Getting active can be difficult. But we’re here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It’s a great way to stretch your legs, explore what’s on your doorstep, and make new friends. For over 12 years, we’ve helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

Why walk?
Walking is truly accessible – almost everyone can do it anywhere and at any time. It won’t cost you anything, and you don’t need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health…
- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase ‘good’ cholesterol

How you can get involved
BRCC co-ordinates Walk 4 Health walk programmes throughout Bedfordshire. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you’d like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. You're free to take part in as many walks as you like, as often as you like. Regrettably, dogs are not allowed on most walks. If you want to know more before you start, just get in touch with the appropriate Walk Leaders or with Mike Fayers, Health Walks Manager, on 01234 832619 or at mikef@bedsrcc.org.uk.

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

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC037979)
Macmillan Cancer Support is a registered charity (England and Wales no. 201017, Scotland no. SC019937, Isle of Man no. 604)
MONDAY

Kempston Beginners
Weekly, 10.30am, 60 minutes
Meet at Kempston Gurdwara. Leader: Shital Gandhi on 07958 382081

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

TUESDAY

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

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

Bedford London Road
Weekly, 10.30am, 60 minutes
Meet at London Road Health Centre. Leader: Simon on 07948 417085

Great Barford Striders
Weekly, 10.30am, various walk routes from10-90 minutes
Start points vary. Leaders: Ruth and Frank on 01234 871321

TUESDAY contd.

Great Denham
Monthly, first Tuesday of the month, 10.30am, 60 minutes
Meet at Great Denham Golf Club. Leaders: David & Suzette on 01234 341912

WEDNESDAY

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

Kempston River / Corner 5
Monthly, usually 2nd Wednesday of each month, 10.30am, 60-90 minutes
Various start points – phone for details Leader: Sarah on 01234 852879 charlie232@virginmedia.com

THURSDAY

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

Harrold Odell Country Park
Fortnightly, 10.30am, 60 minutes
Meet at the café entrance. Leader Janet on 07585 908821

FRIDAY

Bedford Queen’s Park Ladies Walk
Weekly at 9.30am, 60 minutes
Meet in front of the Gurdwara. Leader: Nasima on 07961 374688

SATURDAY

Putnoe Weekender
Monthly, third Saturday of the month, 1.15pm, 90 minutes
Meet at the upper car park to left of parade of shops. Entrance on Bowhill. Leaders: Adrian on 07711 664330 and Clive on 01234 381613 clivehaste@btinternet.com

SUNDAY

Great Denham
Monthly, usually third Sunday of the month, 10.30am, 60 minutes
Meet at Great Denham Golf Club. Leaders: David & Suzette on 01234 341912 manorsuzette@btinternet.com