

Welcome

Welcome to the First Bedfordshire Walking Festival. Whether you are resident in the County or have travelled here we hope you will enjoy your walking experience.

Bedfordshire may be a small County but has a varied and interesting landscape. The rural north is likened by some to the "Wolds". The wooded and most varied middle known as the Greensand Ridge has excellent views, and the Chalk Hills of the South together with interesting Towns and Villages plus well marked and generally a well maintained footpath network make Bedfordshire ideal for walking. Don't just think about it join in... There are walks everyday over the nine days and a range of walks from 1 or 2 miles to a strenuous 40 mile walk over 3 days. "Interest walks" have also been included. All walks are marked to help you chose the one's most suitable for you and are led by experienced leaders. The majority of the walks are free so please read the programme and come along, bring someone who has always talked about getting out ...now's the opportunity ...

Although the programme may be in black & white the walks are in colour so come and enjoy the experience...

Travelling to Bedfordshire

The county is well served by major roads. M1, A1, A5, A6, A421, A422, A428, A507 and by Rail with National Express & First Capital Connect running through the East of the County, whilst East Midland Trains and First Capital Connect (every 15 minutes from St Pancras to Luton & Bedford), run through the middle. Virgin and London Midland run in the West.

Buses from Bedford & Luton connect the main towns and the X5 between Oxford & Cambridge runs every 30 minutes 7 days a week and stops in Bedford.

Accessibility by Air via Luton International Airport and by Water Along the Grand Union Canal in the West or from Kings Lynn via River Great Ouse in the East.

Acknowledgements:

RSPB Sandy, Sandy TIC, Marston Vale Forest Centre, Ranger at Priory Country Park, Mike Feyers Walks4Health, Mike Dawson (web site), the Bedfordshire Area Ramblers Groups and individual members, for making the first Bedfordshire Walking Festival possible.

Contacts:

Organiser: www.bedswalkfest.co.uk

email: organiser@bedswalkfest.co.uk ☎ 01234 353704

For visitor information and Accommodation:

Tourist Information Centres:-

Amphill - www.midbeds.gov.uk 08542 304040

Bedford - tourisminfo@bedford.gov.uk 01234 221 712

Biggleswade - www.midbeds.gov.uk 08542 304040

Dunstable - www.dunstable.gov.uk 01582 890270

Luton - tourist.information@luton.gov.uk 01582 401579

Sandy - tourism@sandytowncouncil.gov.uk 01767 682728

Travel:

Rail: www.nationalrail.co.uk
www.firstcapitalconnect.co.uk
www.eastmidlandstrains.co.uk
www.londonmidland.com

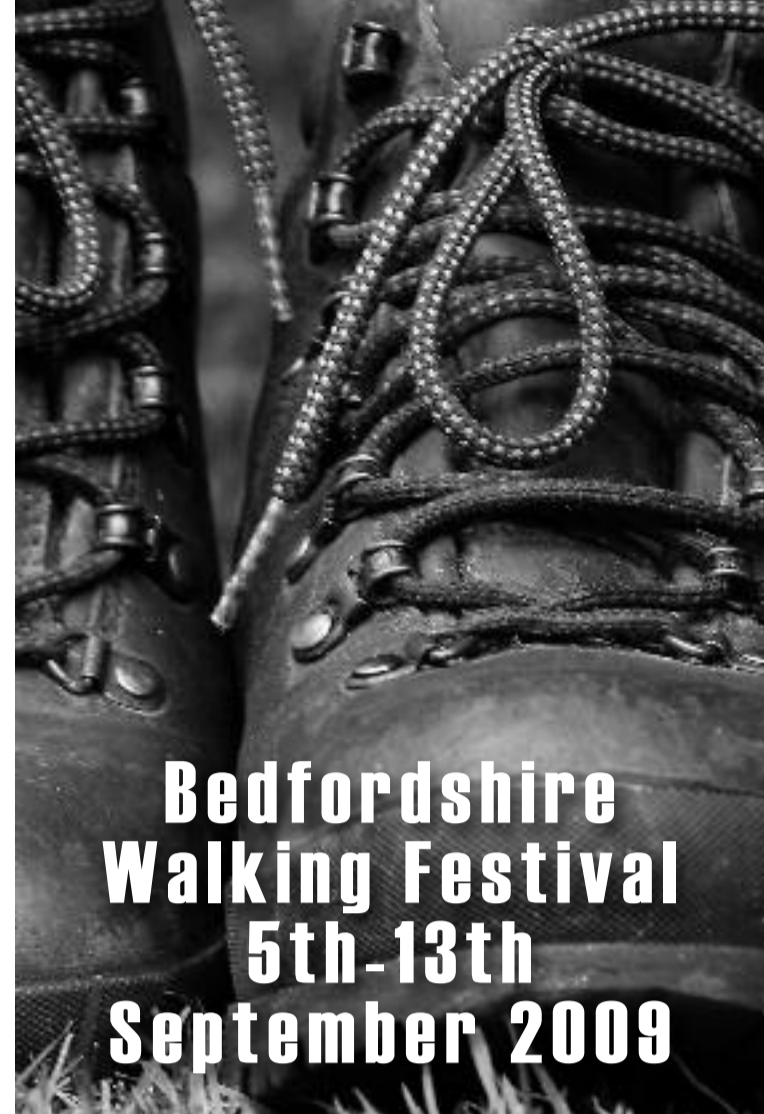
Bus: www.traveline.org.uk
www.arriva.co.uk
www.stagecoachbus.com

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 close control.
Consider other people.

For the full code visit:
www.countryaccess.gov.uk

The ramblers is a registered charity in England & Wales (no:1093577), a registered charity in Scotland (no:039799), and a company limited by guarantee registered in England and Wales (company registration no:4458492).
Registered office:2nd Floor Camelford House, 87-90 Albert Embankment London SE1 7TW



Bedfordshire Walking Festival 5th-13th September 2009

www.bedswalkfest.co.uk

Organised by Bedfordshire



What should I wear ?

Comfortable and supportive footwear and suitable clothing dependent upon the weather. e.g. waterproofs, sun hats etc. Please be aware that if there has been rain some routes may be muddy.

Will I keep up ?

The walk leader will set a pace to suit everyone and will ensure you are not left behind. All Ramblers' led walks and interest walks are either easy or moderate. Walks 4 Health are not categorised (See notes on Walks4Health). If you are unsure as to your fitness try a short walk first. There are no continuous steep climbs or areas of especially difficult terrain in Bedfordshire's Countryside. Ramblers' led walks often include stiles and/or short climbs. If you have a medical condition which may affect you during a walk please tell the leader before the start. Though walking is inherently one of the safest outdoor activities, no activity is completely without risk and it is your responsibility to behave sensibly and to minimise the risk for accidents to occur.

Do I need to bring anything ?

Bring a drink and a snack for walks up to 7 miles and a packed lunch for longer walks. A pub stop may be included but you may not have time for a meal. In some cases refreshments may be available at the end of a walk. Bring Money for Drinks/snacks or for an entrance fee to a museum or garden (where shown) and for Parking your car. Sunscreen on hot days. Medication (e.g. for asthma).

Can I bring my Children: Children under 16 must be accompanied by an adult

Can I bring my Dog ?

Dogs with responsible owners are welcome on most Rambler led walks. Please keep dogs under close control at all times and on a lead when requested by the leader. Please adhere to all notices regarding dogs. You are responsible for your dog at all times. Dogs also like refreshment so please bring a drink.

What if the weather is bad ?

Should there be severe adverse weather on the day of a walk please contact the Organiser on 01234 353704. Otherwise all Rambler led walks will take place starting promptly at the time stated. Walks4Health should contact 01767 626453.

What does it Cost ?

All walks led by The Ramblers' and Walks4Health are free. If you have enjoyed them and wish to make a donation, through the walk leader please do so. Alternatively you may wish to join The Ramblers' or support the Walks4Health programme. Ask the leader for details or contact www.ramblers.org.uk or phone 020 7339 8500. Walks4Health mikef@bedsccc.org.uk Phone 01767 626453

What do the Ramblers Do ?

Campaign for better access for walkers to the coastline, mountains, moors and hills. Vital work protecting footpaths from closure. Help more people get walking for better health and well being. Stand up for walkers' rights.

By joining the Ramblers you will be supporting the work of Britain's biggest charity for walkers plus membership of your local group, access to over 500 walks across the UK each week plus social activities and walking weekends. Access to the members' map library. A superb Walk Britain yearbook and quarterly magazine plus potential savings on outdoor gear through Cotswold Outdoor.

There are 5 Groups in Bedfordshire: **Ivel Valley Walkers** (East & Mid Bedfordshire), **Lea & Icknield** (South Bedfordshire), **Leighton Buzzard** (West Bedfordshire), **North Beds Saturday Ramblers** (Bedford and North West Bedfordshire), **Ouse Valley** (North Bedfordshire). For details email: walking@madasafish.com or Phone 01234 353704

Who and What is Walking 4 Health Bedfordshire (W4H)

Walk 4 Health Bedfordshire is part of the national Walking the Way to Health Initiative (WHI), which is the largest national body promoting and setting the standards for led health walks. It is a joint initiative between Natural England and the British Heart Foundation.

What is a health walk?



Simply put, it consists of a group of people who walk together on a regular basis and are led by a trained Health Walk Leader, who is normally a volunteer. Walking with the groups is free, you walk at your own pace, and have the company of like-minded people. Walking regularly has many benefits, such as reducing your risk of coronary heart disease, increasing your energy and confidence, managing your weight, and reducing your blood pressure. Aimed primarily at those people who presently do little or no exercise, these are regular, short walks – taking about an hour – that are led by our trained walk leaders.



Want to know about Walks4Health in your area? Contact Mike Feyers on 01767 626453 or mikef@bedsccc.org.uk



Bedfordshire Walking Festival Programme



Saturday 5th September to Sunday 13th September 2009 inclusive

Saturday 5th

 10-00am Tiddenfoot Leisure Centre Leighton Buzzard OS192 GR.SP915243. for transport to Dunstable Downs Visitor Centre or Meet at Visitor Centre OS 181 GR.TL008195. for 10-30am start .Real Family Walk.. Parking £1 or free for members of National Trust. Refreshments & Toilets available. 

 10-00am Sundon Hills Car Park OS193. GR.TL047285. 3.5 miles Amble Through National Trust Land over Hills and Pasture. 



 10-00am & 2-00pm Silsoe Church. OS193 GR.TL082356. 2 separate walks with a combined total of 12 miles. (Morning Walk 7 miles. Afternoon Walk 5 miles).Both starting from the same place. Come for the Morning or the Afternoon or come for the morning and stay all day. Walks include the grounds of Wrest Park and villages of Shillington and Pulloxhill. Bring Lunch. Pub at Silsoe. 



 1-30pm Radwell OS.208.GR.TL003575. 6 miles . Meet on the Green nr the Swan PH. Walk along the River Great Ouse to Pavenham and return over the fields. 



Bletchley Rail Users Walk. Travel by Train and meet at Bow Brickhill Station (Start time available nearer the date) for an amble down to Fenny Stratford via the village of Simpson, the Windmill and the Caldecote Arms by the Grand Union Canal. This easy walk ends with refreshments (small charge) at Queensway Methodist Church Fenny Stratford leaving time to catch a train back to your original start point. (walk usually finishes by 16-30 hours)



N.B. Participants are encouraged to travel by Train as parking at both ends is extremely limited. For more details contact Richard Crane ☎ 01234 351771 or www.bbrua.org.uk

Tuesday 8th


 10-00am Harlington Village Hall Car Park OS193 GR. TL037304 10.5 Miles Includes Sharpenhoe Clappers and two sections of the Bunyan Trail, Extensive views. (First Capital Connect Trains every 15 minutes to Harlington Station ¼ mile away). Bring lunch. 

 10-00am Shillington OS193 GR.TL127339 5 miles Park near the Crow PH. Lovely countryside and interesting villages in this part of Mid Bedfordshire. 

 10-00am Tree Cathedral Whipsnade OS 181 GR.TL009179. 6 miles. Excellent walking on the borders of Bedfordshire and Hertfordshire. A popular walking area with hills, open countryside and good views. Why not take time to explore the Tree Cathedral before you leave. 

 2-00pm Kempston Mill Car Park OS208. GR.TL023476. 3 miles Amble along the river Great Ouse to Queens Park and return on the opposite side. 

Day 3 of the Greensand Ridge Trail

 Walks4Health. For more information phone the telephone number accompanying the walk.

10-15am Putnoe Surgery Queens Drive Putnoe Bedford. ☎ 01767 626453

10-30am Great Barford Willington Area ☎ 01767 626453

11-00am Henlow Five Bells Public House Henlow. ☎ 01767 626453



11-00am Potton Market Square "Potton Walk & Talk" ☎ 01767 683015



2-00pm Sandy Health Centre ☎ 01767 683015



2-30pm Gt Barford Health Centre Silver Street Gt Barford. ☎ 01767 626453


6-15pm Marston Vale Community Forest Centre ☎ 01234 767037


Friday 11th

 9-15am Meet Tiddenfoot Leisure Centre Leighton Buzzard OS192. GR.SP915243. for shared transport travel to Ivinghoe for 8 mile walk Bring Lunch. 

 10-15am Rowney Warren Wood Car Park. Sandy Lane off A600 NW of Shefford OS 208. GR.TL125404 6.5 miles The route follows the John Bunyan Trail through Shefford town centre and into open countryside to Meppershall returning via Campton 
(Stagecoach M1 & M2 services between Bedford & Hitchin stops at Chicsands turn. 2 buses per hour in each direction. (9-35 from Bedford arrives at Chicksands turn 9-59am)



 2-00pm Sharnbrook Church. OS208.GR.SP993596. 3 Churches Walk. Visiting 3 very different Churches at Sharnbrook, Felmersham and ODell and of course the River Gt Ouse. 
(Stagecoach M50 Mercury bus from Bedford to Kettering runs hourly and stops on the High Street. Stagecoach 125 Bedford to Rushden runs a 2 hourly service stopping at the Church)



7-00pm Priory Country Park off Barkers Lane Bedford. OS208. GR.TL072493. A Bat Walk. Numbers limited. Must be pre Booked with the Ranger. Contact. prioryrangers@bedford.gov.uk 



 Walks4Health. For more details contact the telephone number accompanying the walk.



11-00am Stotfold. The Chequers Public House Queen Street Stotfold. ☎ 01767 626453



Sunday 6th


 9-30am Woburn Car park opposite the Church OS 192 GR.SP950331. 9.5 mile walk. Bring lunch. Back in time to enjoy the village of Woburn or the magnificent Woburn Parkland before you leave. 

 10-00am Bromham Mill OS208. GR.TL010507. 5.5 miles Meet in the Car Park for a circular walk taking in an ancient ridge and furrow fields with some excellent views Not suitable for young Children as the walk crosses busy A428 twice. 

 10-00am Beeston Green OS208. GR.TL168481. 12 miles full day walk Lots of Riverside walking. Pub stop at lunch time. Bring lunch 


 10-00am Pegsdon OS193. GR.TL118302 5.5 Miles. Park in Layby just off Barton to Hitchin Road. Do not park in the village or near the Pub. Enjoy the views and the flora and fauna on this hilly chalkland area. 


 10-00am Stopsley Luton. OS 193. GR.TL115242. Meet at Putteridge Sports Centre for 10 mile walk covering some of the lovely area north of Luton before it is used for development. 



10-30am to 12-30pm Marston Vale Forest Centre OS208.GR. TL005428 for a guided history and amble in the park. Walk on hard surface tracks suitable for wheelchairs and buggys. Cost £1 payable to the Guide. No need to book. 



Start of three day Walk along the Greensand Ridge Trail. See separate details.


Wednesday 9th

 10-15am Old Warden Church Car Park OS 208. GR.TL136443. Includes part of the Greensand Ridge, Ickwell Green and Grounds of Shuttleworth House.

The nearby Shuttleworth Collection and Swiss Garden will be open till 5-00pm and Birds of Prey Centre till 4-00pm. If anyone would like to spend the day in Old Warden the Shuttleworth Collection restaurant is open to the public. There is a Charge for admission to The Shuttleworth Collection and or Swiss Gardens 

 10-00am Dunstable Downs Visitor Centre OS181. GR.TL008195. 5.5 miles. £1 parking or free for National Trust members. On a clear day enjoying terrific views across Bedfordshire and Buckinghamshire from Bedfordshire highest point. Refreshments & Toilets. 

 2-00pm Souldrop OS 208. GR.SP985617 (MK441EY) Meet on the Green for 6 mile walk over arable fields and incorporating a section of the Three Shires Way and 40ft Green Lane. 

 Walks4Health. For details please contact the telephone number accompanying the walk.



10-00am Black Tom Area of Bedford ☎ 01234 346293



10-30am Flitwick ☎ 01234 346293



10-30am Marston Vale Forest Centre Reception ☎ 01234 767037


7-00pm Willington Dovecote ☎ 01767 626453



Saturday 12th

 10-00am Stockgrove Country Park Heath & Reach Nr Leighton Buzzard OS192 GR.TL920295 3-4 mile amble. Refreshments Available . Optional Parking fee. 



 10-00am Whipsnade Tree Cathedral Car Park OS 181 GR.TL009179. 7 Miles. Excellent walking on the borders of Bedfordshire and Hertfordshire. Good Views and some hills before taking time to explore the Tree Cathedral itself before you leave. 



 10-30am Flitwick Railway Station OS193.GR.TL033350 for 10 mile circular walk via Harlington and Harlington Station. Option to join or leave the walk at Harlington at lunch time. Bring Lunch if staying all day. (First Capital Connect services between London St Pancras & Bedford run every 15 minutes). 



 2-00pm Depart from Harlington Station OS193 TL350303. Afternoon linear walk to Flitwick Station. 


 2-00pm Tempsford Church OS208. GR.TL162531. 7 miles. Visits the interesting villages of Blunham, Gt Barford & Roxton and follows the Rivers Gt Ouse & Ivel along sections of the Ouse Valley Way & Kingfisher Way. 

Monday 7th


 10-00am Streatley Village Hall OS 193 GR.TL073 284 4 Miles The route follows the edge of the National Trust land enclosing Sharpenhoe Clappers with excellent views to the north and northeast across mid Bedfordshire and returns via the edge of the Sundon Hills. 

 10-00am Everton OS 208.GR.TL202512. 7 miles Meet outside Thornton Arms PH. Walk includes part of Greensand Ridge and Gibraltar Farm with its World War 2 Special Operations connections for added interest. 

 2-00pm Thurleigh Fruit Farm OS208. GR.TL069585. 5 miles Enjoyable countryside walking in this rural part of North Bedfordshire. Refreshments available. 

2-00pm RSPB Sandy Lodge. OS208. GR.TL191485. 2 Hour 2-3 miles Guided tour around the reserve looking at Woodland and Heathland Birds. Please book in advance ☎ 01767 680541. Cost £1 per person plus Parking Charge £4 (Free for RSPB members). Refreshments available plus 10% discount on all non food purchases 

Day 2 of The Greensand Ridge Trail



 Walks4Health. For more information please telephone the number accompanying the walk.



11-00am The Butterfly Bridge Bedford Embankment ☎ 01767 626453



11-00am Great Barford Surgery Silver Street Gt Barford. ☎ 01767 626453



2-00pm Main Gates of Bedford Park at end of De Parys Ave. ☎ 01767 626453


Thursday 10th

 10-00am Wilstead . Park in the Village Car Park on Whitworth Way. OS208. GR.TL066435. 5 Mile circular to the top of the escarpment nr Haynes. Good views and Countryside. 

 10-00am Market Cross Leighton Buzzard OS192. GR.SP920249 3 mile amble. An interesting town walk with the Grand Union Canal as an added attraction. Refreshments available. 

 10-00am Pulloxhill OS193 GR.TL.063 341. 7 miles Meet at the Cross Keys PH. (Permission to park in Pub Car Park providing you buy a drink on return). From the Hilltop village of Pulloxhill walk in the footsteps of John Bunyan and enjoy fine views of Sharpenhoe Clappers and the South Bedfordshire Countryside. 

 10-15am Henlow Church OS193 GR. TL 177387. 4.5 mile Amble. Park at the end of Gardeners Lane off the High Street north of the Church. Amble will pass Henlow Grange and Henlow Lakes then follows the Kingfisher Way to the outskirts of Langford before returning to Henlow. (Stagecoach buses Mars M1 & M2 service between Bedford and Hitchin stops at Henlow. 2 busses per hour in each direction). 

 Walks4Health. For more details contact the telephone number accompanying the walk.

10-00am De Parys & Brickhill ☎ 01234 407365



10-00am Potton & Gamlingay ☎ 01767 260644



10-30am The Health Centre 84-86 London Road Bedford ☎ 01767 626453



10-45am Arlesey. The Corner of High Street & Station Road Arlesey ☎ 01767 626453



11-00am Barton-le-Clay. Royal Oak Public House Barton-le-Clay ☎ 01767 626453



Sunday 13th


 9-30am Meet Library Car Park Leighton Buzzard OS192 GR.TL923250. for travel to Pitstone . Meet Pitstone Green Farm Museum Vicarage Road Pitstone OS181 GR. SP937550. 10-00am for a 6 mile walk including Ivinghoe Beacon and an optional Museum Visit at the end. Museum Cost £4 Adults and £2 Children. Refreshments available at Museum. 

 10-00am Harold Country Park OS208 GR. SP956566. 6 miles Woods and Countryside including the villages of Harrold and Odell. Afterwards enjoy some refreshments at the visitor centre in the Country Park. Parking optional fee towards upkeep of the park. 

 10-00am Peter Newton Pavillion Behind Tesco Dunstable OS193 GR.TL042225 6 miles Ample Free Parking. Excellent views over Dunstable and Luton. 

 10-00am Amphill. OS193.GR.TL248381. Meet in the car park of Amphill Park .7 miles Includes part of Amphill Great Park, The Greensand Ridge, and some ancient Woodland 

 2-00pm Amphill. OS193.GR. TL248381. Meet in the car park of Amphill Park History Tour of the Park, Town and Houghton House 3.5 miles. 

2-00pm Sandy Tourist Information Centre OS208 GR.TL173492. 3.6 mile Captain Peel Guided Tour. Captain Peel was the 3rd Son of Sir Robert Peel and one of the first recipients of the Victoria Cross for acts of heroism during the Crimean War. He lived in what is now the Lodge at the RSPB and built the Sandy to Potton Railway Line. Organised by Sandy TIC Cost £3 per person. 

Long Distance Trail: The Greensand Ridge Path.

A guided trip of 40 miles over 3 days. Commencing Sunday 6th September and finishing during the afternoon on Tuesday 8th September. It is essential to book with the organiser as places are limited. A £10 per person organisational and administration charge will be made payable at the time of booking. Participants should arrange their own accommodation after a discussion with the Organiser.

The Greensand Ridge Path is considered to be Bedfordshire's Premier Long Distance walking trail of 40 miles from Gamlingay Cinques just over the border in Cambridgeshire in the East to The Canal Bridge Near Tesco in Leighton Buzzard. As its name suggests the path follows the ridge of Greensand which separates the clay and relatively flat lands in the north and the chalk hills of the south. The journey passes historical houses, through interesting villages and ancient woodland. Offers excellent views across Bedfordshire and goes through the grounds of The Woburn Estate before joining the Grand Union Canal for the last mile or so into Leighton Buzzard.

All the walking is on good paths and anyone capable of walking 12 miles a day should be able to do it. The trail is waymarked with the sign of a munjac deer.

To register interest and/or book please email: Organiser@bedswalkfest.co.uk or ☎ 01234 353704.


Symbols & Abbreviations

 - Easy Difficulty Level

OS208 - Ordnance Survey Map No.

 - Moderate Difficulty Level

GR - Grid Reference

 - Ramblers led walks

 - No Dogs

 - Walks4Health led walks