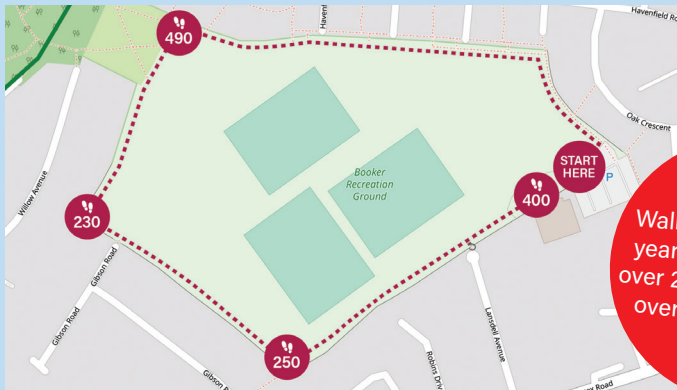


Your Active Park Walks in Wycombe



Walk each day of the year and you'll cover over 284 miles and use over 25000 calories

Booker Recreation Ground – HP12 4TA – 1370 steps
Parking off Barry Close

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

Your Active Park Walks in Wycombe

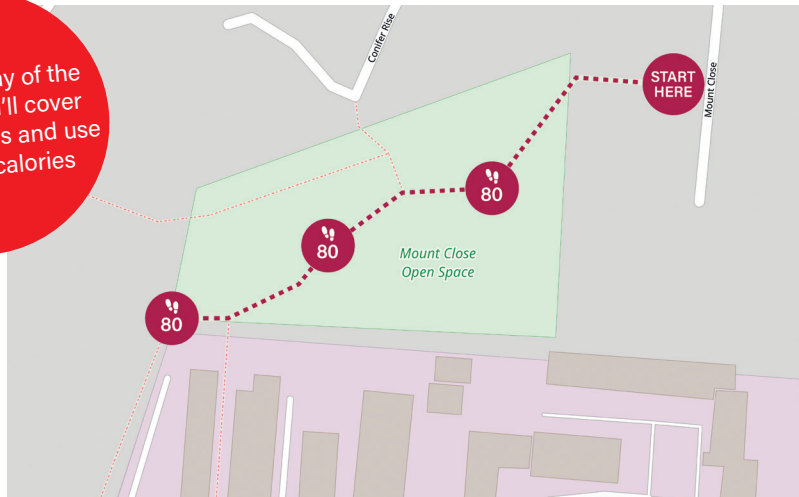
- The Active Park Walks are short walks in park land and residential areas to encourage you to be active.
- Please use them regularly so they become part of your every day routine. It could mean dozens of miles and thousands of calories every year!
- Every walk has markers on route with QR codes to tell 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?pagelD=5718**
- For volunteer-led walks in your area, contact Simply Walks by visiting buckinghamshire.gov.uk/simply-walk



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

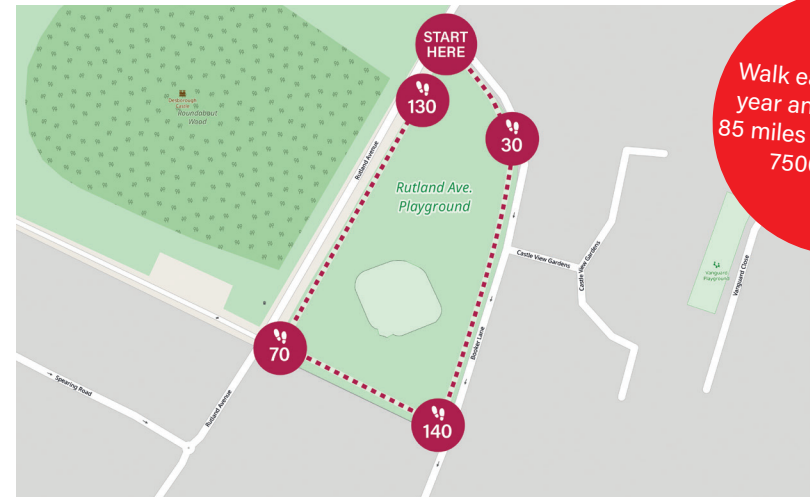
Here are 5 Active Park Walks to try. Enjoy the walk – and read the markers as you go.

Walk each day of the year and you'll cover nearly 50 miles and use over 4000 calories



Mount Close Open Park Walk – HP12 3PE – 240 steps
Limited residential parking off Mount Close

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



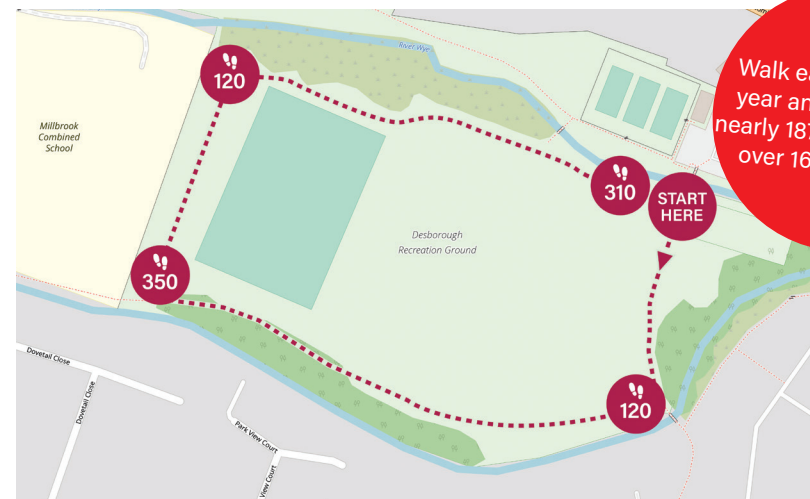
Rutland Avenue Open Park Walk - HP12 3UY – 410 steps
Roadside parking on Rutland Avenue and Booker Lane

Walk each day of the year and you'll cover nearly 111 miles and use over 9700 calories



Rowliiff Road Walk – HP12 3LD – 535 steps
Limited roadside parking in area

Walk each day of the year and you'll cover nearly 187 miles and use over 16000 calories



Desborough Recreation Ground – HP12 3AN – 900 steps
Parking in Fryers Lane