

Where can I walk in Milton Keynes?

The **Parks** Trust
MILTON KEYNES



Health Walks

Free, Volunteer led walks and Nordic Walking across MK, occurring daily.



Woof Walks

£1 per dog, Ranger led walks across MK, occurring monthly.



Discovery Strolls

Free, guided walks at a gentle pace, accessible to all and dementia friendly, occurring monthly.



Women's Walking Network

Free, guided walks at a gentle pace, accessible to all and dementia friendly, occurring monthly.



Self-Guided Walks

Free, routes and plans from accessible routes up to our 25 mile challenge.

What better way to enjoy the parks than on foot? Whether you're walking for health, fun or fitness, walking the dog or pushing a pram, we've got a programme for you!

For more information follow the link on the QR Code



For more information:

01908 255379 | Events@theparkstrust.com | theparkstrust.com

