

Bedfordshire Walking Festival 2019



7th - 15th September
Programme

Guided
informative walks.
Self Guided walks.
Health walks
& events

Walkers
Walks of
half and full day
5 to 16 miles

The
Greensand Ridge
Challenge
40 miles
14-15 September

www.Bedswalkfest.co.uk

Organised by Bedfordshire





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Welcome...

to the 10th Annual Bedfordshire Walking Festival

Few would have thought the Bedfordshire walking festival would still be taking place ten years on and in a county most people seem to ignore. True it may not be the Cotswolds nor the South Downs but Bedfordshire is a compact county with three distinctive types of walking. The Chalk Hills in the south, the picturesque, wooded undulating area in the middle referred to as the Greensand Country, and a mixture of woodland and the open space in the undulating "Wolds" of the north.

Located in England's driest region, this attractive county is a great place to explore on foot and so easy to get to by road, rail, air and water as many have already found. Combine with a great range of walks led by knowledgeable and friendly leaders, and it becomes easy to see how the festival has grown and grown.

To mark the 10th anniversary, and in addition to walks across the county, we have set up Hub's at Woburn, Bedford's Priory Park and Ampthill Park on three of the nine days from where walks will start and from where walking relative information can be obtained.

The walks and events in the programme are colour coded enabling you to easily select the type of walks which appeal and the centre page map will enable you to find their location.

Most of the walks and events are free and do not require a booking however some need to be booked because there is either a restriction on numbers or because transport has to be organised. Some events and walks have modest charges but don't let booking or charges put you off as they offer good value.

At the back of the programme we have included a tear out booking form which allows you to do multiple bookings with a single payment alternatively you can use the on line booking service via the festival web site www.bedswalkfest.co.uk.

Whether you are a regular visitor, coming for the first time, only doing one walk or staying for longer we look forward to your company and to meeting you. Welcome.

*Thanks for coming
and look forward to meeting you.*

Welcome to Bedfordshire

The countryside is rich and varied and has much to offer the walker. There are four long distance walks and a section of the oldest path in the country The Icknield Way. **The Greensand Ridge Walk** (which we do as a challenge over two days on 14th & 15th September) is a delightful 40 mile walk across the county from Leighton Buzzard in the west to just outside Gamlingay in the East. **The Bunyan Trail** an 81 mile circular visiting many of the places in his life, including his birthplace, and from his famous book "Pilgrim's Progress". The third is the **North Bedfordshire Heritage Trail** a 70 mile circular walk visiting 23 villages, 2 Country Parks and a reasonable number of Pubs. In addition there are circular walks centred on many towns and villages. The fourth is The Kingfisher Way a 24 mile riverside route from the Source of the River Ivel just outside Baldock to Tempsford where it joins the River Gt Ouse Stotfold, Langford, Jordans and Biggleswade Mills are passed alongside commons, lakes and small villages.

Across the county there are Country Parks at Harrold/Odell, Priory Country Park, Clapham and Bedford River Park in the north and Millennium Country

Park at Marston Vale and Rushmere near Heath & Reach in the centre. To the south the wonderful open spaces Sharpenhoe Clappers, Sundon and Warden Hills, Tottenhoe Knolls and Dunstable downs.

North Bedfordshire - is an area of wide views and pretty villages with many marked walks criss crossing the landscape. Close to Bedford is the attractive village of Biddenham and nearby Bromham with an historic mill and road bridge. the mill is open to the public every weekend from April to September. Not far away is Stevington which has the only complete postmill left in the county and tucked away in the village itself is Kathy Brown's Garden at the Manor house and is opened throughout the summer on most Tuesday's and Sunday's.

The North Bedfordshire Heritage Trail meanders through some of the prettiest villages. Turvey, Harrold, Odell, Sharnbrook, Riseley and Colmworth amongst others. Between Harrold and Odell there is the 144 acre Harrold/Odell Country Park.

Lidlington



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OPEN YEAR
ROUND

John Bunyan's influence can be felt right across the county, none more so than at his former home in Elstow, a delightful village on the edge of Bedford. The 15th century timber-framed market hall, known as moot hall stands on the village green and is now a museum. Almost opposite is the Parish church of St Helena with its separate bell tower where John Bunyan once a bell ringer.

Not far away is Cardington original home of the Whitbread family and later home to John Howard the Prison reformer. More recently famous for the ill fated airship disaster R101. the cemetery has a memorial to the dead.

To the south east of Bedford there are a cluster of villages all of which could claim to be Bedfordshire's prettiest village. Northill, with a 14th century church, duck pond and traditional pub in the centre of the village. Ickwell a typical English village with beautiful cottages built around a large village green, where cricket is played. Old Warden a picturesque village recreated in the Swiss style and home to the Shuttleworth Collection and the newly restored Swiss Garden. Southill is a charming estate village dominated by Southill Park, home of the Whitbread family since 1795.

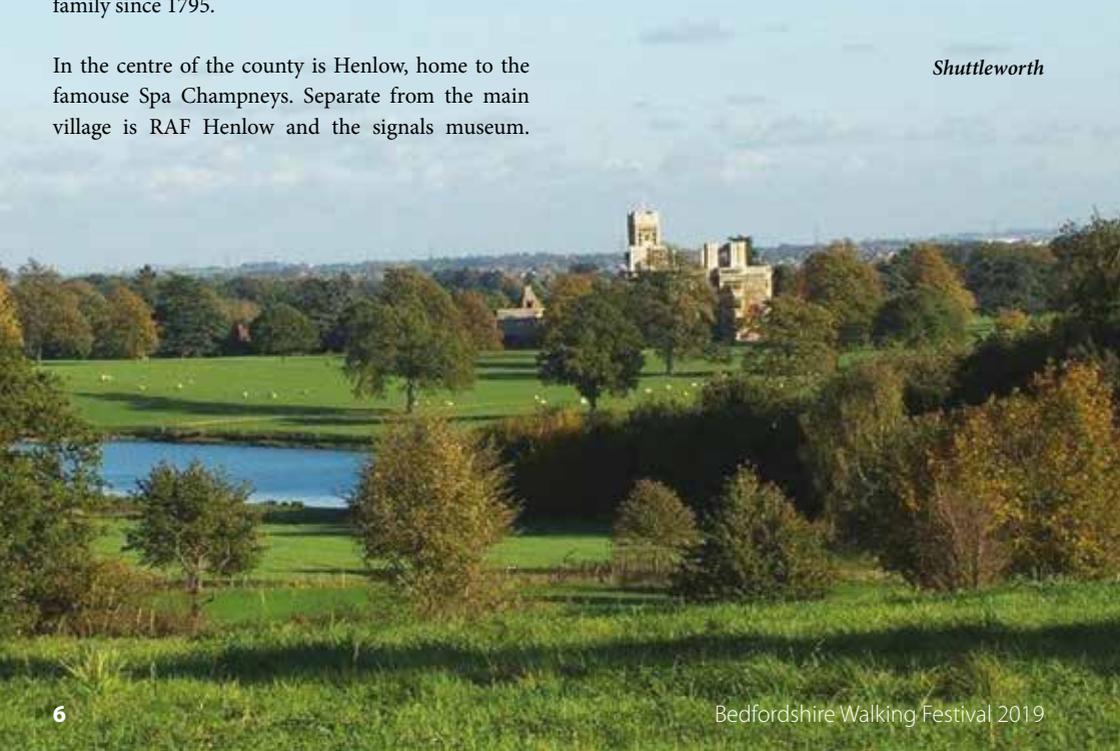
In the centre of the county is Henlow, home to the famous Spa Champneys. Separate from the main village is RAF Henlow and the signals museum.

Nearby Henlow Bridge Lakes, a beautifully landscaped caravan and camping site with 4 lakes and excellent fishing facilities. nearby Stotfold is home to a fully restored water Mill and Nature Reserve which is open most Sunday's throughout the summer.

The far west sees several beautiful estate villages which belong to the Duke of Bedford. The jewel in the crown is Woburn. The history and development of Woburn is centred on the palatial Abbey standing in its 3000 acre deer park which has been the home of the Russell family for over 450 years and also home to the safari park. Nearby Ridgmont has a restored station which houses a heritage centre and cafe and can easily be accessed by the Marston vale Community Railway. The Bletchley to Bedford line was the first railway line in the county opening in 1845 and well worth using as on route it passes through Bedfordshire Industrial Heritage.

The County Town of Bedford straddles the River Great Ouse and the Embankment is the jewel in the crown. The Heritage quarter (site of Bedford Castle) has been redeveloped in recent times and the Higgins, Panacea and Bunyan Museums and surrounding galleries are worth a visit.

Shuttleworth



Forest of Marston Vale

Visit The Forest Centre & Millennium Country Park in the Forest of Marston Vale

The Forest Centre, Station Road
Marston Moretaine, MK43 0PS
Tel: 01234 767037
Email: info@marstonvale.org

With the Lakeside Café, seasonal bike hire, an outdoor play area and the beautiful Wetlands Nature Reserve, there is something for everyone and any money you spend or donate goes towards helping us to keep the Forest of Marston Vale growing and thriving.

Your money grows further

[marstonvale.org](https://www.marstonvale.org)

In the west of the County are Dunstable and Leighton Buzzard. The Priory Church of St Peter dominates the high Street in Dunstable and is one of the best examples of Norman architecture in England. On the outskirts of the town lies Dunstable Downs, which are part of the Chilterns Area of Outstanding Natural Beauty and the highest point in the county. Nearby are Whipsnade Tree Cathedral and Zoo.

Leighton Buzzard north west of Dunstable is the home of the Grand Union Canal and the starting point for the Greensand Ridge walk. The lovely Rushmere Country Park is situated on the Greensand Ridge and only a short distance away.

In the middle are the towns of Ampthill and Shefford. Ampthill is a Georgian town with a Great Park landscaped by Capability Brown. Thatched cottages by The Alameda on Woburn Street along with a variety of shops, cafes and restaurants in the centre are worth a visit. On the Outskirts is the ruin of Houghton House immortalised as House Beautiful in John Bunyan's Pilgrim's Progress. Shefford is a small market Town with a good range of shops and nearby is Chicksands, home to the Defence College of Intelligence, British Army Intelligence Corps and fascinating Military Intelligence Museum. Chicksands Priory has been on the site since 1150.

Just a few miles further is Clophill, a most interesting village with a long main street and two churches. The old church tower is a great place for viewing the surrounding countryside and the new Eco Lodges a great place to stay.

In the east Biggleswade, Sandy and Pottton all towns with proud market gardening heritage sadly much of which has diminished to-day. Just outside Biggleswade is Jordan's Mill. In market gardening terms Sandy was by far the most important of the three towns and Sir Robert Peel former Prime Minister and founder of the modern police force lived at The Lodge, now the home of the RSPB. Pottton the smaller of the three towns has a most attractive market square which along with the surrounding streets was largely destroyed by fire in 1783, and rebuilt with handsome Georgian and Victorian properties.

To the south is the county's largest town Luton, originally a hat making town it is now best known for its Airport and Vauxhall Vans. Two lovely parks Stockwood and Wardown and to the north the Warden Hills is an area of Outstanding Natural Beauty. Luton is at the start of the Lea Valley Walk which ends at the River Thames in London's east end.



Bedford Park

REST AND REFUEL





WALKERS' PARADISE

Tucked away on the banks of the River Ivel, the Riverside Café at Jordans Mill offers a warm welcome to walkers seeking rest and refreshment. We are the only refreshment stop on the Biggleswade Green Wheel, a specially created seven mile route for walkers and cyclists passing through areas of landscape, heritage and wildlife interest.

To find out more about the Bedfordshire Walking Festival and walks from Jordans Mill please visit www.bedswalkfest.co.uk or www.jordansmill.com



RIVERSIDE CAFÉ

Enjoy freshly prepared, locally sourced seasonal food and drinks, perfect for a mid-walk pick-me-up.



Open daily from 9am to 5pm
For more information please call 01767 603940

KEEPING OUR FOOD HERITAGE ALIVE



The Rural Development Programme for England (RDPE) is funded by Defra and the EU

www.jordansmill.com

Jordans Mill, Holme Mills, Langford Road, Broom, Nr Biggleswade SG18 9JY



Central Bedfordshire Council's Active Lifestyles

Whether you are completely new to sport or physical activity or would like to do a little more each day, Central Bedfordshire Council's Active Lifestyles team can help.

As part of our leisure services, our active lifestyles team is dedicated to the development and delivery of physical activity and wellness programme, ensuring the whole community has the opportunity to lead an active, healthy and happier life.

We work in partnership to deliver programmes on health promotion, physical activity and general wellbeing. We also deliver strategies for recreation and open space, sports facilities and playing pitches.

Active Lifestyles also offers a referrals scheme which provides you with motivation, advice and support to help you improve your current health and wellbeing and encourage you to make healthier lifestyle changes. Visit your GP to see if you can be referred to the Active Lifestyle Referral Scheme.

For more information please contact the Active Lifestyle Team:

Email: active.lifestyles@centralbedfordshire.gov.uk **Website:** www.centralbedfordshire.gov.uk



Central Bedfordshire Council's Countryside Sites



Central Bedfordshire Council's Countryside Team has over 1000 hectares of countryside open space for public access and wildlife. Some of our sites are managed in partnership with the National Trust, Greensand Trust and the Wildlife Trust; the remainder are managed by our in-house Countryside Sites Team. Sites vary from the large, with visitor centres and lots going on i.e.; Dunstable Downs, Houghton Hall Park and Rushmere Country Park, to the quieter sites such as Etonbury Wood, Flitwick Wood, Campton Plantation and Baulk Wood. On most of our sites you can visit to walk your dog, go for a walk or a run, take the family for a day out, kick a ball around

or simply get away from it all and enjoy the peace and quiet of nature and wildlife.

Why not try volunteering as a way of getting outside in the fresh air, making new friends and improving your physical and mental health? Many of our sites have 'Friends' groups who help us manage and improve our sites and act as our 'eyes and ears' on the ground. You can do as much or as little as you like, and a range of jobs and skills are always needed.

To find out more please contact the Countryside Sites Team:

Email: countrysidesites@centralbedfordshire.gov.uk or telephone 0300 300 6135

Website: www.centralbedfordshire.gov.uk/leisure/countryside/countryside-sites-overview.aspx

We welcome everyone to come and visit our sites and some of our sites have easy access walks for disabled people, please see here for more information: www.centralbedfordshire.gov.uk/leisure/countryside/countryside-sites/impaired-mobility/overview.aspx

The Blossom Café

Monday- Sunday
9:30am - 5:00pm
Willington, Bedford MK44 3PR
07712297618

The Blossom Café has currently been taken over by Mauro Greco
We serve a variety of delicious fresh foods that includes breakfasts, Lunches, dinners and homemade desserts. Everything is so scrumptious and tasty so why not come in and try our food.

WARDEN ABBEY

The community vineyard

Did you know Bedfordshire's medieval vineyard is now an exciting community project?

This beautiful field near Old Warden was first planted by monks at Warden Abbey. Centuries later, the "Lyttel Vineyard" was re-planted and now produces award-winning wines.

Today, it's an army of volunteers who tend the vines all year round as well as run tours, school visits, social & therapeutic horticulture, wildlife and heritage projects.

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wardenvineyard.org.uk

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Countryside Code



- ✓ Be safe, plan ahead and follow signs
- ✓ Leave gates and property as you find them
- ✓ Protect plants and animals, and take your litter home
- ✓ Keep dogs under control
- ✓ Consider other people
- ✓ For full code see www.countryaccess.gov.uk

Other points to consider before setting out:

- ✓ Walking is inherently one of the safest outdoor activities – but cannot be completely without risk and it is essential that all walkers behave sensibly to minimise the risk of accidents occurring and understand that they participate entirely at their own risk.
- ✓ Wear suitable clothing and supportive footwear for the weather conditions
- ✓ Pace yourself – the Walk Leader will set the pace for the Group and ensure that no one is left behind – try walking a similar mileage before joining a Group walk.
- ✓ Most walks in the Festival Walks brochure are either easy or moderate, though Health Walks are not categorised.

- ✓ There are no continuous steep climbs or especially difficult terrain in Bedfordshire's countryside – though you may encounter stiles or short climbs.
- ✓ If you have a medical condition which may hinder your walk please tell the Leader before the start of the walk.
- ✓ It is wise to take a drink on a walk and a snack for longer walks if a lunch stop is not advertised as part of the walk. A small amount of money, sunscreen and medication (if required) would also be sensible.
- ✓ Children under 16 must be accompanied by an adult.
- ✓ Dogs with responsible owners are welcome on most led walks and should be on a lead when requested by the Walk Leader. Where this is not the case, this will be marked on the programme.
- ✓ You are responsible for your dog at all times – dogs also need a drink so please bring water.

All walks and events will go ahead except under exceptional circumstances. If you have a query please contact the walk leader or festival organiser 01234 353704.

For health walks marked in yellow contact leader or Mike Fayers 01234 832619.

Bedford Borough



Bedford Borough being relatively compact and flat, combined with lots of green spaces, makes it an ideal area to explore on foot and on a bicycle.

There is an abundance of off road walking and cycling routes and country parks to encourage residents to relax and be active both in their leisure time and for business journeys. We also work closely with a number of partner organisation's including Sustrans, who support us in encouraging active travel to school and cycle training. They also support us by improving access to the to the railway station and by working with a host of large businesses to encourage active travel to work. We want all our residents to travel actively where possible, not only for their health benefit but equally to make our county a greener and more livable place for everybody to enjoy.

For more information on walking routes and guided walks please visit our website.

www.bedford.gov.uk

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RSPB The Lodge nature reserve and gardens
Potton Road, Sandy SG19 2DL
Tel: 01767 693333

rspb.org.uk/thelodge
facebook.com/RSPBhertsandbeds

 giving nature a home

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We are off...



Bedfordshire Walking Festival 7th -15th September 2019

Saturday 7th September 2019 - Woburn

Our 10th anniversary walking festival starts at Woburn with a day of superb walking opportunities. Three walks with a theme of 10 led by knowledgeable and experienced Rambler leaders from Leighton Buzzard Group and seven self guided options with leaflets provided. All walks start from the Walking Festival tent located at the Heritage Centre Museum, Bedford Street, Woburn MK17 9FJ OS GR SP 949 332. Parking free in the Park Street car park opposite the Church. MK17 9FJ. OS GR SP 951 331 Refreshments and toilets available in the village at 10+ places. No charge for the walks and no booking required.

9:50 am The Ten Ten Walk
Starting at ten to ten this pleasant 10km circular informative walk offers an opportunity of seeing up to 10 different species of animal along the way. Leaving the Heritage Centre we head north to Birchmoor Green then along Horsepool Lane to the Safari Park and Deer Park, before returning to the Heritage Centre in Woburn Village. Bring a snack as there will be a break during the walk. Toilets are available at the Safari Park. Suitable for families with children over 8. No dogs please.
Leader Nigel Naurth-Misir 01525 374024

11:00 am 10 Woods/Heaths/Copses 10 miles
There is a great deal of woodland in the countryside west of Woburn, but did you know that there are at least 15 separate named woods within this area? This informative 10 mile walk takes you on a trip through 10 of them.
A very interesting and pleasant walk in surprisingly colourful mixed woodland and vegetation, made up of many different types of trees and bushes, some obvious and some not so obvious. On route we pass the Grade II listed All Saints Church at Bow Brickhill and the edges of Apsley Heath and Woburn Sands. One or two steep inclines but nothing too difficult. Please bring a packed lunch. Dogs welcome but must be controlled at all times.
Leader Andrea Deeley 07713 718389

2:00pm Woburn/Eversholt and the Deer Park 10k circular
This stile free walk takes us from the centre of Woburn through the Deer Park with an excellent view of Woburn Abbey then on to Eversholt. This is a pretty village with more than 10 ends and we will see Church End with a typical village Cricket Ground and Hills End before returning along another path through the Deer Park to Woburn. Bring a snack as there will be a break during the walk. Dogs welcome but must comply with leaders instructions at all times.
Leader Julian Chritchlow 07770 344914. If you would prefer to do your own walk please obtain one of the leaflets available at the Walking Festival tent.

Saturday 7th September 2019: Around the County

8:00 am Autumn Migrants Bird Walk
Starting from The Forest Centre Marston Vale. OS GR TL004 417. Post Code MK43 0PS. **A chance to see and hear the migrant birds that are passing through the Millennium Country Park at this time of year.** Bring your own binoculars if you have them, but don't worry if not as we have spares. No dogs are allowed, as we'll be visiting the Wetlands Nature Reserve. Dress for the weather and make sure you wear sturdy footwear. Duration approximately 3 hours and 3 miles. Parking available cost £3. Refreshments available in the lakeside cafe after the walk.
Booking essential: Cost £4 per person, £3 for Friends of the Forest and Volunteers
Booking on line at www.marstonvale.org/events or 01234 767037.
Leader Bob Hook.

10:00 am A Common View... A walk around Studham Common
Starting from Studham village small car park next to common LU6 2QF. OS GR TL023 157. **This two hour stile free informative circular walk around the common looks at wildlife, habitats, the Chiltern landscape, and local history.**
Led by a very experienced, interesting and knowledgeable Steve Halton. Parking in small car park adjacent to common, in the village, or along Kensworth road next to the common.
Toilets available at Red Lion PH. Dogs welcome. Bring a snack if you wish.
Booking essential as numbers restricted 0300 300 6135
Leader: Steve Halton Central Bedfordshire Countryside Team.

Key to Colour Coding

Walks 5.5 miles and above

Informative Interest Walks

Health Walks

Training Course

Taster Sessions

10:30 am **Glimpses of the earth heritage, a common, and picturesque town in the Greensand Country.**
 Starting from: Sandy Railway Station SG 19 1AW. OS GR 178 488.
This 12 mile circular walk explores the geology, landscape and natural resources in the east of Greensand Country. After leaving Sandy Railway Station, the walk will pass through RSPB Sandy with views of birds and the 'Woburn Sands Formation' which was deposited some 120 million years ago. Then on to Biggleswade Common, at 300 acres, is the largest area of Common Land in Bedfordshire and dates back to 1200 AD. The picturesque town of Pottton follows with its historic Georgian Market Square. And finally, returning to Sandy Railway Station via a separate part of RSPB Sandy reserve.
 Parking at Railway Station £2.80 per day or the town centre car park free 7 minutes walk to Station.
 Trains from London arrive at 9:58 and from the north at 9:56. Bus No. 73 arrives Tesco 9:55. Toilets available at the Station and en route. Dogs welcome. No booking required.
 Bring a snack and lunch. Lunch stop will be 30 minutes in Pottton.
 Leader: Ramblers Andy Knight 01582 614644 / 07879 691893.
 email: andy.knight2@ntlworld.com

1:30 pm **Cantering towards Ravensden**
 Starting from: The Horse & Groom PH High Street Clapham MK41 6EQ. OS GR TL 033 523.
 A 6.75 mile circular walk through some beautiful countryside with a couple of stiles and some mixed surfaces.
 Parking free in the overspill car park of the Horse & Groom PH.
 Public transport: Stagecoach service no. 51 Bedford to Oakley circular every 30 minutes and stops nearby.
 Toilets and refreshments available before and after the walk at the Horse & Groom
 No dogs please. No booking required just turn up.
 Leader: Ramblers Olivia 07906 912338 on the day.

2:00 pm **An Amble to Marston Thrift**
 Starting from: Budgens Car Park High Street Cranfield MK43 0AR
 This stile free, two hour, informative, family friendly circular amble is mainly on hard surfaces and takes us on a journey through the new forest plantings down to the ancient Marston Thrift woods.
 Parking at Budgens and on roadside. Toilets at Budgens.
 Refreshments available in Cranfield.
 Dogs welcome. Please phone 07719 552241 to book.
 Leader: Ivor Roades 07719 552241

Key to Colour Coding

Health Walks

Walks 5.5 miles and above

Informative Interest Walks

Training Course

Taster Sessions

Sunday 8th September 2019 - Bedford

Day 2 of our 10th anniversary walking festival offers two led walks around a theme of 10 in Bedford by Bedford Rambling Club. Plus self guided options with leaflets provided.
 Starting from: Priory Country Park Barkers lane Bedford MK41 9RX. OS GR TL072 493.
 All walks start from the Walking Festival Tent near the visitor centre
 No Booking required. No charge for walks.
 Well behaved dogs on leads welcome on both walks.
 Parking free at Priory Country Park
 Refreshments and toilets available before and after walks

10:00 am **Would John Bunyan have liked Balloons**
 This 10km, 10,000steps, stile free, easy walking, circular takes you on a journey out of the park and back in time as it heads towards Cardington and visits John Bunyan's birthplace before returning through Jubilee park to the start.
 Bring a snack as there will be a break during the walk.
 Leader Bedford Rambling Club Gill 01234 210034 or 07814 851314 on the day.

10:00 am till 4:00pm Self guided walks around the park. Pick up a leaflet at the walking festival tent.

2:00 pm **Priory Park but perhaps not as you know it**
 A 2 hour pleasant easy walking circular visiting areas of the park you wouldn't see by just walking around the lake and with at least 10 points of interest.
 Bring a snack as there will be a break during the walk
 Leader: Bedford Rambling Club David 01234 218989 or 07729 882852 on the day.

Sunday 8th September 2019: Around the County

9:30 am **The Icknield Way... Toddington to Mortgrove Farm, Lilley and on to Hexton.**
 Meeting at Hexton near Raven PH SG5 3JB. OS GR 107 307 to board the transport being provided to transfer you to the start location at Toddington.

10:00 am Toddington corner of the Market Square near the Bell PH. LU5 6BP. OS GR TL 009 289.
This 12 mile walk will take us over some delightful country, including the north eastern end of the Chilterns, with striking views from Sundon Hills Country Park and also through some charming villages.
 This is the second day of four connected linear walks on the Icknield Way Path between Ivinghoe Beacon and Royston and has some moderate climbs. (Ivel Valley Walkers have already completed the first section from Ivinghoe Beacon to Toddington and sections three and four will appear in their future programmes).
 Parking at Hexton. On the roadside but please park away from the houses and Pub.
 Toilets available at lunch stop. Bring snack and lunch as the lunch stop will be 30 minutes.
 Dogs welcome.
 Booking Essential: www.bedswalkfest.co.uk. Cost £5.
 Leader: Ramblers Andy Knight 01582 614644 / 07879 691893.
 email: andy.knight2@ntlworld.com

Around the County: Sunday 8th September 2019

9:30 am Julian's Mystery Walk
 Meet at Leighton Buzzard Library Car park LU7 1RX OS GR SP 923 250
Julian's Mystery walks have been enjoyed by many people over the years. Mystery, intrigue, and anticipation as to where will it be. Always a delight and all we are allowed to say it will be somewhere in Bedfordshire.
 Parking. Leighton Buzzard Library car park
 Bring a snack as there will be a break during the walk.
 For more information and for anyone travelling a distance who wishes to know in advance the start location phone Julian 07770 344914 on the Friday or Saturday.

10:00 am Apps Maps and Compasses Course
 Are you Baffled by Maps? Confused by a compasses? Daunted by digital devices? Help is at hand.
 This one day course will help you get the most out of planning and navigating your next walk. Maulden Village Hall, Flitwick Road, Maulden, MK45 2DP OS GR TL 048 380
 For further information or to book a place contact
 Nick M on bedswalkfest@gmail.com, Tel:07803 125876.
 Cost £10 per person. Please book early as numbers limited
 Book and pay online www.bedswalkfest.co.uk

10:00 am Dunstable Downs and Totternhoe
 Starting from Gateway Visitor Centre Dunstable Downs LU6 2GY OS GR TL 008 194.
 This 6.5 mile, 10.4km circular walk goes along the Chiltern Escarpment with superb views of the Vale of Aylesbury, then down to the village of Totternhoe before returning to the Gateway Visitor centre. The walk includes steep ascents and descents.
 Parking at the Gateway visitor centre. £3.50 free for National Trust members
 Toilets and refreshments at the Gateway Visitor Centre. None on route.
 Bring snack as there will be a break during the walk.
 No dogs please. No need to book just turn up.
 Leader Ramblers Andrew Turnbull 07770 166489

10:00 am Five Farm Foray
 Starting from: Bushmead Hub Luton LU2 7SF.
This informative three hour walk looks at the agricultural heritage of north east Luton, its history, archaeology, landscape and wildlife through the sites of 5 farms.
 2 stiles and some uneven surfaces.
 Parking available at Bushmead Hub.
 Toilets and refreshments available at Bushmead Hub. None on route.
 Bring a snack as there will be break during the walk.
 Dogs on leads welcome. No need to book just turn up.
 Leader: Trevor Tween 01582 547098

10:30 am Transported back 100 years
 Leighton Buzzard Narrow Gauge Railway, Page's Park Station, Billington Road, Leighton Buzzard. Post Code LU7 4TG. OS GR SP928 243
This 6 mile 10k linear walk suitable for families with children aged 9+ starts with a train ride along the narrow gauge railway first used 100 years ago for the transport of sand.
 Having gone up and over Shenley Hill the walk enters a wooded area of the Greensand Ridge before emerging into the Ouzel Valley to follow the towpath of the Grand Union Canal. The walk finishes along a short section of the former Dunstable Branch Railway to arrive back at Page's Park about 1.30pm . There is a possibility of boggy ground at the river valley if there has been recent rain.
 Parking free at Pages Park Station.
 Light Refreshments and Toilets at Page's Park Station. Toilets also available during the walk at The Globe PH.
 A special one way fare will be charged. Adult £5.50, Senior £4.50, Child £3.50.
 Booking advisable, online at www.buzzrail.co.uk. or telephone 01525 373888 or email station@lbngrs.org.uk.
 Leader Mike Bowley 07933 066784

Monday 9th September 2019

10:00 am How Many Bridges
 Starting from: Sharnbrook Mill Theatre car park MK44 1NP OS GR TL 010 591
This 5.5 mile circular passes through the lovely Felmersham nature reserve with its tranquil lakes, a pretty village, and a section of the River Great Ouse before returning to the start. Easy walking, some uneven surfaces and parts can be muddy when wet.
 Parking at Mill Theatre car park.
 Stagecoach service no 50 Bedford/Kettering (hourly service) stops at Fordham Arms public house approximately 15 minutes walk to Mill car park.
 No toilets or refreshments available.
 Well behaved dogs on leads welcome.
 No booking required just turn up.
 Leader Bedford Rambling Club Gerry 07902 451123

10:15 am It's time to see the past present and future
 Starting from: The car park opposite Hanger 4, The Shuttleworth Collection SG18 9EP. OS GR TL150 448.
This three hour informative circular walk has wide open spaces, historic villages, and a place in time before returning to Shuttleworth.
 Mixture of surfaces, no stiles, easy walking. Parking free at the The Shuttleworth Collection. Unfortunately this walk is not served by public transport.
 Toilets and refreshments available at the Shuttleworth Collection both before and after the walk.
 Why not arrive early and enjoy breakfast or just a coffee in the cafe before the walk and afterwards why not stay, have lunch, then visit the beautiful Swiss Garden or the Shuttleworth Collection. Special group rates apply, ask leader for details.
 No booking necessary, No dogs please. Bring a snack as there will be a break during the walk.
 Leader Marcus Kilby 01462 812005. On the day 07417 498199

Key to Colour Coding

Health Walks

Walks 5.5 miles and above

Informative Interest Walks

Training Course

Taster Sessions

Monday 9th September 2019

10:30 am	<p>Luton near the source of the River Lea Starting from: Lancaster Avenue sports ground car park Luton LU2 7AD. OS GR TL083 259</p> <p>Semi urban walk. 2 hour 15 minute leisurely walk is full of surprises as we go seeking out large areas of open land to the north of the town & tracing back the River Lea to near its source. 4.2 miles no stiles, mostly level walking on good surfaces. Car parking free at the sports ground. Public transport: Buses 24 & 25 (every 30 mins approx.) Bus 81 (Luton to Bedford every hour) Nearest bus stop Warden Hill Road. Toilets and refreshments on route. Bring a snack as there will be a break during the walk. Dogs welcome, No need to book just turn up. Leader Ramblers Jeff Petts 01582 654280, mob. 07938561659</p>
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9:00 am	<p>Health Walks Beeston Nr Sandy. Starting from junction of The Green and the Crescent. 60 minutes. Contact Gillian 07890 232685 for more information.</p>
10:00 am	<p>Leighton Buzzard. Meeting at Bell Close opposite Morrisons garage. Contact Edith for more information 01525 376551.</p>
10:30 am	<p>Bedford. Starting from The Butterfly Bridge, The Embankment Bedford. 3 walks available short, intermediate and long all lasting about 60 minutes. Afterwards join us for coffee and biscuits at the Embankment Hotel cost £2 per person if you wish to continue socialising.</p>

Tuesday 10th September 2019

10:00 am	<p>A walk in the Park Starting from: The Forest Centre, Station Road, Marston Moretaine MK43 0PR Take in the early autumn sights and sounds of the Millennium Country Park, with one of the Ranger team. Learn about how the Park was created from old brick pits and farmland and how it has changed over the years. Nearly 20 years after creation, the site is managed for both people and wildlife- come and find out how. Stile free on surfaced and unsurfaced paths which can be muddy in parts after prolonged rain. 1.5 - 2hours duration. Plenty of Parking available, Car park charges apply £3 for 3 hours and over. Accessible by public transport. Rail via Marston Vale Line Bedford-Bletchley. Nearest Stations Millbrook and Stewartby 20 minutes to Forest Centre. Bus To the centre of Marston Moretaine. 15 minute walk to Forest Centre. Toilets and refreshments available in the Forest centre. No booking necessary. No dogs please Leader: Marston Vale Forest Ranger Anna Charles 01234 7626149</p>
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Tuesday 10th September 2019

10:00 am	<p>The Ouse Valley Starting from: The Layby just north of the River in Turvey MK43 8EW (Three Fishes pub) OS GR SP937 523. This 12 mile circular in the picturesque Ouse Valley includes the "Three Shires Way" and passes through the scenic villages of Harrold, Carlton and Turvey. This countryside walk has the usual hazards, stiles, gates, uneven ground and sections can be muddy after rain. Parking in layby is free. Public transport Stagecoach service No 41 Bedford to Northampton stops in Turvey just a few minutes walk to start. Toilets and refreshments available at Harrold Country Park mid afternoon. Bring lunch and snack as there will be stops during the walk. No dogs please. No booking required. Leader: Ramblers Sue Tate 01234.823974, Mobile: 07849827049</p>
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10:00 am	<p>The return of the Purple Starting from the Herons' View visitor centre Rushmere Park Post code LU7 0EB OS GR SP 912 285 A 3 hour stile free circular walk around the varied areas of heathland within the Kings Wood and Rushmere National Nature Reserve, seeing how different heathland restoration techniques have resulted in a rich and varied landscape with heathland at its heart, helping increase the area of this threatened habitat on the Greensand Ridge. No stiles but some steep gradients. Toilets and refreshments available at the Herons' view visitor centre and during the walk at Stockgrove visitor centre. Nearest public transport at Heath and Reach 30 minutes walk to Herons' View visitor centre Parking £3 or free to annual pass holders No booking required. No dogs please. Led by Greensand Trust Ranger Bob Hook.</p>
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10:15 am	<p>Hidden Gems of Shuttleworth and Old Warden Starting from the car park opposite Hangar 4, The Shuttleworth Collection SG18 9EP. OS GR TL 150 448. This approximately 2.5 hour stile free informative circular walk explores the hidden gems on the Shuttleworth Estate and at Old Warden Church before returning through the park to Hangar 4. Mixture of surfaces, no stiles, easy walking. Parking free at The Shuttleworth Collection. Shuttleworth is not accessible by public transport. Toilets and Refreshments at The Shuttleworth Collection. Why not arrive early and enjoy breakfast or just a coffee in the cafe before the walk and afterwards why not stay, have lunch, then visit the beautiful Swiss Garden or the Shuttleworth Collection. Special group rates apply, ask leader for details. No dogs please. Bring a snack as there will be a break during the walk. Booking advisable www.bedswalkfest.co.uk For more information contact organiser@bedswalkfest.co.uk Leader Ramblers Tony 01234 353704</p>
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11:00 am	<p>Nordic Walking Stockwood Park Athletics Centre. One hour Nordic walking session. Poles provided. £3 per session. Toilets and refreshments available. For more information 01582 722930. Session also available every Friday at 9-30am.</p>
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Key to Colour Coding

Walks 5.5 miles and above

Informative Interest Walks

Health Walks

Training Course

Taster Sessions

Wednesday 11th September 2019

10:00 am **Can you see the wood for the trees**
 Starting from: Harrold-Odell Country Park visitor centre. MK43 7DS. OS GR SP 956 566
This 2.5 hour lovely circular walk takes in part of the country park, the parish of Odell with its Roman and Saxon origins, ancient church, and Great Wood. There is still more to come before returning to the start. Some parts can be muddy after rain, uneven surfaces
 Parking available. Currently donation £1 per car.
 Public transport: Grant Palmer no 25 hourly service.
 Depart Bedford 9-10am and return 13-42pm.
 Toilets and refreshments available at the visitor centre.
 Dogs welcome. No need to book. Bring a snack as there will be break during the walk.
 Leader : Allison 07949 140881

10:30 am **Blown away with the Bus Walk**
 Starting from the Luton Travel hub, Opposite Luton railway station next to Starbucks LU1 2LT. OS GR TL 092 216.
Ride the bus along the Luton Busway to Jeans Way then walk over Blows Down to Caddington, Slip End, Stockwood Park Discovery Centre and back to the Travel Hub.
 8 Miles. Unsurfaced and uneven paths can be muddy when wet.
 If you come to the meeting point by car use a car park enabling you to park for longer than 3 hours.
 Public Transport: Come by bus buses come to the station or nearby Galaxy square (5 minutes to station & Travel hub). Where applicable make use of your bus pass or travel card.
 By rail the meeting point is opposite the entrance to Luton railway station.
 Toilets and Refreshments available before and after the walk
 Bring a snack as there will be a break during the walk. No need to book.
 Leader Ramblers Bob Tarron 07985 649048

12:45 pm **The Kempston Jewels**
 12:45 Meet at Bedford Midland Road station to board the 12:58 train for Bletchley or board the train at Bedford St Johns station at 13:01pm.
 1:15pm Starting from: Kempston Hardwick station.
From the moment the train leaves the station on the Marston Vale line, this 10km, 6.2 mile, approximately 2.5 hour, linear walk is full of interest and with a few surprises all the way back to Bedford. Magical names like Diemans Land and Buttons Ramsey, cross the blue bridge and into new parkland and "The Kill". View the interesting Kempston All Saints Church, the great wall of willow and magnificent Sikh Temple in Queens Park as you make your back along a section of the picturesque River Great Ouse back to Bedford.
 This walk is mostly on good surfaces but there is one section which does get very wet after rain and cannot be avoided.
 Parking available at Bletchley, Bedford Midland and St Johns stations charges apply.
 Board the Bedford/Bletchley train at any of the stations and get off at Kempston Hardwick the walk starts at 1:15pm. Purchase a single ticket
 Toilets and refreshments available at Bedford Midland Road and Bletchley stations. None on route. Bring a snack as there will be a break during the walk.
 Bus pass and/or senior rail card advantageous for this walk.
 No booking necessary
 Leader: Active Travel Stuart Duncan 07738 416474

Key to Colour Coding

Health Walks

Walks 5.5 miles and above

Informative Interest Walks

Training Course

Taster Sessions

Wednesday 11th September 2019

Health Walks

9:30 am Let's do it health walks starting from Lewsey Sports Park Luton. 45 minute walk followed by refreshments and socialising if you want to. No need to book. No charge. Contact Active Luton healthy walks

10:00 am Starting from Katherine's House, Grand Union Housing Association Building, Dunstable Street Ampthill MK45 2JP.
 This walk should suit those with moderate fitness levels and will last approximately 1 hour. No special equipment necessary just comfortable shoes for walking.
 For more information email: cbtravelchoices@centralbedfordshire.gov.uk

10:30 am Starting from The Reception area of the Forest Centre Marston Vale.
 Marston Moretaine Contact Mike Green 01234 767014 for more information.

10:30 am Starting from the car park near the cafe at Priory Country Park Barkers Lane Bedford. 60 minute circular of the lake.
 For more information on all my health walks contact Sarah Fogarty 01234 852879.

Thursday 12th September 2019

9:30 am **Goodbye Green Belt**
 Meet at the bus stop outside Oxfam at the bottom of Leighton Buzzard High Street LU7 1DN to catch 9:-45 Arriva F77 service to Stanbridge. Get off at Five Bells PH. 10:02.
 Starting from 5 Bells PH Stanbridge LU7 9JF. OS GR SP 964 241 when the Arriva F77 bus arrives.
This 5 mile stile free linear walk takes in some the green space being lost in the area of Tilsworth and Eggington through major development.
 Toilets and refreshments in Leighton Buzzard, none on route.
 Bring bus pass and bring a snack as there will be a break during the walk.
 No dogs please.
 Leader. LB Ramblers Mike Shephard 01525 755590

9:30 am **Bedfordshire's Wooded Wolds**
 Starting from Harrold-Odell Country Park car park
This is a 17 mile circular full day walk through the peaceful landscape known as "the wooded Wolds of North Bedfordshire". The area has a strong historic character and contains a significant amount of woodland, much of it of ancient origin.
Please note this is a 17 mile full day walk on mixed surfaces.
 Parking at Harrold-Odell Country Park suggested donation £1 per car.
 Toilets and refreshments at Harrold Country Park and at the Pub at lunch time. Please bring lunch as there will not be time to order and eat at the pub. No dogs please. No need to book.
 Leader LDWA Roy Carter 01234 301182 or 07784 208997

9:45 am **Wentworth Walk**
 Starting from Toddington Village Hall car park LU5 6AN. OS GR TL 009 290.
This 8 mile, approximately 4.5 hour, stile free, circular walk enjoys undulating open fields, the woods adjacent the Woburn Estate and passes through the villages of Milton Bryan and Eversholt. We stop for a pub lunch at The Green Man Eversholt during the walk.
 Parking and toilets at the village hall. No dogs please. No booking necessary.
 No charge for walk. Lunch and refreshments chargeable.
 Leader: Toddington Rambling Club Tony Madeley 01525 872669

Thursday 12th September 2019

10:00 am Ancient and Modern
Starting from Budgens Car Park High Street Cranfield MK43 0AR
This stile free, three hour, informative, circular amble is mainly on hard surfaces and takes us on a journey around the new forest plantings and through the ancient Marston Thrift woods.
Parking at Budgens and on roadside. Toilets at Budgens.
Refreshments available in Cranfield.
Dogs welcome. Please phone 07719 552241 to book.
Leader: Ivor Roades 07719 552241

10:00 am From Country Park to Chapel End
Starting from outside the cafe at Priory Country Park .Barkers Lane, Bedford. MK41 9RX.
OS GR TL072 493.
This stile free, circular, easy walking amble of approximately 4 miles or two hours is mostly on good surfaces as it heads through the park towards Cardington before returning along the old railway track.
Toilets and parking at the visitor centre Priory Marina.
No booking required. Bring a snack as there will be a break during the walk.
Leader: Ramblers Jan 07895 045410.
Why not make a day of it by enjoying a lunch at the Beefeater or cafe or bring a picnic before joining the afternoon one way trip on the Bunyan boat followed by an informative walk on the bridges of Bedford as you walk back to Priory. See next item.

1:15 pm Boats and Bridges
Starting from The John Bunyan Boat Priory Marina MK41 9DJ (Priory Marina).
The John Bunyan boat departs promptly at 1:30pm for the first part of the trip, a relaxing 45 minute boat trip upstream under the bridges and through town lock, under the historic town bridge, past Riverside North development to Sovereigns Quay. After disembarking our trip returns to Priory Marina by way of an informative walk on "The Bridges of Bedford".
Toilets and refreshments available on the boat and at Prior Country Park and on route.
No stiles, easy walking on good surfaces and virtually flat.
Parking free at Priory Country Park. No dogs please.
Cost Adult £6, Concession £5, Child £4. Family £14.
Booking Essential: www.johnbunyanboat.org. Booking line 01946 690 301 or via The Corn Exchange Box Office, The Harpur Suite, Harpur Square, Bedford.
Walk Leader Ramblers Barry 01234 353704 or 07860 348347 on the day.

Friday 13th September 2019

9:30 am Scared of John Bunyan
Meet in Bedford Bus station MK40 1LX to catch Stagecoach service 9B from Bay G to Haynes departing at 9:40.
Walk starts from Northwood End Road in Haynes when the bus arrives.
Its Friday 13th and things always happen on Friday 13th and this is no exception as we walk the 7 or slightly more miles gently back to Bedford following The John Bunyan Trail. On route our superstitious leader will be telling a few chilling tales about some haunted places in Bedford. If you're superstitious about manholes or walking under ladders you can leave the walk early as we wander around the town.
Don't drive the car - it's safer by bus to-day
If you must come to the meeting point by car use the multi-storey car park by the bus station.
Toilets and Refreshments in Bedford before and after the walk
Bring a snack as there will be a break during the walk. No dogs on Friday 13th.
No need to book. Come if you dare
Leader ramblers Roy Carter 01234 301182 or 07784 208997

9:30 am Matches to Meadows
Starting from The National Trust Dovecote car park Willington MK44 3PX
OS GR TL107 499
This 2.5 hour informative, stile free, circular walk starts with a brief history of the 16th century buildings. The walk crosses the former Bedford to Sandy railway line and Elstow Brook where kingfishers can frequently be seen, and continues onto the Grange Estate. The walk will cover environmental projects delivered on site, local wildlife, land use history that ranges from agriculture to poplar plantations (for the matchstick industry), mineral extraction and then to its current use being grazing, leisure and forestry.
The walk is stile free and mostly on a flat level service with the option to walk along the Elstow Brook via a grass track or continue onto Danish Camp and return to the car park via the surfaced Bedford to Sandy cycleway.
Parking available by National Trust Dovecote Willington.
By bus: Stagecoach service No 73 Bedford/Biggleswade. Bedford Bus Station 9:15 Willington Crossroads 9:31. Or 8:25 from Biggleswade (Sandy Market Place 9-09). 15 minute walk to Dovecote.
Toilets and refreshments available at nearby Danish Camp (10 minutes)
Dogs welcome. No booking required.
For further information please contact Darren Woodward on 01234 762603
Leader : Robin Braithwaite

9:30 am Nordic Walking
Stockwood Park Athletics Centre. One hour Nordic walking session. Poles provided.
£3 per session. Toilets and refreshments available. For more information 01582 722930.

10:30 am Health Walks
Harlington Village Hall. 60 minutes walk4health.
Contact Sue 07887 708304 for more information
No charge just turn up.

Key to Colour Coding

Walks 5.5 miles and above

Informative Interest Walks

Health Walks

Training Course

Taster Sessions

8:00 am Greensand Ridge Walk Challenge
 Meeting Location Ampthill Park West car park nearest A507. Post Code: MK45 2HX (Council Offices and Hub in Central car park) OS Map GR: TL 024 381. Centre map B5.
Board a coach to transfer to start at Leighton Buzzard. The walk starts along the Canal, through Rushmere park, to Woburn and via Eversholt, Ridgmont and Millbrook before arriving back in Ampthill Park around 4:30 pm. 19 miles, Linear. After an easy start the walk becomes more and more of a challenge.
 Parking free in Ampthill West car park. Toilets at Tesco before the start and also at Woburn. Refreshments are available at Tesco before the walk. Bring lunch and adequate fluids. Suitable breaks arranged by Leaders.
 Dogs allowed but owners should make sure they bring suitable food and fluid.
 £15 charge to cover organisational and transport costs whether you come for one or both days. (Pay Pal available). You can book for one or both days.
Booking essential: via the web site. www.bedswalkfest.co.uk or using the booking form at the back of the festival programme or by post to:- Organiser Bedfordshire Walking Festival 67 Avon Drive Bedford MK41 7UR. Cheques payable to "The Ramblers Bedfordshire Area".
 Queries: email organiser@bedswalkfest.co.uk. Tel: 01234 353704
 Certificates/Badges awarded for those completing the challenge. Payment with booking please.
 Leaders: Ramblers' Roy and others

9:45 am The Sundon Hills
 Starting from Sundon Hills country park OS GR TL047 285
This very enjoyable 6 mile stile free circular takes us on to the Icknield way, one of Britain's oldest roads, and later a steep climb up to Sharpenhoe Clappers before returning along the ridge, left by the last ice age, and enjoying good views across the Bedfordshire countryside.
 Parking free at Sundon Hills Country park. No toilets or refreshments available.
 Accessible by public transport from Luton service No 78. Get off at Upper Sundon Methodist Church approx 10-15 mins walk to Country Park.
 Dogs welcome but must be kept on leads at all times.
 Bring a snack as there will be a break during the walk. No booking required
 Leader: Toddington Rambling Club Keith Featherston 01525 874565.

Pulloxhill



11:00 am Flora and Fauna with a bit of John Bunyan
 Starting from Flitwick Railway Station Steppingley road. MK45 1AJ. OS GR TL 033 350
This 10k 6.2 mile linear walk from Flitwick station to Harlington partly follows the John Bunyan trail through beautiful woodland and farmland with a lovely mixture of environments and interesting flora and fauna. Generally good conditions underfoot and the route has some stiles and steps and two reasonable climbs.
 Parking available at Flitwick and Harlington Stations Charges apply.
 Thameslink run a frequent service on this line and bus or rail cards useful. If coming from London get return to Flitwick. If coming from Bedford get return to Harlington and get off at Flitwick.
 Toilets and refreshments available in Flitwick before the walk and Harlington at the end of the walk. No booking required. Suitable for families with children 9+.
 Dogs welcome must be on leads.
 Leader: Central Bedfordshire Andy Brocklehurst tel: 0300 300 4764

1:30 pm Along Ravensden Brook
 Starting from Mowsbury Park Kimbolton Road car park Bedford MK41 8AQ. OS GR TL 060528
This delightful 9km circular goes through woodlands towards Wood end and Ravensden House before following the brook past the plantation towards Renhold and Putnoe Wood back to Mowsbury Park.
 Parking free in Kimbolton Road car park.
 Bedford bus station: Stagecoach service no 6 every 12 minutes get off at Avon Drive/Tyne Crescent near Pheasant PH then 5 minute walk to meeting point. Stagecoach service 7, get off stop nearest Mowsbury Park, 6 minute walk through park to Kimbolton Road car park meeting point. Refreshments and toilets available at cafe in Mowsbury Park next to Wentworth Drive car park. No dogs please. Bring a snack as there will be a break during the walk.
 No booking necessary just turn up.
 Leader: Ramblers Margaret 07780 933 729

2:00 pm Historic Houghton Hall informative walk
 Starting from Houghton Hall Park Visitor Centre foyer, Park Road North, Houghton Regis, LU5 5FU. OS GR TL024 038
Come along and enjoy a leisurely circular walk of approximately one hour whilst learning about the history of this 17th century park and finding out about the development and progress that has occurred throughout the park including the restored Kitchen Garden, Formal Gardens and the Visitor Centre.
 Parking: Houghton Hall Park Visitor Centre car park on Park Road North (free for a maximum of 3 hours). Public transport: Nearest bus stops are Bedford Square (Route A – Dunstable/Luton) or Morrison's Supermarket (Route A or E - Toddington/Luton).
 Toilets and refreshments: The Visitor Centre has toilets including an accessible toilet, there is also a café with a varied menu of food and drink to enjoy.
 Responsible owners and their dogs are welcome in the Park and Visitor Centre. All dogs must be kept on a lead whilst in the Visitor Centre.
 Suitable for wheelchairs and buggies. No need to book.
 Leader: David Hill 07305 433950

Key to Colour Coding

Health Walks

Walks 5.5 miles and above

Training Course

Informative Interest Walks

Taster Sessions

Sunday 15th September 2019

7:45 am The Greensand Ridge Walk Challenge (Day 2)
 Meeting Location Ampthill Park West car park nearest A507. Post Code: MK45 2HX (Council Offices & Hub at central car park) OS Map GR: TL 024 381. Centre map B5.
Board a coach to transfer to start at Gamlingay Cinques. The walk passes through two estates before reaching Everton. Along a Roman road and past a Roman camp, through villages of Beeston, Northill, Haynes, Clophill and Maulden before arriving back in Ampthill Park. After an easy start the route becomes more challenging. **Note earlier start time than day 1. Distance 21 miles.**
 Parking free in Ampthill Park west car park.
 Toilets. Pubs in Northill and Haynes plus Eco Lodge at Clophill.
 Refreshments. Bring lunch and adequate fluid. Suitable breaks arranged by Leaders.
 Dogs allowed but owner should make sure they bring suitable food and fluid
 £15 charge to cover organisational and transport costs whether you come for one or both days. (Pay Pal available). You can book for one or both days.
 Certificates awarded for those completing the challenge.
 Booking essential via the web site. www.bedswalkfest.co.uk or use the booking form in the festival programme or by post to Organiser Bedfordshire Walking Festival 67 Avon Drive Bedford MK41 7UR. Cheques payable to "The Ramblers Bedfordshire Area". Payment with booking please.
 Queries email: organiser@bedswalkfest.co.uk. Tel: 01234 353704
 Leaders: Ramblers' Roy & Others.

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Sunday 15th September 2019

The last day of the 10th annual Bedfordshire Walking Festival offers three walks from Ampthill Park, Woburn Street, Ampthill MK45 2HX. OS GR TL 024 381. Organised by Ivel Valley Walkers. All walks start from the festival tent located between the cricket ground and the west car park. Toilets and refreshments are available at Ampthill Park hub a few minutes walk from the festival tent. No booking necessary, just turn up. No charge for the walks.

10:00 am Royals, Ruin and a Church on a Hill
 This 7 mile circular is a real joy. Seeing Ampthill Great Park as autumn approaches, a ruin that Cromwell didn't knock about a bit, a Church on a hill, a few ups and downs, and some excellent views on a clear day.
 A mixture of surfaces and some parts can be muddy after rain.
 Bring a snack as there will be a break during the walk.
 Leader Ramblers Sandra 01525 222676

10:30 am The delights of Ampthill Park and Coopers Hill
Join Ampthill Health Walkers to explore the many paths in Ampthill Park and Cooper's Hill, with extensive views, lovely woodland and the largest remaining area of glorious heathland in Bedfordshire, followed by optional refreshments at the Hub afterwards.
 90 minutes duration, no stiles but some hills and uneven terrain and exposed roots in places. Leader: Ampthill Health Walk organiser Lynda 01234 740788

2:00 pm Ampthill Great Park Heritage Walk
This fascinating, informative circular heritage walk of 2 hours duration will take in 10 points of historical interest within and just outside of the park. Henry VIII hunted in the park as did James I. and there will be references to other historical figures and features along the route. Easy walking, some paths may be slippery when wet.
 Leader: John Hele 01525 840278, on the day 07768 252461



Sunday 15th September 2019 - Around the County

10:00 am Outstanding Oakley & The Delights of the River Great Ouse
 Starting from: Oakley, junction of Church lane and Ruff Furze MK43 7RP OS GR TL.008 532
This lovely 6 mile circular enjoys some scenic and peaceful sections of the River Great Ouse as it makes its way through picturesque villages and past historic houses. Easy walking, some uneven surfaces and can be muddy in parts.
 Street parking near the start. Please be sympathetic to residents.
 Not accessible by public transport today.
 No toilets or refreshments on route. Bring a snack as there will be a break during the walk.
 No need to book.
 Leader: Bedford Rambling Club John Dixon 01234 824959 or 07944 379668

10:00 am "Ten Shun"
 Starting from : Woburn. Park Street, Free car park opposite St Mary's Church. MK17 9FJ. OS GR SP951 331
A 10km circular, stile free, informative walk round Woburn Deer Park encompassing some little-known World War II sites, including the black propaganda studio at Milton Bryant that sent out fake news under the pretence of being an official German broadcasting channel, the transmitting station at Potsgrove, Woburn Abbey where the Political Warfare Executive was based, and Paris House, used as an outstation of Milton Bryant where "turned" Nazi prisoners were housed.
 Parking Free Car parking in park Street car park.
 Toilets and refreshments available in Woburn after the walk.
 Bring a snack as there will be a break during the walk.
 No Need to book. No charge for walk. Dogs welcome.
 Leader: Ted Herbert 01525 374796

10:00 am Sundon Hills and Sharpenhoe Clappers
 Starting from Sundon Hills Country Park car park LU3 3PE (Nearest). OS GR TL 047 285.
A delightful 6 mile 10km circular walk along the high ground to Sharpenhoe Clappers returning on a different but nevertheless just as interesting route with some superb views.
 The walk includes a steep ascent and a steep descent down steps There are no stiles.
 Parking free at Sundon Hills Country Park.
 No toilets or refreshments available. Bring a snack as there will be a break during the walk. No dogs please. No need to book.
 Leader Ramblers Andrew Turnbull 07770 166489

Key to Colour Coding

Health Walks

Walks 5.5 miles and above

Informative Interest Walks

Training Course

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Sunday 15th September 2019 - Around the County

10:30 am The Mills of the Etonbury Green Wheel
 Starting from: Stotfold Mill car park SG5 4NU OS GR TL 225 363.
A two hour informative leisurely walk taking in three mills of Stotfold and Astwick. Passing through the conservation area to the Church of St Guthlac and back through Stotfold via St Mary's Churchyard following the River Ivel where both Heron and Kingfishers are frequently seen, whilst appreciating Bedfordshire's countryside as summer moves to autumn. Stile free.
 Parking: free parking at Stotfold Mill.
 Toilets and refreshments available at Stotfold mill after the walk.
 Dogs Welcome. No Booking necessary
 Leader Tim Boughen 07778 768541

1:30 pm Who do you think they were?
 Starting from The Chapel in Bedford Cemetery, Foster Hill Road, Bedford MK41 7DD. OS GR TL048 511.
 Have you ever read the wording on a headstone and wondered what was really meant? "Who do you think they were?" is a 2 hour fascinating leisurely ramble round a 37 acre Victorian cemetery during which you will hear about the people buried here and some surprising meanings behind those words written on the headstones.
 Parking for several cars by the chapel with a large car park 300 yards away.
 15 minutes walk from St Peter's Green via De Parys Avenue and Bedford Park.
 Toilets available before and after the walk. Refreshments available after the walk. (Chargeable).
 Walk not suitable for dogs.
 No need to book. No charge for walk but donations for cemetery upkeep welcome.
 Leader. Friends of Bedford Cemetery volunteer Adrian Bean.



Ramblers don't just walk



Bedfordshire Ramblers don't just walk, although walking is their main activity, they provide volunteers for footpath restoration, look after local footpaths, run training courses to help people understand maps and use their digital devices, organise social events, walking holidays and breaks in other parts of the country. There are four Rambler groups in Bedfordshire plus one affiliated group, each with its own programme and each with their own style.

Ivel Valley Walkers

Ivel valley Walkers are the largest and most active group in the county. On Sundays, a walk of 12-13 miles alternating between a full day walk one week and two half day walks the other. The half day walks return to the start point at lunch time enabling walkers to come for the morning, the afternoon or staying all day. Sunday is also used for train walks into or around London and coach trips. During the week, on alternative Tuesdays a full day walk of around 12 miles one week and half day footpath work on the other. Wednesdays, a morning walk of around 7 miles every week. Thursdays alternative weeks a morning amble and on the other week special interest walks are

being developed. On alternative Friday's our walks involve public transport, particularly the bus, and are often linear enabling walkers to explore places without worrying about driving or the car. In the summer months there are Evening walks of 4 to 5 miles during the week.

You want more, we do more. There is at least one holiday and often two long weekends away featured in the programme along with social events and of course our footpath work, throughout the year.

Everything we organise is done to make our walks, enjoyable, interesting, and infectious. You are welcome to try walking with us, get involved with maintaining paths and green spaces. Keep healthy and explore new places with Ivel valley Walkers. Our programme is available on line www.ivelvalleywalkers.co.uk

Lea & Icknield (Luton) Ramblers

We are a friendly group based in the Luton area, and we walk throughout Bedfordshire, also Hertfordshire and Buckinghamshire. We walk every Sunday, and two Wednesdays a month, typically 5-8 miles, sometimes 10 or more. In addition to this we have a short(3-4 mile) walk

in the local area on the first Wednesday of the month, primarily aimed at less confident/ less able walkers, but these prove popular across the membership. Wednesday walks are usually followed by a pub lunch for those that wish. Walking is the most important aspect of our group, but we do have a few social events throughout the year; an Annual Dinner, a pub quiz night and an outdoor quiz walk. Whilst the majority of our members fall into the 50 plus age range, we are young at heart and welcome all ages. All our walks can be found on the Ramblers web site. For more information please contact Chairman jeffpetts@hotmail.com

Leighton Buzzard Ramblers

We are a friendly and active group and we welcome walkers of all abilities. We have a varied programme with walks each Sunday and a mid-week walk once a month. These vary from short gentle walks aimed at those new to walking to longer and more strenuous walks for the experienced walker. We also have a lively social programme, as well as an annual holiday. Groups of members sometimes undertake way-marking and minor path clearance.

Details of all our walks can be found on our website at www.lb-ramblers.org.uk or on our Facebook site.

North Beds Ramblers

Saturday is the day that our group take to the paths and fields, get some fresh air and socialise. We are a friendly group and walk at a moderate pace which gives time to chat and be aware of the landscape we are walking through.

We have a varied programme (available on-line via Ramblers web site) and endeavour to walk all around North Bedfordshire. The walks are 5-7 miles and we start at 1pm in the winter and 1.30pm in the spring/summer. We always have a refreshment break during the walk. Contact margaret.sawyer@ntlworld.com for more details.

Bedford Rambling Club

Affiliated to Ramblers. We're a small, friendly and sociable walking group who walk on Sunday and Monday mornings for 2-3 hour circular walks around Bedfordshire & the surrounding areas. We also have social events throughout the year. Established in 1938 to "encourage a love of the open air, to provide for the healthy enjoyment of leisure, to assist in the preservation of the amenities of the countryside, and to promote social and international friendship." Still valid today. The Club is affiliated to the Ramblers association and HF Holidays and we normally arrange to go away for a walking holiday to one of their country houses once a year. www.bedfordramblingclub.org.uk

Training

Our one day training courses are open to all usually take place at weekends. Courses available are:-

Map Awareness: For people would like to understand more about walking maps and how to use them.

How to use a compass: Although many people now use GPS for navigation what happens if the batteries run out or you cant get a signal. Knowing how to navigate with a compass could save your life.

Apps, Maps & Compasses: More and more people are using satellite systems for navigation and this course helps people get the best from their system.

Walk Leaders Course: Do you lead walks or are you a walk leader. Do you know the difference. If you don't know and want improve your leadership skills this is the course for you

Basic First Aid: Compiled by a walker specially for walkers, this basic course covers everything you may encounter when out walking.

The next course is: Apps, Maps and Compasses on Sunday 8th September at Maulden. See programme or website for details www.bedswalkfest.co.uk



Footpath Restoration (RIPPLE)

RIPPLE Restoring and improving public paths for leisure and enjoyment.

Over the last few years our enthusiastic and dedicated volunteers have cleared many miles of paths, put in over 100 yellow topped marker posts, replaced stiles with kissing gates, improved sleeper bridges and added yellow and blue directional discs. We work alternate Tuesday mornings across the county with both Bedford Borough and Central Bedfordshire Councils. Equipment is provided and volunteers have been on courses enabling them to use specific power tools. The work is very rewarding and appreciated not just by the local councils but by local parishes and users of the network. Much more could be done with more volunteers and you don't have to be a member of the rambles to participate. Your help would enable us to do more. It's healthy, rewarding and a good Tuesday morning out. To join us or find out more contact Barry Ingram walking@madasafish.com.



Footpath Working Party

Footpath Guardians

Looking after local footpaths, reporting and dealing with problems is very different to our footpath working group. Looking after local footpaths in a particular parish means checking them out from time to time and reporting any problems. Or you may want to get involved with consultations on new housing development for example. You don't have to be a member of Ramblers to be a local footpath Guardian. If you would like to find out more please contact Robert Tarron, Chair of the Area Footpath Committee. email; robert.tarron@btinternet.com

Nordic Walking with Active Luton

Nordic Walking is a fitness activity that involves walking using specially designed poles similar to ski poles to help propel you forward. It's an enjoyable workout for everybody – no matter what your age or fitness level. It also tones the upper and lower body at the same time and burns up to 46% more calories than normal walking!

Why the poles? By bringing in the use of arms, you add to the intensity of the exercise, using your upper body muscles as well as your legs. The poles help to propel you forward faster, which is good for your heart and lungs and is why it burns more calories. The poles also help people with neck, shoulder and back problems.

Our Nordic Walking sessions are also very sociable and an ideal way to meet new people – join us at Stockwood Park Athletics Centre on Tuesday mornings at 11am or Fridays at 9.30am. You'll receive a warm welcome and there's tea and coffee available in the centre for everyone to get sociable afterwards.

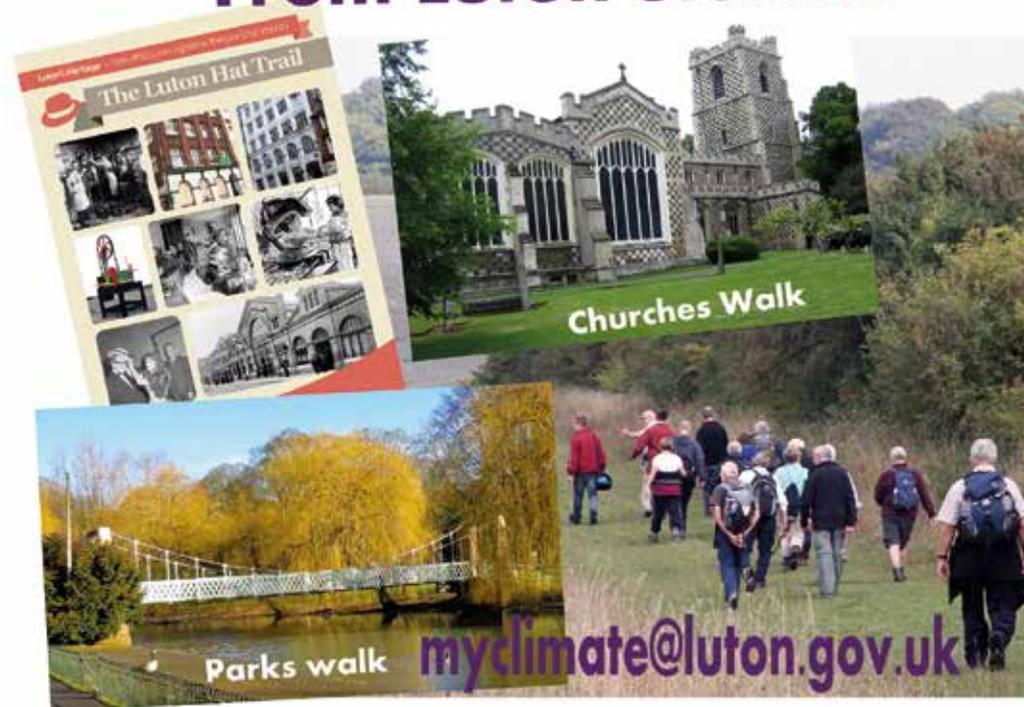
Here's what some of our Nordic walkers say:
"The opportunity to exercise as part of a group has



kept me motivated. I walk with my son to school and knew that my fitness needed to improve. I'm less out of breath now and can see the benefits of my weekly sessions. I wouldn't be motivated enough to go for 2-3 mile walks on my own and really value having the opportunity to take part in a local group where we all encourage one another"

"I took up Nordic Walking three months ago and have lost 1 1/2 stone – but the most important thing is that I've enjoyed every minute of it."

For more information about Nordic Walking with Active Luton call 01582 400272, or just turn up to Stockwood Park Athletic Centre on Tuesdays for 11am start or Fridays for 9.30am start. We'd love to see you!



Towns and Villages in Bedfordshire

Bedfordshire is one of the smaller counties of England and is only 30 miles north of London at its southernmost tip and borders the counties of Hertfordshire, Cambridgeshire, Northamptonshire and Buckinghamshire. Much of it is unspoilt and rural with pretty villages and small market towns. The county town of **Bedford** straddles the River Great Ouse. The Heritage Quarter (site of Bedford Castle) has been redeveloped in recent times and the **Higgins, Panacea and Bunyan Museums** and surrounding galleries and shops are well worth a visit.

In the south is **Luton** and to the west of the county are **Dunstable** and **Leighton Buzzard**. The Priory Church of St Peter dominates the High Street in Dunstable and is one of the best examples of Norman architecture in England. On the outskirts of the town are Dunstable Downs, which are part of the Chilterns Area of Outstanding Natural Beauty, and the highest point in the county. Nearby are **Whipsnade Tree Cathedral (NT)** and **Whipsnade Zoo**.

Leighton Buzzard to the north west of Dunstable is the home of the Grand Union Canal and also the starting point of the **Greensand Ridge** – along which a 40 mile walk crosses the county from the south west to the north east – ending just over the Cambridgeshire border near Sandy. At the heart of the walk is the village of **Clophill** – stop here a while and visit **St Mary's Old Church** or stay in one of the recently opened **Eco Lodges**.

In the middle of the county, are **Amphill** and **Shefford**.

Amphill is a Georgian town with a pretty centre and a variety of shops, cafes and restaurants. On the outskirts of the town are the remains of **Houghton House** which was built in 1621 by Mary, Countess of Pembroke and may have been the inspiration for 'House Beautiful' in *The Pilgrim's Progress*. **Shefford** is a small market town on the outskirts of which is Chicksands, home to the Defence College of Intelligence, British Army Intelligence Corps and fascinating **Military Intelligence Museum**. **Chicksands Priory** has been on this site since 1150, and has the only surviving remains of a Gilbertine cloister and is opened to the public on some Sundays throughout the year.

In the north east corner of the county there are three market towns, **Biggleswade**, **Sandy** and **Potton** – all with a proud market gardening heritage. The excellent transport links enabled speedy delivery of vegetables, salad crops and flowers to markets in London. The development of Biggleswade owes much to its position on the Great North Road. **Jordans Mill** is at nearby **Broom**.

Sandy, was also important for market gardening. Sir Robert Peel, the former Prime Minister and founder of the modern Police Force, lived at **The Lodge**, which is now the Headquarters of the RSPB.

Potton, the smaller of the 3 towns, has a most attractive Market Square which was largely rebuilt with handsome Georgian and Victorian properties in the late 18th century following a disastrous fire.

Villages

North Bedfordshire – is an area of wide views and pretty villages. Close to Bedford is **Bromham** with an attractive bridge and mill. **The Mill** is open to the public every Saturday & Sunday from April to September. Not far away is the village of **Stevington** which has the only complete windmill left in the county. The other gem in Stevington is **Kathy's Brown's Garden** at the Manor House, which is a 4 ½ acre plot developed over the last 20 years. It is open throughout the summer on most Tuesdays and Sundays.

The **North Bedfordshire Heritage Trail** is a long distance walk which meanders through some of the prettiest villages, **Turvey**, **Harrold**, **Odell**, **Sharnbrook**, **Riseley** and **Colmworth** amongst others. Between Harrold and Odell, there is the 144 acre **Harrold/Odell Country Park**.

John Bunyan's influence can be felt right across the county, none more so than at his home at **Elstow** which is a delightful village on the edge of Bedford. The 15th century timber-framed market hall, known as **Moot Hall**, stands on the village green and is now a museum. To the south of Bedford, there are a cluster of villages, all of which could claim to be Bedfordshire's prettiest village. **Northill** has a 14th century church, duck pond and traditional pub in the centre of the village. **Ickwell** is a typical English Village with beautiful cottages built around a large village green, where cricket is played on summer Sunday afternoons. **Old Warden** is a picturesque village recreated in the Swiss style in the early 19th century and is home to the **Shuttleworth Collection** and the newly restored **Swiss Garden**. **Southill** is a charming estate village dominated by Southill Park, home of the Whitbread Family since 1795. In the centre of the county is the village of **Henlow**, home to the famous Spa – **Champneys**. Separate from the main village is RAF Henlow and the **Signals Museum**. Nearby is **Henlow Bridge Lakes**, a beautifully landscaped camping and caravan site with 4 lakes and excellent fishing facilities.

Nearby **Stotfold** is home to the fully restored **Stotfold Water Mill and Nature Reserve**, which is open on most Sundays throughout the summer.

In the far west of the county there are several beautiful estate villages which belong to the Duke of Bedford – the jewel in the crown being the village of **Woburn**. The history and development of Woburn is centred on the palatial **Abbey** standing in its 3000 acre deer park which has been the home of the Russell family, the Dukes of Bedford, for over 450 years and is also home to the **Safari Park**. Nearby **Ridgmont**, has a restored **Station** which is now a visitor centre and cafe and can also be accessed by the **Marston Vale Community Railway**.

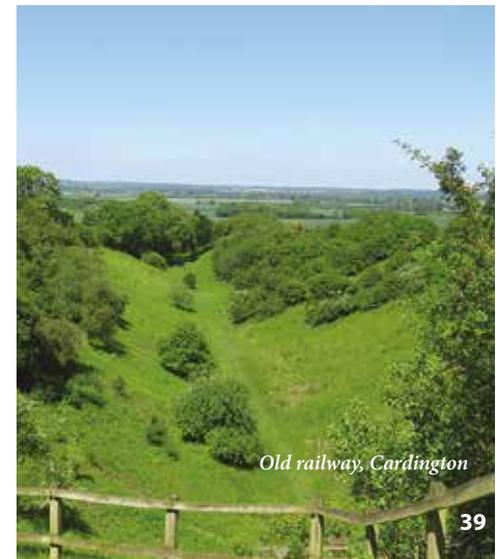


Visit Countryside

The countryside of Bedfordshire is rich and varied and has much to offer the visitor. There are three long distance walks. **The Greensand Ridge Walk** – the greensand creates an island of distinctive, beautiful and loved countryside – the **John Bunyan Trail**, a 45 mile walk from north to south of the county, and the **North Bedfordshire Heritage Trail**.

In addition to these there are circular walks centred on many towns and villages. To discover more visit www.letsgo.org.uk where you will also find information on cycling and riding. **The Skylark Ride** is the premier route for horses and their riders.

There are Country Parks - on the outskirts of Bedford is **Priory Country Park**; in the north of the county, the **Harrold/Odell Country Park**, and in the centre, the **Millennium Country Park at Marston Moretaine**. Cycling is also well catered for, with **National Cycle Route 51**, between Bedford and Sandy, with an extension to Potton in 2017. There is also a signed cycle route alongside the Greensand Ridge and many cycle ways along country roads in the north of the county.



Cranfield

Travelling to Bedfordshire

The county is well served by major roads, M1 A1, A5, A6, A421, A14/A428, A507.

Frequent train services are provided by LNER, GreatnorthernThameslink on the East Coast line to Arlesey, Biggleswade and Sandy. East Midlands Trains to Bedford and Luton with Thameslink calling at all stations in between.

On the West Coast line to Leighton Buzzard Virgin trains, with London Northwestern Railway and West Midlands Railway calling at intermediate stations.

The Marston Vale community rail partnership with West Midlands trains being the operator run a regular service between Bedford and Bletchley and links with the west coast line at Bletchley and East Midlands trains at Bedford.

For timetables see the operating company or www.nationalrail.co.uk www.thetrainline.com

Travelling by bus the three main operators are Arriva, Stagecoach and Grant Palmer www.arriva.co.uk www.stagecoachbus.com www.grantpalmer.com

Local Accommodation: There is a good range of accommodation to choose from and the best way of finding the type you want is to look them up on the internet.



Broom Lakes

The Royal Oak

Potton

Trevor & Helen welcome you to the Royal Oak, the oldest pub with its oak beams in the historic market town of Potton Bedfordshire.

Fine Wines • Real Ales • Delicious Food • Comfortable Garden Seating
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The Royal Oak, 4 Biggleswade Road, Potton SG19 2LU Tel: 01767 261888

Great Walks & Days Out by Train on the Marston Vale Line! (Bedford – Bletchley)



Aspley Guise & Woburn Sands – Explore trails through ancient woodland starting at either station.

Ridgmont - Home of **Ridgmont Station Heritage Centre**.

Enjoy afternoon tea in the original Ladies Waiting Room, a guided visit of the original Victorian Booking Office and browse in the Gift Shop!

New From Richmond to Ridgmont exhibition celebrating the history of the former London Underground 230 units & their new use here!

PLUS circular and linear walks to suit all abilities!

Free entry!

Open Tues to Sat 10.00- 4.00 until 21st December.

Groups and school parties welcome all year by prior arrangement.

Tea Room open daily 9am – 4pm except Mondays.

Sundays open 11am – 3pm **bookings only**.

Booking recommended at other times.

10% off for rail passengers all year!

Call 01525 287120 (Tea Room) 01525 287121 (Heritage Centre)

Millbrook – Gateway to the spectacular **Millennium Country Park** at the heart of the Forest of Marston Vale. Pleasant walk or cycle ride on surfaced paths to the **Forest Centre**. **10% off for rail passengers on tea, coffee and cake in the Lakeside Café!**

Bedford – Stroll along the stunning Victorian Riverside Embankment, speciality shops and markets plus the fabulous **The Higgins Bedford, John Bunyan Museum & Panacea Museum**.

All **free** entry and just a short walk from Bedford St. Johns!!

GroupSave Rail Tickets:
 third off for adults
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PLUS many more great days out! Contact us for details

01234 832645

stephens@bedsrcc.org.uk

www.marstonvalecommunityrail.org.uk

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www.greensandtrust.org/rushmere-country-park

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Cruise the Great Ouse on the John Bunyan from April to October. We have regular public cruises every week as well as special cruises including Afternoon Tea, Fish & Chip Suppers, Jazz Evenings, Folk on the Boat, Motown & Northern Soul and more!

2019 cruise guide – available from most supermarkets, shopping centres, leisure centres, train stations and hotels around Bedford - for full details and cruise times.

Visit www.johnbunyanboat.org or call 01946 690 301 to book tickets. Private charters are available for your event. Please call one of our team on 03301 239 511 for further information or to discuss your requirements.

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Acknowledgements and Thanks

The 2019 Bedfordshire Walking Festival has been made possible by funding and support from Countryside Partners across the county. In particular the following organisations:

Amphill Town Council	Long Distance Walkers Association (LDWA)
Bedford Borough Council	Luton Borough Council Active travel Team
Bedford Rambling Club	Nick Markham for the Festival web site
Beds Rural Communities Charity	Ramblers Groups: Ivel Valley, Lea & Icknield Luton,
Central Bedfordshire Council:	Leighton Buzzard, North Beds.
Active Lifestyle & Countryside Team	Shuttleworth Collection
County Life Publishing	Stotfold Mill
Friends of the Bedford Cemetery	Trevor Tween
Greensand Trust	The Forest of Marston Vale
Greensand Country Landscape Partnership	Walks for Health
Houghton Regis Historical Society	Walk Leaders including all the Interest Walk Guides
John Bunyan Boat	Woburn Heritage Centre.
Leighton Buzzard Narrow Gauge Railway	

Contact: Organiser @bedswalkfest.co.uk tel: 01234 353704



Accommodation

OLD JOE'S

90 Fildyke Road, Meppershall, Shefford, Beds SG17 5LU
Tel: 01462 815585 Mobile: 07831 111062
Email: enquiries@oldjoes.co.uk Web: www.oldjoes.co.uk

FULLERS HILL COTTAGES

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Greensand Ridge Challenge

in the Greensand Country

Part of Bedfordshire Walking Festival
Sat 14th and Sun 15th September



40 miles over 2 days
across the distinct,
beautiful and loved
Greensand Country



Book online at: bedswalkfest.co.uk



Bedfordshire Walking Festival 2019

including the Greensand Country

Information request and booking form

I/we would like to receive further information from Please Tick

Ivel Valley Walkers	<input type="checkbox"/>
Lea & Icknield (Luton) Ramblers	<input type="checkbox"/>
Leighton Buzzard Ramblers	<input type="checkbox"/>
North Beds Ramblers	<input type="checkbox"/>
Bedford Rambling Club	<input type="checkbox"/>
The Ramblers	<input type="checkbox"/>
Bedfordshire Ramblers Training Courses	<input type="checkbox"/>
Being involved with footpaths	<input type="checkbox"/>
Health Walks	<input type="checkbox"/>
Greensand Country Landscape Partnership	<input type="checkbox"/>
Active Travel Luton	<input type="checkbox"/>

The Greensand Ridge Challenge

Join the led walk or run, jog, or walk at your own pace

- Day one 19 miles
- Day two 21 miles (If you can't do both days come for one!)
- £15 entry per person for one or both days
- Certificates for completing both days

I/we would like to book for the following walks/events: Price per person No of Places

I/we would like to book for the following walks/events:	Price per person	No of Places
Sat 7 th Sept Autumn Migrants	£4	
Sun 8 th Sept Icknield Way	£5	
Sun 8 th Sept Apps, Maps & Compass Course	£10	
Sat 14 th Sept Greensand Ridge Challenge*	Both days £15*	
Sun 15 th Sept Greensand Ridge Challenge*	Both days £15*	

*Please note £15 per person covers both days even if you only do one day

Name _____

Address _____

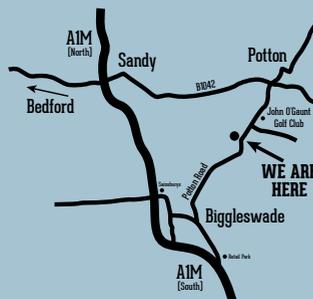
Post Code _____

Contact: Email _____ Phone _____

I/we enclose cheque for £ _____ payable to The Ramblers Bedfordshire Area

Send to: **The Organiser Bedfordshire Walking Festival 67 Avon Drive Bedford MK41 7UR**
Please note your contact details will only be passed to the relevant group or organisation it will not be passed to third parties.

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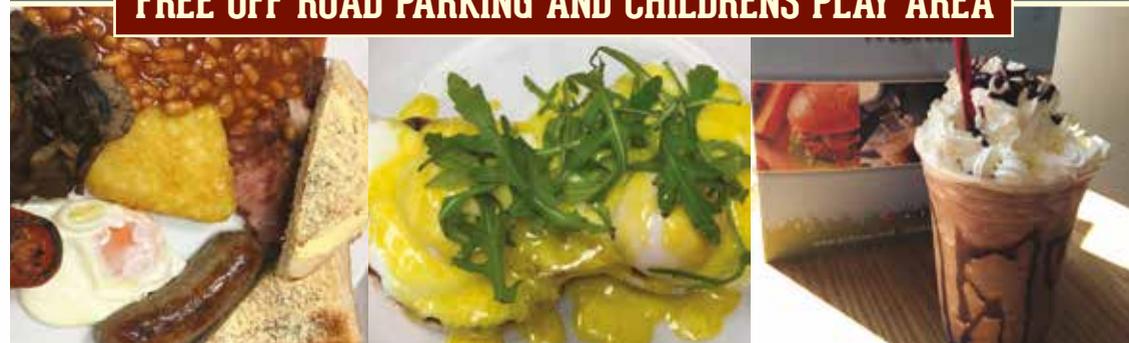
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Swiss Garden video



Shuttleworth, Old Warden, Bedfordshire SG18 9EP - 01767 627927

Shuttleworth is a visitor attraction with lots to offer for all ages. Our **Swiss Garden** has 13 listed structures, a woodland sculpture walk, and resident peacocks and ducks. It's a perfect outdoor space for all the family to enjoy, from exploring its historic features and lovely planting schemes. Children's trails run throughout the year, each with a sticker to collect.

The Collection, adjacent to the garden, is a treasure trove of airworthy vintage aircraft from 1909-1950, agricultural exhibits, and classic cars, motorcycles, bicycles and vintage buses. Flying displays featuring these working take place May-October and include entry to The Swiss Garden.

Events and family activities run throughout the year. We have a children's play area, on-site restaurant, free wifi, a Visitor Centre with gift shop and free parking. Groups are welcome! Free admission for under 5's.

DAILY ADMISSION: www.shuttleworth.org/book-a-ticket