

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.

If you want to know more before you start just get in touch with the appropriate walk leaders or with Nicola Scholfield on 07984 275652 or at nicola.scholfield@bedsrcc.org.uk.

THURSDAY (cont'd)

Houghton Hall Park, Houghton Regis
Fortnightly, 2pm (60 mins)

Meet at Pavilion on the Green
Leader: Sue (07443 016095)

Leighton Buzzard (Longer)
Weekly, 10am (90 mins)

Meet in Bell Close car park (opp. Morrisons garage)
Leader: Gill (07857 851164)
healthwalkslb@outlook.com

Luton Wardown Park
Fortnightly (no walks in August), 12pm (45 mins)

Meet at Wardown Park Bandstand
Leader: Elaine (07415 431585)

Shefford Beginners
Weekly, 10am (45-55 mins)
Meet at Shefford Library
Leader: Jan (07535 111757)

FRIDAY

Amphill
Fortnightly, 10am (90 mins)
Start points vary
(Programme details and photos on amphillhealthwalks.blogspot.com)
Co-ordinator: Nicola (07984 275652)

Harlington
Weekly, 10:30am (40 & 75 mins)
Meet in village hall car park
Leader: Sue (07887 708304)

SATURDAY

Wixams
Weekly, 11am (60 mins)
Meet in front of Seasons Garden Centre
Leaders: Leon and Richard
wixamswalkers@gmail.com
facebook.com/wixamswalkers



BETTER WELLBEING IS JUST A STEP AWAY



BEDFORDSHIRE WALKS

November - December 2026



Visit our website



MONDAY

Barton-le-Clay

Fortnightly, 2pm (45-90 mins)

Meet at Barton Coronation Community Garden (next to the Village Hall)

Leader: Andy (07879 691893)

Beeston

Weekly, 9:15am (60 mins)

Meet at post box, Beeston Green

Leader: Gillian (07890 232685)

Heath & Reach

Weekly, 10am (60 mins)

Meet in Bryant Lane Sports Ground car park

Leader: Gill (07857 851164)

healthwalkslb@outlook.com

Leighton Buzzard (Intermediate)

Weekly, 10am (60 mins)

Meet in Bell Close car park (opp. Morrisons garage)

Leader: Julian (07770 344914)

healthwalkslb@outlook.com

TUESDAY

Flitwick Beginners

Weekly, 10am (25-45 mins)

Meet in car park behind village hall

Leader: Dave (01525 715687)

Great Barford Striders

Weekly, 10:30am (various walk routes from 10-90 mins)

Start points vary

Leader: Ian

ian.diannejeffries@gmail.com

TUESDAY (cont'd)

Luton Legrave

Fortnightly, 9:15am and 10am (45 mins)

Meet at Sundon Park Baptist Church

Leader: Jane (07445 341218)

Putnoe

Weekly, 10am, for: Short walk (10-20 mins); Medium walk (30-45 mins); Long walk (60-75 mins)

Meet at Sportsman Public House, in the Boundary, MK41 9HA

Leader: Adrian (07711 664330)

Shefford

Weekly, 10am (60-90 mins)

Meet on Ampthill Road

Leaders: Beth & Peter (01462 815672)

Toddington

Weekly, 10:30am (60-75 mins)

Meet at Toddington Library

Leader: Kathy (01525 872726)

kathy.bocutt@ntlworld.com

WEDNESDAY

Bedford Goldington

Weekly, 10:30am (45-75 mins)

Meet on Embankment side of the Butterfly Bridge

Leader: John (01234 214014)

Bedford Walking on Wednesday

Weekly, 10am for 10:30 start (45-80 mins)

Various start points

Leader: Gary (01234 294555)

WEDNESDAY (cont'd)

Biggleswade

Weekly, 10am, (30-40 & 60-90 mins)

Meet in Dan Albone car park, Shortmead Street

Leaders: John (07710 657455),

Mary (07855 632021)

Dunstable

Weekly, 1pm (30-60 mins)

Meet on alternate weeks at Dunstable Downs or from Grove View Health Hub

Leader: Jennifer (07773 720098)

Flitwick

Weekly, 10:15am (90 mins)

Start points vary

Leaders: Chris (01525 714729), Pauline (07905 599469)

Kempston Rural

Twice monthly, 10:30am (60-90 mins)

Various start points

Leader: Sarah

jamesandsarahfogarty@gmail.com

Leighton Buzzard (Short)

Weekly, 10am (30-40 mins)

Meet in Bell Close car park (opp. Morrisons garage)

Leader: Julian (07770 344914)

healthwalkslb@outlook.com

Marston Vale

Weekly, 10:15am (60 mins)

Start points vary

Leader: John (01234 768147)

WEDNESDAY (cont'd)

Marston Vale Beginners

Weekly, 10:15am for 10:30am start (25-45 mins)

Meet at Forest Centre Reception

Leader: Heather (01525 404125),

Mike (01234 767014)

Sandy

Weekly, 10am (45, 60 and 90 mins)

Meet in Market Square (by post office)

Leaders: Thelma and Roy (01767

681930), Colin (07885 511230)

THURSDAY

Arlesey and Stotfold

Weekly, 10:45am (90 mins)

Start points vary

Leaders: Beth & Peter (01462 815672)

Bedford De Parys & Brickhill

Weekly, 10am (60 mins)

Various start points

Leaders: Peter (07941 376888) and Rita (07720 058130)

Biggleswade

Weekly, 10am (90 mins)

Meet at Stratton School gates, Eagle Farm Road

Leaders: Janette (07771 540117), Mary (07855 632021)

Harrold Odell Country Park

Fortnightly, 10:30am (60 mins)

Meet at café entrance in the Park

Leaders: Lindsey, Chris and David

harroldhealthwalk@outlook.com