

Getting active can be difficult, but we're here to help. With Ramblers Wellbeing Walks, you can take part in a free short walk to help you get active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends.

We have helped many people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Wellbeing Walks has something for everyone.

Why walk?

It's almost impossible not to feel good when we're walking outdoors – it's a natural mood-booster! And 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.

Almost all of us can manage a stroll, and Ramblers Wellbeing Walks make it easier to start walking and stay active. And you'll certainly never be short of good company.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Control your weight
- Lighten your mood
- Keep your joints, muscles and bones strong

How you can get involved

Beds RCC co-ordinates Wellbeing Walks walk programmes throughout Central Bedfordshire and Bedford Borough.

Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part all you have to do is come along to the start point and make yourself known to one of the trained walk leaders. You're free to take part in as many walks as you like, as often as you like.

Regrettably, dogs are not allowed on most walks.

If you want to know more before you start just get in touch with the appropriate walk leaders or with Mike Fayers, Wellbeing Walks manager, on 01234 832619 or at mikef@bedsrcc.org.uk

 RAMBLERS

**WELLBEING
WALKS**

Bedfordshire

**BETTER WELLBEING
IS JUST A STEP AWAY**

BEDFORD BOROUGH WALKS

From April 2025


Beds
RCC
Bedfordshire Rural Communities Charity


be active
Inspiring Bedfordshire to move more

TUESDAY

Putnoe

Weekly, 10am, for:

Short walk 10-20 mins

Medium walk 30-45 mins

Long walk 60-75 mins

Meet: *Sportsman Public House, in the Boundary, MK41 9HA*

Leader: Adrian on 07711 664330

Great Barford Striders

Weekly, 10:30, various walk routes from 10-90 mins

Start points vary – phone for details

Leader: Ian on 01767 640257

WEDNESDAY

Kempston Rural

Twice monthly, 10:30, 60-90 mins

Various start points

Leader: Sarah

jamesandsarahfogarty@gmail.com

WEDNESDAY (cont'd)

Bedford Walking on Wednesday

Weekly, 10am for 10:30 start, 45-80 mins

Various start points – phone for details

Leader: Gary on 01234 294555

Bedford Goldington

Weekly, 10.30, 45-75 mins

Meet: *Embankment side of the Butterfly Bridge*

Leader: John on 01234 214014

THURSDAY

Bedford De Parys & Brickhill

Weekly, 10am, 60 mins

Various start points – phone for details

Leaders: Peter on 07941 376888 and Rita on 07720 058130

Harrold Odell Country Park

Fortnightly, 10:30, 60 mins

Meet: *café entrance in the Park*

Leaders: Lindsey, Chris and David:
harroldhealthwalk@outlook.com

SATURDAY

Women's Embankment Walks

Monthly, 9:45 for 10am start, 45 mins

Meet: *inside Albergo Lounge, Riverside Square, MK40 1AY*

Leader: Minda on 07745 914752

Wixams

Weekly, 11am, 60 mins

Meet: *in front of Seasons Garden Centre*

Leaders: Leon and Richard

wixamswalkers@gmail.com

facebook.com/wixamswalkers

