

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.

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

Central Bedfordshire Walks programme

From January 2020



MONDAY

Beeston

Weekly, 10.00am, 60 mins
From the post box on Beeston Green. Leader: Gillian (07890 232685)

Leighton Buzzard

Weekly, 10.00am, 30, 60 & 80 mins
From Bell Close (opp. Morrison's garage).
Leader: Edith (01525 376551)

TUESDAY

Flitwick Beginners

Weekly, 10.00am, 25-45 mins
From Flitwick Library.
Leader: Dave (01525 715687)

Houghton Regis Beginners

Weekly, 10.00am, 20-45 mins
From Houghton Regis Library.
Leader: Kevin (01582 505467)

Potton Beginners

Weekly, 10.00am, 20-30 mins
From Potton Library.
Leader: Leon (07841 562275)

Shefford

Weekly, 10.00am, 60-90 mins
From the Community Hall, Ampthill Road.
Leaders: Beth & Peter (01462 815672)

Toddington

Weekly, 10.30am, 60 mins
From Toddington Library.
Leader: Alan (01525 873927) or alanhiggs@gmail.com

WEDNESDAY

Biggleswade

Weekly, 10.00am, 30-40 & 60-90 mins
From Dan Albone car park, Shortmead Street.
Leaders: John (07710 657455), Mary (07855 632021)

Sandy

Weekly, 10.00am, 60 mins
From Sandy Library.
Leaders: Cathy (01767 692182), Jane (01767 691455), Thelma (01767 681930)

Leighton Buzzard, Tiddenfoot

Weekly, 10.00am, 30-50 mins
From Leisure Centre café.
Leader: Lucy (01525 375765) or tiddenfoot.fitness@sll.co.uk

Woburn Beginners

Weekly, 10.00am, 30 mins
From Park Street car park.
Leader: Lindsay (07498 625492)

Flitwick

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

Marston Vale Beginners

Weekly, 10.15am for 10.30am start, 25 - 45 mins
From Marston Vale Forest Centre Reception.
Leader: Heather (01525 404125), Mike (01234 767014)

WEDNESDAY contd.

Marston Vale

Weekly, 10.15am, 60 mins
From Marston Vale Forest Centre Reception.
Leaders: Liz (01234 910035), John (01234 768147)

Dunstable Downs

1st & 3rd Wednesdays of month, 10.30am, 45-90 mins.
From Gateway Centre.
Leader: Mike (07594 577129)

THURSDAY

Biggleswade

Weekly, 10.00am, 90 mins
From Stratton School gates, Eagle Farm Road.
Leaders: Mary (07855 632021), Mary (07761 681213)

Leighton Buzzard Beginners

Weekly, 10.00am, 20 - 45 mins
From Leighton Buzzard Library.
Leader: Robin (0300 300 4621)

Potton & Gamlingay

Weekly, 10.00am, 90 mins
Start points vary.
Leaders: Boo on 01767 260644, Pat on 01767 650132

Shefford Beginners

Weekly, 10.00am, 20-45 mins
From Shefford Library.
Phone Vicky (0300 300 4248)

THURSDAY contd.

Dunstable

Weekly, 10.30am, 30-45 mins
From the Leisure Centre (café area)
Leaders: Lucy, Jo (01582 608107)

Arlesey

Weekly, 10.45am, 90 mins
Start points vary.
Leaders: Beth & Peter (01462 815672)

Barton le Clay

Fortnightly, 11.00am, 60 mins
From the Royal Oak pub.
Leader: Jennifer (01462 711205)

Houghton Hall Park

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

FRIDAY

Harlington

Fortnightly, 10.30, 60 mins
From Village Hall car park.
Leader: Sue (07887 708304)

Ampthill

Fortnightly, 10.00am, 90 mins
Start points vary.
Leader: Lynda (01234 740788) or olivtree47@googlemail.com
<http://ampthillhealthwalks.blogspot.co.uk/>

Upper Caldecote

Weekly, 10.00am, 20-35 mins
From Peter Maudlin Pavilion, The Pastures.
Phone Vicky (0300 300 4248)