

WALK  
For  
Wellness

*Milton Hill House*



## Wellness Walks

It's almost impossible not to feel good when we're walking outdoors – it's a natural mood-booster. The great news is we don't need to walk far or fast to feel its effects on our health and wellbeing. Simply getting out is a tonic for our minds and bodies, and it can be sociable too.

Take a walk around our well-maintained grounds, we have 22 acres of garden and woodland this is a great place to enjoy some fresh air. We have break out areas and shaded places to sit, we also have pathways to explore. Enjoy some time to clear your mind or have a chat with friends.

## Why Walk?

- Just three minutes walking reduces blood pressure.
- Five minutes improves mood.
- Ten minutes walking helps improve creativity.
- Fifteen Minutes walking after food will reduce blood sugar.

## The Route

We've mapped out a route of around one mile, just follow the yellow line on the map and this will take you past some of our ancient and notable trees and around our fish pond. You can follow this or find your own routes through our grounds and woodland.

If you're looking for something more challenging, the Thames path hiking trail can be found here:



## On Your Route

*1. We have lots of notable and veteran trees around our site.*



*2. Our bees are busy producing Milton Hill Honey.*



## On Your Route

*3. The old well house, used to supply the water for the original Manor House.*



*4. Take a seat by the fish pond and have a chat in the Italian Garden.*

