



# Outdoor Adventures

Milton Keynes is renowned for its abundance of green spaces and scenic lakes. It truly lives up to its reputation as the 'city in the country'.



## Going for the day...

Begin with a walk in Campbell Park. Strolling through this beautiful parkland, you can follow the Art Trail to discover some amazing sculptures and water features.

It's just a short walk to centre:mk for lunch, then off to nearby Willen Lake for more fresh air and outdoor adventures.

For thrillseekers, why not take to the trees at Treetop Extreme or head to the water for sailing or canoeing?

For people who want to keep their feet on the ground, wander around the lake to the beautiful Peace Pagoda and discover the spiritual Medicine Wheel installation.

## Staying for the weekend...

Take to the redways to visit the city's most famous residents, the concrete cows at Bancroft.

Why not take a picnic?

From there, a five minute walk will take you to Bradwell Abbey to see the medieval chapel. Be sure to read about the monks who lived there while you're passing.

Discover the extensive and unique Redway system, covering over 300km. This allows safe access for walking, cycling, or even horse-riding.

Spend a relaxing afternoon fishing the many lakes and rivers available throughout the city.



## Staying for longer...

Close to Milton Keynes you'll find Emberton Park and Salcey Forest where you can spend time cycling, fishing, walking or swinging through the trees.

Perhaps you'd like to take a trip on a narrowboat from Stoke Bruerne or a maybe stroll down the towpath to find a traditional canalside pub is more your style.