear appropriate footwear and clothing for the conditions and adhere to the Walk Leaders briefing at all times. Under 18's must be accompanied by an adult. Dogs should not attend these events - unless they are an assistance dog.