



# MK Health Walks

Free,  
Various  
Locations,  
Daily

MK Health Walks enable you to discover the parks of MK, make new friends, improve your health, stay active, and have fun for free!



From a short gentle walk to a longer faster pace there are walks for all!



For more details scan the QR Code below!

For more information:

01908 255379 | [Events@theparkstrust.com](mailto:Events@theparkstrust.com) | [www.theparkstrust.com](http://www.theparkstrust.com)

