



## Thursday Nordic Walk Schedule –July-September 2024

All walks meet at 10am and walk for 1 hour

Date	Location	Pace	Meeting Point	What 3 Words
4th July	MK Village	Moderate, Brisk	Willen Road MK10 9AF	backfired.supple.overh eat
11th July	Canal/Campbell Park.	Moderate, Brisk	Car Park opposite cricket pavilion	elbow.dustbin.outbid
18th July	Furzton Lake	Moderate, Brisk	Car park off V4 opposite MK Bowl	bitter.stylist.hang
25th July	Waterhall Park	Moderate, Brisk	Manor Fields.MK2 2HX opp. Dobbies	easy.rocky.export
1st Aug	Willen Lake	Moderate, Brisk	Willen Pavilion. Hooper Gate MK15 9JP	ruling.carters.geologist
8th Aug	Shelley Wood	Moderate, Brisk	Medbourne Pavilion Pascal Drive MK5 6LS	built hears longer
15th Aug	Roman Villas	Moderate, Brisk	Constantine Way Bancroft MK13 ORA	dormant.endearing.wh imperd
22nd Aug	Caldecotte Lake	Moderate, Brisk	Caldecotte pub car park MK7 8HP	sculpture chain tone
29th Aug	Howe Park Wod	Moderate, Brisk	Off H7 MK4 3GG	fillings pancake dined
5th Sep	Bradwell Abbey	Moderate, Brisk	Alston Drive MK13 9AP	orders newsprint requests
12th Sep	Stony Stratford	Moderate, Brisk	Watermill Lane off Stratford Rd MK12 5PR	group locker glitter
19th Sep	Furzton Lake	Moderate, Brisk	Car park off V4 opposite MK Bowl	bitter.stylist.hang
26th Sep	Roman Villas	Moderate, Brisk	Constantine Way Bancroft MK13 ORA	dormant.endearing.wh imperd

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.

Contact [jyoti.nordic@hotmail.com](mailto:jyoti.nordic@hotmail.com) if you need to borrow poles.

**New walkers are required to attend a Learn to Nordic Walk session prior to joining this walk.**