

# Your Active Park Walks in Aylesbury

- The Active Park Walks are short walks in park land and residential areas to encourage you to be active.
- Please use them regularly so they become part of your every day routine. It could mean dozens of miles and thousands of calories every year!
- every walk has markers on route with QR codes to tell you about your journey, the benefits of walking, sharing healthy advice and local active partnerships.
- **For more information about a walk near you including accessibility and parking, visit:**  
[www.healthandwellbeingbucks.org/s4s/WhereILive/Council?pagelId=5718](http://www.healthandwellbeingbucks.org/s4s/WhereILive/Council?pagelId=5718)
- For volunteer-led walks in your area, contact Simply Walks by visiting [buckinghamshire.gov.uk/simply-walk](http://buckinghamshire.gov.uk/simply-walk)



# Your Active Park Walks in Aylesbury

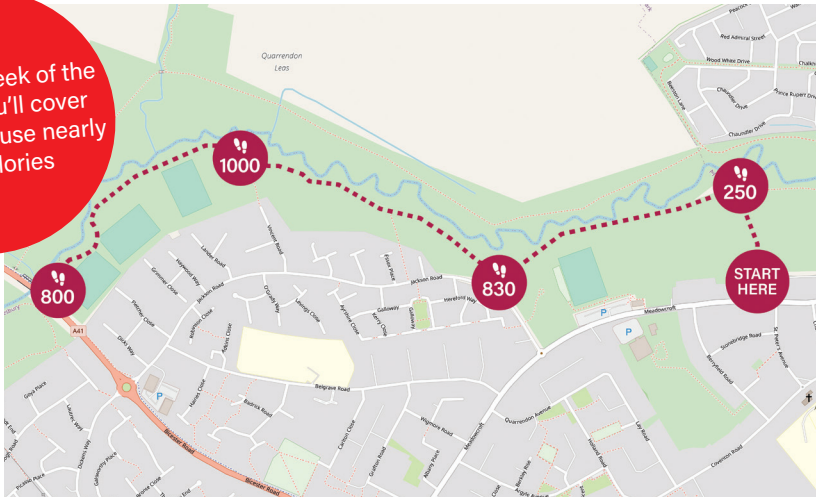
Your guide to a series of special local walks to help you be a little more active



Distance calculations based on 1 step = 1 yard  
Calorie usage based on average 20 steps = 1 calorie

# Here are 4 Active Park Walks to try. Enjoy the walk – and read the markers as you go.

Walk each week of the year and you'll cover 85 miles and use nearly 7500 calories



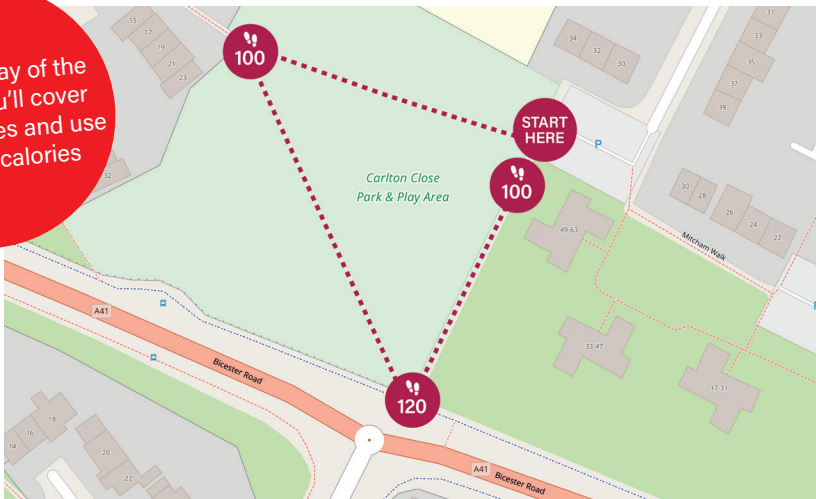
Riverside Walk – HP19 9LP – 2880 steps  
Parking off Meadowcroft

Walk each day of the year and you'll cover 191 miles and use nearly 16800 calories



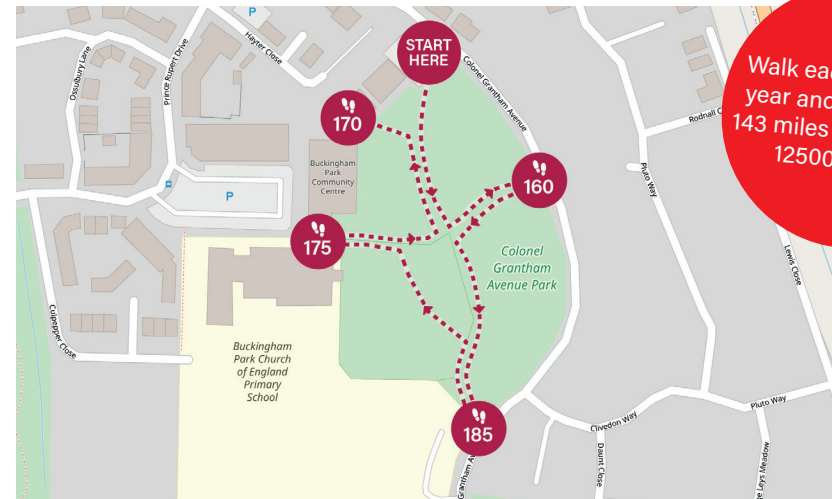
Haydon Hill Walk – HP19 8SL – 920 steps  
Parking off Monet Place and Goya Place

Walk each day of the year and you'll cover nearly 66 miles and use over 5800 calories



Carlton Close Walk – P19 9HR – 320 steps  
Parking in Carlton Close

Walk each day of the year and you'll cover 143 miles and use over 12500 calories



Buckingham Park – HP19 9DZ – 690 steps  
Parking in Jubilee Square