

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

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.



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)

step right up

Walk 4 Health Bedfordshire

Bedford Borough Walks Programme

From January 2020



MONDAY

Lansdowne Walkers

Weekly, 10.30 am, approx. 45, 60 & 80 minutes. Meet at Embankment side of the Butterfly Bridge.
Leader: Ken on 01234 771261

TUESDAY

Putnoe, Early Walk

Weekly, 09.45am, 90 minutes
Meet at the Sportsman Public House, in the Boundary.
Leaders: Adrian on 07711 664330 and Clive on 01234 381613
clivehaste@btinternet.com

Putnoe

Weekly, 10.15am, 45-60 minutes
Meet at the Sportsman Public House, in the Boundary.
Leaders: Adrian on 07711 664330 and Clive on 01234 381613
clivehaste@btinternet.com

London Road, Bedford

Weekly, 10.30am, 60 minutes
Meet at London Road Health Centre
Leader: Myriam on 07590 558275

Great Barford Striders

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

TUESDAY contd.

Great Denham

Monthly, first Tuesday of the month, 10.30am, 60 minutes
Meet at Great Denham Golf Club.
Leader: Mike on 01234 851818

WEDNESDAY

Bedford Black Tom

Weekly, 10.30am, 90 minutes
Start points vary.
Leaders: Reg on 01234 315024 and Bryce on 01234 325662

Kempston River / Corner 5 Monthly, usually 2nd Wednesday of each month, 10.30am, 60-90 minutes

Various start points – phone for details
Leader: Sarah 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 on 01234 852879
charlie232@virginmedia.com

Bedford Goldington

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

THURSDAY

Bedford De Parys & Brickhill

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

Catholic Church, Harrowden Road

Weekly, 10.30am, 60 minutes
Meet at church car park
Leader: Myriam on 07590 558275

Harrold Odell Country Park

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

FRIDAY

Bedford Queen's Park Ladies Walk

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

SATURDAY

Wixams

Weekly, 10.00am, 60 minutes
Meet in front of Seasons Garden Centre.
Leaders: Leon and Karin
wixamswalkers@gmail.com
[facebook.com/wixamswalkers](https://www.facebook.com/wixamswalkers)

SATURDAY contd.

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 on 07711 664330 and Clive on 01234 381613
clivehaste@btinternet.com

SUNDAY

Great Denham

Monthly, usually third Sunday of the month, 10.30am, 60 minutes
Meet at Great Denham Golf Club.
Leader: Mike on 01234 851818

