

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 a range of 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. Then you're free to take part in as many walks as you like, as often as you like.

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 – Bedford Borough

From July 2017



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

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

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. Leader: Graham Watson on 01234 838367

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 2nd Wednesday of each month, 10.30am, 60-90 minutes
Various start points – phone for details
Leader: Sarah Fogarty on 01234 852879
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

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

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

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

