

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.

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk



step right up

Walk 4 Health Bedfordshire

Walks programme – Central Bedfordshire

From November 2017



MONDAY

Beeston

Weekly, 10.00am, 60 minutes

Meet by the post box on Beeston Green.
Leader: Gillian Wilkes on 07890 232685

Leighton Buzzard

Weekly, 10.00am, 30, 60 & 80 minutes

Meet at Bell Close (opposite Morrison's garage). Leader: Edith Griffith on 01525 376551

TUESDAY

Houghton Regis Beginners

Weekly, 10.00am, 20-45 minutes

Meet at the library. Leader: Robin Osborn on 0300 300 4621

Shefford

Weekly, 10.00am, 60-90 minutes

Meet at Community Hall, Ampthill Road
Leaders: Beth & Peter Overfield on 01462 815672

Toddington

Weekly, 10.30am, 60 minutes

Meet at Toddington Library. Leader:
Alan Higgs on 01525 873928
alanhiggs@gmail.com

WEDNESDAY

Biggleswade

Weekly, 10.00am, 30-40 & 60-90 minutes.

Meet at Dan Albone car park, Shortmead Street. Leaders: John Ingrey on 07710 657455, Mary DiMarco on 07855 632021

WEDNESDAY contd.

Sandy

Weekly, 10.00am, 90 minutes

Meet at Sandy Market Square (by opticians). Leaders: Cathy on 01767 692182, Eileen on 01767 681033

Flitwick Beginners

Weekly, 10.00am, 25-45 minutes

Meet at Flitwick Library. Leader:
Dave on 01525 715687

Leighton Buzzard, Tiddenfoot

Weekly, 10am, 30-50 minutes

Meet in Tiddenfoot Leisure Centre café.
Coffee & biscuits provided after.
Leader: Lucy Gregory on 01525 375765
or Tiddenfoot.fitness@sll.co.uk

Flitwick

Weekly, 10.15am, approx. 90 minutes

Start points vary. Leader: Anne Godden
on 01525 714435

Marston Vale Beginners

Weekly, 10.15 for 10.30am start, 25 - 45 minutes.

Meet at Marston Vale Forest
Centre Reception. Leader: Elizabeth
Wiggins on 01234 740847.

Marston Vale

Weekly, 10.30am, 60 minutes.

Meet at the Marston Vale Forest
Centre Reception. Leaders: Mike
Green on 01234 767014, Wendy
Barker on 01234 851142

WEDNESDAY contd.

Dunstable Downs

1st & 3rd Wednesdays of month,

10.30am, 45-90 minutes. Meet at
Gateway Centre. Leader: Mike Elliott
on 07594 577129

THURSDAY

Biggleswade

Weekly, 10.00am, 90 minutes. Meet at
Stratton School gates, Eagle Farm Road.
Leader: Mary DiMarco on 07855
632021, Mary Arnold on 07761 681213

Leighton Buzzard beginners

Weekly, 10.00am, 20 – 45 minutes.

Meet at library. Leader: Robin Osborn
0300 300 4621

Potton & Gamlingay

Weekly, 10.00am, 90 minutes. Start

points vary. Leader: Boo Matthews
on 01767 260644

Shefford Beginners

Weekly, 10.00am, 20-45 minutes

Meet at the library. Leader: Loren
Barnard on 0300 300 5125

Dunstable

Weekly, 10.30am, 30-45 minutes

Meet at the Leisure Centre (café area)
Leader: Lucy, Jo and Devan on 01582
608107

THURSDAY contd.

Arlesey

Weekly, 10.45am, 90 minutes. Start

points vary. Leaders: Beth & Peter
Overfield on 01462 815672

Barton le Clay

Fortnightly, 11.00am, 60 minutes

Meet at the Royal Oak pub. Leaders:
Geoff & Jennifer Kingsnorth on 01462
711205

Houghton Hall Park

Weekly, 2.00pm, 60 minutes

Meet at the pavilion on the Green.
Leader: Sue Jenkins on 07443 016095

FRIDAY

Amphill

Fortnightly, 10.00am, 90 minutes

Start points vary. Leader: Lynda on
01234 740788

<http://amphillhealthwalks.blogspot.co.uk/>

OCCASIONAL WALKS

Arlesey Meadows Buggy Walk

Arlesey Youth Centre 01462 835701

Biggleswade Buggy Walks

The Lawns, Nursery School &
Children's Centre 01767 312312