

Getting active can be difficult. But we're here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay 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. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

### Why walk?

Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

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
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol



Supporting you to get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)  
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604)

### How you can get involved

BRCC co-ordinates Walk 4 Health walk programmes throughout Bedfordshire. 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 of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. 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, Health Walks Manager, on 01234 832619 or at [mikef@bedsrcc.org.uk](mailto:mikef@bedsrcc.org.uk).

For all national enquiries, please contact Walking for Health on 0207 339 8541 or [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk)



# step right up

## Walk 4 Health Bedfordshire

### Walks programme – Bedford Borough

From November 2017



BEDFORD  
BOROUGH  
COUNCIL

## MONDAY

### Lansdowne Walkers

**Weekly, 10.30 am, approx. 45, 60 & 80 minutes.** Meet at Embankment side of the Butterfly Bridge. Leader: Mike Wilcox on 01234 881043

## TUESDAY

### Putnoe Early Walk

**Weekly, 09.45am, 90 minutes**  
Meet at the Sportsman Public House, in the Boundary.  
Leaders: Adrian Bull on 07711 664330 and Clive Haste on 01234 381613  
[clivehaste@btinternet.com](mailto:clivehaste@btinternet.com)

### Putnoe

**Weekly, 10.15am, 45-60 minutes**  
Meet at the Sportsman Public House, in the Boundary.  
Leaders: Adrian Bull on 07711 664330 and Clive Haste on 01234 381613  
[clivehaste@btinternet.com](mailto:clivehaste@btinternet.com)

### Bedford London Road

**Weekly, 10.30am, 60 minutes**  
Meet at London Road Health Centre  
Leader: Simon Gooch on 01234 266851

### Great Barford Striders

**Weekly, 10.30am, various walk routes from 10-90 minutes**  
Start points vary. Leaders: Ruth and Frank Coxon on 01234 871321

## TUESDAY contd.

### Great Denham

**Monthly, usually last Tuesday of the month, 10.30am, 60 minutes**  
Meet at Great Denham Golf Club.  
Leaders: David & Suzette Maguire on 01234 341912

### Bedford Black Tom

**Weekly, 10.30am, 90 minutes**  
Start points vary. Leaders: Reg Newbury on 01234 853752 and Bryce Aitken on 01234 325662

## WEDNESDAY

### Kempston River / Corner 5

**Monthly, usually 2<sup>nd</sup> Wednesday of each month, 10.30am, 60-90 minutes**  
Various start points – phone for details  
Leader: Sarah Fogarty on 01234 852879  
[charlie232@virginmedia.com](mailto:charlie232@virginmedia.com)

### Kempston Rural / Golf Club

**Monthly, usually last Wednesday of each month, 10.30am, 60-90 minutes**  
Various start points – phone for details  
Leader: Sarah Fogarty on 01234 852879  
[charlie232@virginmedia.com](mailto:charlie232@virginmedia.com)

### Goldington Medical Practice

**Weekly, 10.30am, 45 - 75 minutes**  
Meet at Embankment side of the Butterfly Bridge. **Leader: Sandra Fuller on 07909 685527**

## THURSDAY

### Bedford De Parys & Brickhill

**Weekly, 10.00am, 60 minutes**  
Various start points – phone for details.  
Leaders: Kathy and Alan Aston on 01234 407365

### Harrold Odell Country Park

**Fortnightly, 10.30am, 60 minutes**  
Meet at the café entrance. Leader Janet Munro on 07585 908821

## FRIDAY

### Bedford Queen's Park Ladies Walk

**Weekly at 9.30am, 60 minutes**  
Meet in front of the Gurdwara  
Leader: Nasima Khatun on 07961 374688

## SATURDAY

### Putnoe Weekender

**Monthly, third Saturday of the month, 1.15pm, 90 minutes**  
Meet at the upper car park to left of parade of shops. Entrance on Bowhill.  
Leaders: Adrian Bull on 07711 664330 and Clive Haste on 01234 381613  
[clivehaste@btinternet.com](mailto:clivehaste@btinternet.com)

## SUNDAY

### Great Denham

**Monthly, usually last Sunday of the month, 10.30am, 60 minutes**  
Meet at Great Denham Golf Club.  
Leaders: David & Suzette Maguire on 01234 341912  
[manorsuzette@btinternet.com](mailto:manorsuzette@btinternet.com)

