

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)



# BETTER WELLBEING IS JUST A STEP AWAY



CENTRAL BEDFORDSHIRE WALKS

From January 2024

## MONDAY

### Beeston

Weekly, 9.30am, 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

## 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  
Community Hall, Ampthill Road.  
Leaders: Beth & Peter (01462 815672)

### Toddington

Weekly, 10.30am, 60 mins  
Toddington Library.  
Leader: Alan (01525 873927) or  
alanhiggs@gmail.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 minutes  
Bell Close car park (opp. Morrisons garage).  
Leader: June (07835 212513)  
healthwalkslb@outlook.com

### Flitwick

Weekly, 10.15am, 90 mins  
Start points vary.  
Leaders: Chris (01525 714729),  
Pauline (01525 630191)

### 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: Mary (07855 632021),  
Mary (07761 681213)

### 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 mins

### Shefford Library

Phone June (07981 278910)  
Arlesey  
Weekly, 10.45am, 90 mins  
Start points vary.  
Leaders: Beth & Peter (01462 815672)

### Houghton Hall Park

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

## FRIDAY

### Harlington

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

### Ampthill

Fortnightly, 10.00am, 90 mins  
Start points vary. - 'Programme details and photos on [www.ampthillhealthwalks.blogspot.com](http://www.ampthillhealthwalks.blogspot.com) or contact Lynda on [olivetree47@googlemail.com](mailto:olivetree47@googlemail.com) or 01234 740788

## SATURDAY

### Wixams

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

