**Ramblers Wellbeing Walk descriptions**

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| **Walk programme** | **Day of the walk and frequency** | **Start time and duration** | **Start point** | **Walk leader(s)** | **Walk description** |
| **Ampthill** | **Friday**Fortnightly | 10.00am90 minutes | Various (phone for details) | Mike at BRCC (01234 832619 (answerphone)) | A range of family friendly walks, all with parking facilities. After-walk refreshments, either at the same location or occasionally just a short drive away. |
| **Arlesey and Stotfold** | **Thursday**Weekly | 10.45am90 minutes | Various (phone for details) | Beth and Peter (01462 815672) | Weekly walks in and around these two towns. |
| **Barton Le Clay** | **Monday**Fortnightly | 2.00pm45 minutes | Coronation Community Garden, by the Village Hall | Andy (07879 691893) | A new beginners walk in and around Barton. A gentle walk finishing in the Helping Hands Community café around 2.45pm for refreshments and a chat. |
| **Bedford Walking on Wednesday** | **Wednesday**Weekly | 10.30am45-80 minutes | Various (phone for details) | Gary (01234 294555) | Although we walk from various start points, we always have refreshments after at a café, where there will be car parking and toilets. |
| **Bedford De Parys & Brickhill** | **Thursday**Weekly | 10.00am60 minutes | Various (phone for details) | Peter (07941 376888)Rita (07720 058130) | We meet at various venues in and around Bedford with a brisk walk of up to 3 miles, lasting up to one hour, a medium walk lasting somewhat less, and gentle walk which is tailored to needs on the day. Social and Wellbeing Group meetings commenced in October 2024 and are designed to cater for those with limited walking ability.Car parking and refreshments are readily available at meeting points. Assistance dogs only are welcomed. Most of our walkers are retired, but younger walkers are also welcomed. Also, anybody who is in recovery can be accommodated. |
| **Bedford Goldington** | **Wednesday** Weekly | 10.30am45-75 minutes | Embankment side of Butterfly Bridgenear MK40 3PF  | John (01234 214014) | Weekly walks from the Great Ouse where it passes through the town. |
| **Bedford Jubilee Park** | **Monday**Weekly | 10.00am45 minutes | Jubilation Centre | Mike 01234 832619 | A short, gentle walk around the park followed by coffee and cake in the Jubilation Centre. |
| **Bedford Putnoe** | **Tuesday**Weekly | 10.00am4 Walks – 10-60 minutes | Sportsman Public House, in The Boundary MK41 9HA | Adrian 07711 664330 | We are a friendly social group that meet every Tuesday to take part in a walk and afterwards get together for refreshments and social chat.On street parking only, toilets available post walking.Short walks: 10-20 minutes and 20-30 minutes Medium walk: 45 minutes approx. Long walk: 60 minutes approx. |
| **Beeston** | **Monday**Weekly | 9.30am60 minutes | The post box, Beeston Green SG19 1PE | Gillian (07890 232685) | A small, friendly group meeting in the village of Beeston, near Sandy. |
| **Biggleswade**  | **Wednesday**Weekly | 10.00am30-40 and 60-90 minutes | Dan Albone car park, Shortmead Street SG18 0BQ | John (07710 657455)Mary (07855 632021) | Two different length walks taking in the open spaces of Biggleswade Common and the surrounding area. |
| **Biggleswade** | **Thursday**Weekly | 10.00am30-90 minutes | Stratton School, Eagle Farm RoadSG18 8JB | Janette (07771 540117) G:\Shared drives\SUPPORTING COMMUNITIES\Green Infrastructure\Beds Wellbeing Walks\New images, logo\Bigg Thursday WW 28.09.23 - IMG_0713.jpg | A family friendly walk from the school gates. Our various walk routes take in fields, woodlands and common. Mainly good paths but some may be muddy after rain. There is roadside parking near the school, though please do not park in the bus turning area. The walk is also accessible by No. 73 bus.One of our shorter walks is wheelchair accessible.In bad weather we may break the walk for refreshments at the nearby retail park. |
| **Dunstable**  | **Thursday** Weekly | 2.00pm30 minutes and 90 minutes | Grove View Hub LU5 4JDChilters Gateway Centre, Dunstable Downs LU6 2GY | Jennifer (07773 720098) | We meet in Dunstable and run two different walks on alternate weeks, one in central Dunstable and one on Dunstable Downs.We encourage walkers to socialise; therefore many of our walks end where people can have a drink and a chat. |
| **Flitwick** | **Wednesday**Weekly | 10.15am90 minutes | Various (phone for details) | Chris (01525 714729) Pauline (07905 599469) | We offer a varied programme and try to walk in the countryside as much as possible – taking in woodlands, nature reserves, fields and rivers. We walk in all weathers, adapting our chosen walk for that day to suit the weather conditions. Our starting points, walk descriptions and details are clearly marked on our programme, which you can obtain by contacting one of the leaders. |
| **Flitwick Beginners** | **Tuesday**Weekly | 10.00am45 - 60 minutes | Millenium Field, beside Flitwick Village Hall. MK45 1HP Free car parking also available at the Village Hall | Dave (01525 715687) | A range of easy walks around the footpaths of Flitwick. We also visit the local Flitwick Wood, Manor Park and the River Flit, ending our walk with refreshments and a chat. Our route is decided upon on the day of the walk dependent on prevailing weather conditions. |
| **Great Barford Striders** | **Tuesday**Weekly | 10.30am10-90 minutes | Various (phone for details) | Ian (01767 640257) | We have a range of twelve different routes and meeting places, including park walks in Bedford, a riverside walk in St Neots and visits to our local villages. All of our walks end with the opportunity for refreshments. |
| **Harlington** | **Friday**Weekly | 10.30am40-75 minutes | Village hall car park LU5 6LS | Sue (07887 708304) | We are a friendly group offering a variety of walks in and around Harlington. Our starting point is at the Village Hall. We walk in the countryside as much as possible, adjusting the walk to the weather conditions and to the participants on the particular day.  When the fields are too muddy we walk in the village, altering the route by exploring the various public footpaths. The walk generally lasts about an hour, though it can be shorter or longer by agreement with the group. |
| **Harrold-Odell Country Park** | **Thursday**Fortnightly | 10.30am60 minutes | Meet at the woodland entrance to the Dragonfly Café in the Country Park MK43 7DS | Lindsey, Chris and Davidharroldhealthwalk@outlook.com | We usually walk within the Park, occasionally in Harrold village, with an annual bluebell walk in nearby woods (conditions permitting). Café and toilets available, parking free (but a donation is suggested – goes to the upkeep of the Park). There are no stiles but it may occasionally be slightly muddy.For walk dates see https://hocp.co.uk/get-involved/health-walks/ |
| **Heath & Reach** | **Monday**Weekly | 10.00am60 minutes | Bryant Lane Sports Ground car park LU7 9LD | Gill (07857 851164) | Various walk routes around the village of Heath and Reach, which is around 2 miles north of Leighton Buzzard. |
| **Houghton Hall Park** | **Thursday**Fortnightly | 2.00pm60 minutes | Pavilion on the Green LU5 5GZ | Sue (07443 016095) | Relaxing walks in and around Houghton Hall Park in Houghton Regis. |
| **Kempston Rural** | **Wednesday**Twice monthly | 10.30am60-90 minutes | Various | Sarah (07512 099257) jamesandsarahfogarty@gmail.com | These walks are friendly ambles starting at various locations around Kempston Rural. Dogs on leads are welcome.  |
| **Leighton Buzzard (Short)** | **Wednesday**Weekly | 10.00am30-40 minutes | Bell Close LU7 1RX (car park of Leighton Buzzard Cricket Club) | Julian (07770 344914) healthwalkslb@outlook.com | A choice of two family-friendly walks. One is a gentle walk of about a mile taking in one of the green areas of the town. The second is a shorter and slower walk around the local park. There is car parking at the meeting place and refreshments are available at the end of thewalk. |
| **Leighton Buzzard (Intermediate)** | **Monday**Weekly | 10.00am60 minutes | Bell Close LU7 1RX (car park of Leighton Buzzard Cricket Club) | Julian (07770 344914) healthwalkslb@outlook.com | A medium paced family-friendly walk taking in some of the many green spaces around Leighton Buzzard. There is car parking at the meeting place and refreshments available at the end of the walk. |
| **Leighton Buzzard (Longer)** | **Thursday**Weekly | 10.00am90 minutes | Bell Close LU7 1RX (car park of Leighton Buzzard Cricket Club) | Gill (07857 851164)healthwalkslb@outlook.com | A walk of around 90 minutes for those who are a little more active than those choosing the short and intermediate routes. |
| **Luton Leagrave** | **Tuesday****Fortnightly** | 10.00am45 minutes | Sundon Park Baptist Church | Jane (07445 341218) | 45 minute walks around the Leagrave area, plus additional walks on different days. |
| **Luton Wardown Park** | **Thursday****Weekly** | 12.00pm45 minutes | Wardown Park Bandstand | Elaine (07415 431585) | Short walks around this attractive town park. |
| **Marston Vale (Forest Centre)** | **Wednesday**Weekly | 10.15am60 minutes | Various (phone for details) | John (01234 768147) | A one hour group walk with various start points. |
| **Marston Vale Beginners** | **Wednesday**Weekly | 10.30am25-45 minutes | Forest Centre MK43 0PR | Heather (01525 404125)Mike (01234 767014) | This a medium to slow walk, with some uneven ground and inclines, paid parking for non-members. A friendly and welcoming atmosphere and a cafe for refreshments. We meet in the car park at 10.15am. |
| **Potton & Gamlingay** | **Thursday**Weekly | 10.00am90 minutes | Various (phone for details) | Boo (07856 263990)Pat (01767 650132) | We organise a range of walks in and around Potton and Gamlingay, often ending at local cafes for refreshments. The group will be celebrating their 21st birthday at Christmas 2024.  |
| **Sandy** | **Wednesday**Weekly | 10.00am60 minutes and 90 minutes | By the bandstand, outside the post office SG19 1HU | Thelma (07867 613857)Cathy (01767 692182)Colin (07885 511230) | We run two weekly walks: Short walks of about 60 minutes around Sandy – including along the river, with good footpaths – most are wheelchair accessible.Longer walks of 90 minutes around the Sandy countryside, sometimes a bit rougher ground.Refreshments and a chat at Sandy library after the walks. Free parking and toilets in the town’s main car park. No dogs allowed except for assistance dogs. |
| **Shefford**  | **Tuesday**Weekly | 10.00am60-90 minutes | Outside the Community Hall, Ampthill Road SG17 5AX | Beth and Peter (01462 815672) | Walking various routes from the town centre. |
| **Shefford Beginners** | **Thursday**Weekly | 10.00am45-55 minutes | Outside Shefford Library SG17 5DD | Jan (07740 778021) | Short walks of less than an hour, meeting by the library in the town centre. |
| **Toddington** | **Tuesday**Weekly | 10.30am 60 - 75 minutes | Toddington Library LU5 6BP | Kathy: (01525 872726)kathy.bocutt@ntlworld.com  | We run various walks between 2 and 3 miles around Toddington, depending on weather and ground conditions. Everyone is encouraged to walk at their own pace. Please arrive by 10.20am. |
| **Wixams** | **Saturday**Weekly | 11.00am60 minutes | In front of Seasons Garden Centre MK45 3HU | Leon and Richardwixamswalkers@gmail.comfacebook.com/wixamswalkerswww.wixams.org/wixams-walkers | We’re a friendly and positive bunch and we welcome walkers from Wixams and beyond. We have 6 routes in and around Wixams which are all around 2 miles and suitable for all abilities. After the walk we pop into Seasons Garden Centre cafe for refreshments and a natter. |
| **Women’s Embankment Walks** | **Saturday****Monthly** | 9.45am for 10.00am start45 minutes | Inside Albero Lounge, Riverside Square MK40 1AY | Minda (07745 914752) | Monthly riverside walks for women only. |