

GO MILTON KEYNES!

Transport and Travel

Keeping MK moving... by foot



Walking is convenient! You can go when and where you want, and it doesn't cost you anything – you don't need any special equipment, just a pair of comfortable shoes and a coat in case it rains.

Did you know?

- At an average pace, walking 2km (1.25 miles) takes about 30 minutes.
- A brisk one-mile walk in 20 minutes burns around 100 calories.

There are plenty of walking routes available in Milton Keynes, and with so many parks, lakes, art walks and woods to choose from, a different walk is available each time. For inspiration go to www.milton-keynes.gov.uk/walkmk.

