



Walk Maidstone

Discover Maidstone and get fit with these fascinating and invigorating walks of between 3 and 6 miles distance.

This pack contains unique guided walks for:
Around Town Centre • Oakwood • Sandling • Penenden Heath • Bearsted • Otham • Loose • Mote Park



improving our parks
and open spaces



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Options: Start anywhere along the route. Do longer routes in more than one go - use Maidstone buses to get back home or to your car.



Walking can improve your health

- Improve your mood
- Reduce stress
- Strengthen your bones
- Reduce your blood pressure
- Improve heart and lung efficiency
- Strengthen and tone leg muscles
- Assist with weight loss

The Countryside Code

- Be safe - plan ahead and follow the signs
- Leave gates and property as you find them
- Protect plants and animals
- Take your litter home
- Keep dogs under close control
- Consider other people

Further information

For more information, please contact:
MAIDSTONE BOROUGH COUNCIL on 01622 602747
or visit www.digitalmaidstone.co.uk
This pack is available in large print

Edition 2007 | This pack is printed on recycled paper

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