

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, Bedford Borough and Luton.

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

CENTRAL BEDFORDSHIRE
AND LUTON WALKS

From June 2025

MONDAY

Beeston

Weekly, 9.15am, 60 mins
Post box, Beeston Green. *Leader: Gillian (07890 232685)*

Leighton Buzzard (Intermediate)

Weekly, 10.00am, 60 minutes
Bell Close car park (opp. Morrisons garage). *Leader: Julian (07770 344914)*
healthwalkslb@outlook.com

Heath & Reach

Weekly, 10.30am, 60 minutes
Bryant Lane Sports Ground car park
Leader: Gill (07857 851164)
healthwalkslb@outlook.com

Barton-le-Clay

Fortnightly, 2.00pm, 45-90 minutes
Meet at Barton Coronation Community Garden (next to the Village Hall)
Leader: Andy (07879 691893)

TUESDAY

Flitwick Beginners

Weekly, 10.00am, 25-45 mins
Car park behind village hall.
Leader: Dave (01525 715687)

Shefford

Weekly, 10.00am, 60-90 mins
Amphill Road. *Leaders: Beth & Peter (01462 815672)*

Luton Leagrave

Fortnightly, 9.15am and 10.00am, 45 mins. Meet at Sundon Park Baptist Church. *Leader: Jane (07445 341218)*

Toddington

Weekly, 10.30am, 60-75 mins
Toddington Library.
Leader: Kathy (01525 872726)
kathy.bocutt@ntlworld.com

WEDNESDAY

Biggleswade

Weekly, 10.00am, 30-40 & 60-90 mins
Dan Albone car park, Shortmead St.
Leaders: John (07710 657455), Mary (07855 632021)

Sandy

Weekly, 10.00am, 60 mins
Market Square (by post office).
Leaders: Cathy (01767 692182), Jane (01767 691455)

Leighton Buzzard (Short)

Weekly, 10.00am, 30-40 minutes
Bell Close car park (opp. Morrisons garage). *Leader: Julian (07770 344914)*
healthwalkslb@outlook.com

Flitwick

Weekly, 10.15am, 90 mins
Start points vary. *Leaders: Chris (01525 714729), Pauline (07905 599469)*

Marston Vale

Weekly, 10.15am, 60 mins
Start points vary. *Leader: John (01234 768147)*

Marston Vale Beginners

Weekly, 10.15am for 10.30am start, 25 - 45 mins, Forest Centre Reception. *Leader: Heather (01525 404125), Mike (01234 767014)*

THURSDAY

Biggleswade

Weekly, 10.00am, 90 mins
Stratton School gates, Eagle Farm Road. *Leaders: Janette (07771 540117), Mary (07855 632021)*

Leighton Buzzard (Longer)

Weekly, 10.00am, 90 minutes
Bell Close car park (opp. Morrisons garage). *Leader: Gill (07857 851164)*
healthwalkslb@outlook.com

Potton & Gamlingay

Weekly, 10.00am, 90 mins
Start points vary. *Leaders: Boo (01767 260644), Pat (01767 650132)*

Shefford Beginners

Weekly, 10.00am, 45-55 mins
Shefford Library. *Leader: Jan (07740 778021)*

Arlesey and Stotfold

Weekly, 10.45am, 90 mins
Start points vary. *Leaders: Beth & Peter (01462 815672)*

Luton Wardown Park

Fortnightly, 12.00pm, 45 mins (no walks in August). Meet at Wardown Park Bandstand. *Leader: Elaine (07415 431585)*

Houghton Hall Park, Houghton Regis

Fortnightly, 2.00pm, 60 mins
Pavilion on the Green. *Leader: Sue (07443 016095)*

THURSDAY (cont'd)

Dunstable

Fortnightly, 1.00pm, 30-90 minutes
Alternate meeting points: Grove View Hub LU5 4JD; Chilterns Gateway Centre Dunstable Downs LU6 2GY. *Leader: Jennifer (07773 720098)*

FRIDAY

Harlington

Weekly, 10.30, 40 & 75 mins
Village Hall car park. *Leader: Sue (07887 708304)*

Amphill

Fortnightly, 10.00am, 90 mins
Start points vary.
Programme details and photos on www.amphillhealthwalks.blogspot.com
Co-ordinator: Mike (01234 832619)

SATURDAY

Wixams

Weekly, 11.00am, 60 minutes
Meet in front of Seasons Garden Centre. *Leaders: Leon and Richard*
wixamswalkers@gmail.com
[facebook.com/wixamswalkers](https://www.facebook.com/wixamswalkers)

