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
Weekly, 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)

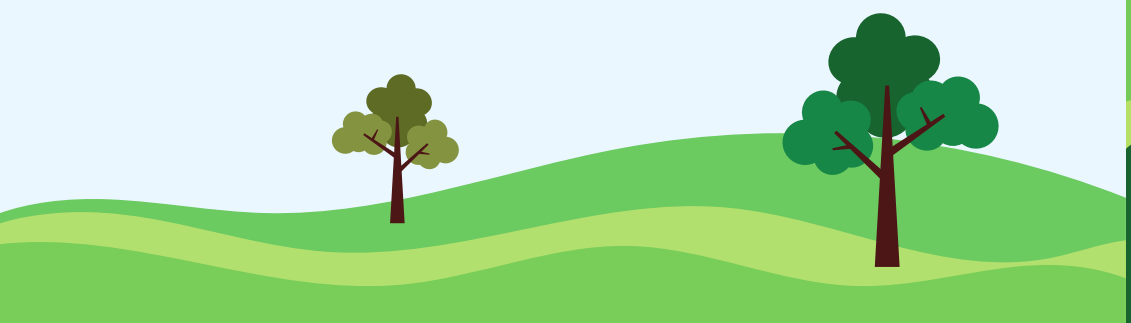
FRIDAY

Ampthill
Fortnightly, 10am (90 mins)
Start points vary
(Programme details and photos on ampthillhealthwalks.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



RAMBLERS WELLBEING WALKS Bedfordshire

BETTER WELLBEING IS JUST A STEP AWAY



BEDFORDSHIRE WALKS

November - December 2026

Visit our website



Beds RCC
Bedfordshire Rural Communities Charity

be active
Inspiring Bedfordshire to move more

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 Leagrave
Fortnightly, 10:15am (60 mins)
Meet at St John the Apostle Parish Centre in Sundon Park
Leader: Jane (07445 341218)

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