

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.

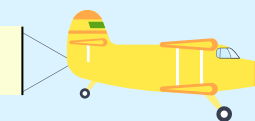
If you want to know more before you start just get in touch with the appropriate walk leaders or with Mike Fayers, Wellbeing Walks manager, on 01234 832619 or at [mikef@bedsrcc.org.uk](mailto:mikef@bedsrcc.org.uk)



Bedfordshire

# BETTER WELLBEING IS JUST A STEP AWAY

BEDFORD BOROUGH WALKS



From January 2024

## TUESDAY

### Putnoe, Early Walk

Weekly, 9.45am, 90 minutes

Meet at the Sportsman Public House, in the Boundary MK41 9HA

Leaders: Adrian on 07711 664330

and Clive on 01763 247397

clivehaste@btinternet.com

### Putnoe

Weekly, 10.00am, for:

Short walk 10-20 minutes

Medium walk 30-45 minutes

Long walk 60-75 minutes

Meet at the Sportsman Public House, in the Boundary MK41 9HA

Leaders: Adrian on 07711 664330

and Clive on 01763 247397

clivehaste@btinternet.com

### Great Barford Striders

Weekly, 10.30am, various walk

routes from 10-90 minutes

Start points vary – phone for details.

Leader: Ian on 01767 640257

## WEDNESDAY

### Kempston Rural

Twice monthly, 10.30am, 60-90 minutes

Various start points – phone for details

Leader: Sarah on 01234 852879

jamesandsarahfogarty@gmail.com

### Bedford Black Tom

Weekly, 10.00 for 10.30 start, 45-80 minutes

Various start points – phone for details

Leader: Gary on 01234 294555

### Bedford Goldington

Weekly, 10.30am, 45 - 75 minutes

Meet at the Embankment side of the Butterfly Bridge.

Leader: John on 01234 214014

## THURSDAY

### Bedford De Parys & Brickhill

Weekly, 10.00am, 60 minutes

Various start points – phone for details.

Leaders: Kathy and Alan on 01234 407365

### Harrold Odell Country Park

Fortnightly, 10.30am, 60 minutes

Meet at the café entrance in the Park

Leaders: Lindsey, Chris and David:

harroldhealthwalk@outlook.com

## SATURDAY

### Wixams

Weekly, 11.00am, 60 minutes

Meet in front of Seasons Garden Centre.

Leaders: Leon and Richard

wixamswalkers@gmail.com

facebook.com/wixamswalkers

