

Special Events in 2010

- Sat 6.3 25th Anniversary Barn Dance**
7.30pm – 11pm Houghton Conquest Village Hall.
Dancing to a live band. Cost £7 per head to include Ploughman's supper. Tickets available on walks or by returning booking slip by 6th Feb. Bring your own drinks.
Organiser: Tina Tel. 01480 472108
- Sun 18.4 Coach trip to Rye**
A walk in beautiful East Sussex, taking in part of the 1066 Country Walk. The morning walk is 4.5 miles through meadowland and rolling hills to reach the lunch stop in the pretty village of Icklesham, with its award-winning real ale pub with glorious views. There will be a coach pickup here for those who prefer to spend the afternoon in the lovely medieval town of Rye, and the walkers will continue for another 5.5 miles via the ancient town of Winchelsea to arrive in Rye in time for a cup of tea before leaving.
Cost per head £16. Please book and pay by 21st Mar.
Bedford Bus Station 7.30am
Biggleswade Market Place 8.00am
For further information contact Nigel on 07969 140043 or email nigel.greenfield@ntlworld.com
- Sun 16.5 - 5 night Exmoor break based around Lynton**
Fri 21.5 Exmoor and the North Coast of Devon have some of the most varied and exhilarating walking in England. If you like to explore new areas and enjoy the Ivel Valley breaks and holidays this one is not to be missed.
Walks everyday (including Sunday pm and Friday am).
An accommodation list is now available.
Administration charge £10 per head.
Organiser: Barry.: Tel 01234 353704
- Sun 20.6 25 mile walk**
Part of our continuing 25th anniversary celebrations. We hope to have walks of varying lengths from 5 to 25 miles, along the Greensand Ridge Walk, so that everyone can join in. More details in the next programme.
- TBA Summer 2010 – Coach Trip to the Peak District**
Enjoy a day in the Peak District, a morning and afternoon walk in the area around Bakewell. Full details in the next programme.
Organiser: Nick Tel. 07803 125876
- Fri 8.10 – Coniston Long Weekend**
Mon 11.10 Enjoy a three night weekend based at Coniston in Southern Lakeland, an area associated with both Beatrix Potter and Donald Campbell. Accommodation will be on a book your own B&B basis. There will be a choice of high and low level walks on Saturday and Sunday, as well as combined walks on Friday afternoon and Monday morning.
For further information contact the leader below.
Tony; Tel: 01234 831388 or e-mail: tony.sheward@btinternet.com

Officers and Committee

- Chairman:**
David Stark, Tel: 01234 350644
Email: chairman@ivelvalleywalkers.co.uk
- Secretary:**
Mary Carrington, Tel: 01234 781221
Email: secretary@ivelvalleywalkers.co.uk
- Treasurer:**
Jim Middlemiss, Tel: 01234 301948
Email: treasurer@ivelvalleywalkers.co.uk
- Programme Secretary:**
Sheila Cakebread, Tel: 01480 392223
Email: programme@ivelvalleywalkers.co.uk
- Publicity Officer:**
Position vacant
- Footpath Officer:**
Roger Chick, Tel: 01767 312 259
Email: footpaths@ivelvalleywalkers.co.uk
- Committee:**
Nigel Greenfield, Mary Morse, Nick Markham, Mike Tenwick.

Please make sure that you are fit enough to undertake the walk you intend to join. If you're unsure of your fitness level, try a short and easy walk first. Most Ramblers' walks are off-road in rural areas. Please have suitable footwear and clothing for the walk you intend to join. Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.

For your own and others' safety please read and abide by any advice and guidelines issued by the organisers, and the instructions of the walk leader. 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 potential for accidents to occur.

If you wish to bring a dog on any walk, please contact the leader beforehand to check suitability.

Most daytime walks have a break for refreshments. Please also bring a packed lunch if out all day.

Please be aware that our walks always depart at the time stated.

Sunday walks are either: two half days, usually with a morning walk of 6-7 miles and an afternoon walk of about 5 miles; or one full day of 10 to 12 miles (ending about 4.00pm).

Wednesday morning walks are generally 6-7 miles, finishing by 1.00pm.

Weekday long walks are generally 9-12 miles, finishing mid afternoon.

Weekday ambles are short walks (5 miles or less) conducted at a leisurely pace and may be of particular interest to those new or returning to walking.

Summer Evening walks are usually about 4 miles (1.5 hours).

Leaders state in the programme if a walk is likely to differ appreciably from these guidelines.

If you have any questions about a particular walk, please contact the leader. For other enquiries about our club, please contact any committee member.

The Ramblers Association is a company limited by guarantee, registered in England and Wales. Company registration number: 4458492. Registered Charity in England and Wales number 1093577. Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW.



Ivel Valley Walkers

25th Anniversary year

Bedfordshire Area

2010 Spring Programme

Welcome to what I am sure will be a happy New Year. We are now well into our 25th Anniversary celebrations, having had a great weekend in November, and are now looking forward to our Barn Dance on 6th March, and the special 25 mile walk on 20th June. Details of both are on the Special Events page, I hope as many people as possible will join in with them – as well as being a walking group we are also a group of friends. Our book of Favourite Walks in and around Bedfordshire has taken off well, with nearly 200 copies sold to date. You can buy copies at all the local bookstores, or on Amazon (quote ISBN 978 1 906632 02 1) This spring we have a Coach Trip to Rye, and shortly afterwards, a 5 night break on Exmoor in May. These are a great way of exploring different areas of the country, with leaders you know, but who are also very knowledgeable about the area.

These will be followed later in the year by a coach trip to the Peak District, and a break in the South of the Lake District.

We continue to offer our fantastic programme of walks every Sunday and Wednesday, with further walks every alternate Tuesday and Thursday. My, and the group's, thanks go to all those people who lead these walks (having previously walked and recced them), without them we would not exist.

Please note that the weekday walks will now start at 10.00am, rather than 10.15 – you will have to set your alarm that little bit earlier.

Finally, I would like to record our tribute to Gordon Edwards, a past vice chairman and treasurer of the group, the architect of the Bunyan Trail, who died in September. He knew all the footpaths in Bedfordshire, fought to preserve them, and in addition to leading many interesting walks over the years, would freely give advice and help to any less experienced leader. The group are planning a memorial to Gordon, and if you would like to contribute, please contact the undersigned.

David Stark, Chairman

P.S. This programme is available on our web site, for details see www.ivelvalleywalkers.co.uk or email: secretary@ivelvalleywalkers.co.uk

Ivel Valley will have to exist on a significantly lower income, in future, as a result of the RA's financial problems. Our major cost is postage on sending out programmes – to reduce this will you please consider if you could receive your copy by e-mail, or get it from the website. Please e-mail secretary@ivelvalleywalkers.co.uk if you could help us reduce costs in this way.

For further information on 'the Ramblers' visit the web-site at 'www.ramblers.org.uk' or Telephone: 020 7339 8500.
Remember to nominate Ivel Valley Walkers as your local group when you decide to take out membership.

If you would like to lead a walk on the next programme, or suggest a walk the Group could do, please contact programme@ivelvalleywalkers.co.uk

Ivel Valley Walks Programme: Spring 2010

IMPORTANT NOTE: The start time for all weekday walks is now 10:00am

- Fri 1.1 10:15am **New Year's Day. Note later start time.** Amptill Park Car Park TL024382 7 miles. John 01525 840278
- Sat 2.1 1:00pm **Joint walk with N Beds group.** Little Staughton Church TL107630 6 miles. Joan 01480 405508
- Sun 3.1 8:40am **The Building and Changing Face of The City.** Bedford Railway Station (TL041497) for 8:52 train (Flitwick 9:02), for a walk starting outside Tower Hill tube station 10-30am. Please contact Barry beforehand if you are NOT travelling from Bedford. 8.5 miles. Despite destruction by fire in 1666, devastation by bombing in 1940 and ruthless post war development, the City of London retains an amazingly rich and varied collection of architecture of the highest quality. Barry 01234 353704 Mobile 07860 348347 (on the day only)
- Wed 6.1 10:00am Kempston Church End, near Cemetery in Green End Road TL013477 6.5 miles. Dave 01234 857161
- Thu 7.1 10:00am **Weekday Amble.** Pegsdon, near Live & Let Live PH TL121303 5 miles. Carol 01582 882628
- Sun 10.1 10:00am & 1:45pm Pirton, The Green TL146316 7 & 5 miles. Marcus 01462 812005
- Tue 12.1 10:00am Rowney Warren Wood car park, Sandy Lane, off A600 NW of Shefford. TL125404 12 miles. Marcus 01462 812005
- Wed 13.1 10:00am Hexton, near Raven PH TL106307 6.5 miles. Carol 01582 882628
- Sun 17.1 10:00am Roxton Village Hall. Park in road nearby. TL152545 10 miles. Linda 01480 350345
- Wed 20.1 10:00am Breachwood Green, near Red Lion PH. (Near to Luton Airport) TL150220 6 miles. Julia 01462 672321
- Thu 21.1 10:00am **Weekday Amble.** Lilley Village Hall car park TL119263 4 miles. Julia 01462 672321
- Sun 24.1 10:00am & 1:45pm Clifton near Church TL166392 7 & 5 miles. Tony 01234 831388
- Tue 26.1 10:00am Kempston. Meet at King William IV PH. Park in side streets near pub. TL025474 10 miles. Dave 01234 857161
- Wed 27.1 10:00am Riseley. Fox & Hounds PH TL040627 6.5 miles. Mary 01234 781221
- Wed 27.1 7:45pm **Committee Meeting.** Host Sheila Cakebread Tel: 01480 392223
- Sun 31.1 10:00am Maulden Woods. Car park off A6 north of Clophill TL073394 13 miles. Nichola 01525 840278
- Wed 3.2 10:00am Weston, Herts. (near A1M Jn 9). Maiden Street near duck pond. TL259301 6.5 miles. Tony 01234 831388
- Thu 4.2 10:00am **Weekday Amble.** Olney High St. Near Two Brewers PH SP889515 4.5 miles. Brian 01234 823603
- Sun 7.2 10:00am & 1:45pm Gt Gransden, Crown & Cushion pub car park (permission given to park but must buy a drink or pay £1) TL268557 7 & 5 miles. Nigel 07969 140043

Ivel Valley Walkers 25th Anniversary Year

- Tue 9.2 10:00am Hatley St. George Village Hall car park TL282509 10 miles. Sheila and Clive 01480 392223
- Wed 10.2 10:00am Harrold Odell Country Park car park SP956566 6.5 miles. Jim 01234 301948
- Sun 14.2 10:00am **Barry's Valentine's Day walk.** Woburn, Car park opposite Church SP950332 12 miles. Barry says 'one cannot find love in Bedfordshire, but you can on my walk'. Barry 01234 353704
- Wed 17.2 10:00am St Pauls Walden, car park near Church TL192222 6.5 miles. Antony 01767 601969
- Thu 18.2 10:00am **Weekday Amble.** Maulden, Church car park TL058380 4.5 miles. Carol 01582 882628
- Sun 21.2 10:00am & 1:45pm Markyate (car park just off A5) TL062163 7 & 5 miles. Nick 07803 125876
- Tue 23.2 10:00am **The Letchworth Garden City Greenway.** William (nr Letchworth, Herts.). Manor Wood Car Park (beyond Manor Farm down Roxley Court Road, a few hundred yards on the right) TL223302 12 miles. Antony 01767 601969
- Wed 24.2 10:00am Waresley Garden Centre TL248544 6 miles. Please park away from shop entrance. Sheila and Clive 01480 392223
- Sun 28.2 10:00am Pegsdon, near Live & Let Live PH TL121303 12 miles. Jim 01234 301948
- Wed 3.3 10:00am Preston nr Hitchin, Village Green TL180247 6 miles. Park in village, meet in front of Red Lion PH. Margaret 01582 564929
- Thu 4.3 10:00am **Weekday Amble.** Milton Ernest. Marsh Lane off Thurleigh Rd. Nr Church TL019561 5 miles. Mary 01234 781220

Sat 6.3 7:30pm **Barn Dance.** Houghton Conquest Village Hall TL045416 See overleaf for details. Tina 01480 472108

- Sun 7.3 10:00am & 1:45pm Sharnbrook village car park opposite post office SP995597 7 & 5 miles. David 01234 350644
- Tue 9.3 10:00am Bromham Mill car park TL010507 10 miles. Jim 01234 301948
- Wed 10.3 10:00am Woburn, Car park opposite Church SP950332 7 miles. Laurie 01525 403950
- Sun 14.3 8:40am **London Loop Bexley - Petts Wood.** Bedford Railway Station TL041497 8 miles. For 8:52 train (Flitwick 9:02). Cost for Group Save is £11.15 each for groups of 4 (2009 prices). Tony 01234 831388
- Wed 17.3 10:00am Stevenage, Norton Green (off A1072) TL229234 6.5 miles. Limited parking at Norton Green, park carefully in approach road. Marcus 01462 812005
- Thu 18.3 10:00am **Weekday Amble.** Cockayne Hatley, near Church TL256496 5 miles. Antony 01767 601969
- Sun 21.3 10:00am & 1:45pm Shefford, town car park, Old Station Way TL142391 7 & 5 miles. Jim 01234 301948
- Tue 23.3 10:00am Silsoe, on road by church. TL083356 9 miles. Catherine 01462 857895

Ivel Valley Walks Programme: Spring 2010

- Wed 24.3 10:00am Wootton. Village Hall car park, Church Road TL007449 6.5 miles. Dave 01234 857161
- Sun 28.3 10:00am Wimpole Hall car park TL338509 11.5 miles. Parking £2 (free to National Trust members) redeemable against café and shop purchases. Lynda 01234 740788
- Tue 30.3 10:15am **Weekday Amble. Note later start time.** Northill, near Church TL149465 4.5 miles. Norman 01767 221651
- Wed 31.3 10:00am Old Warden Village Hall car park TL138440 6.5 miles. Marcus 01462 812005

Easter walks

We will walk the whole Bunyan trail (70 miles) during the coming year, starting Good Friday and Easter Monday, in memory of Gordon Edwards, its creator and IVW member, who died recently.

- Fri 2.4 9:30am **Bunyan Trail day 1 - Sundon Hills Country Park to Flitwick.** Flitwick Leisure Centre, Steppingley Road TL026355 13.5 miles. Shared transport to Sundon Hills Country Park to start at 10.00. Nick 07803 125876
- Sun 4.4 10:00am & 2:00pm **Easter Sunday.** Paxton Pits Visitor Centre TL195629 7 & 5 miles. Valerie 01480 218872
- Mon 5.4 9:45am **Bunyan Trail day 2 - Flitwick to Ridgmont.** Ridgmont, Eversholt Road SP975358 10.5 miles. For shared transport to Flitwick Leisure Centre (TL026355) for 10.15 start. Laurie 01525 403950
- Tue 6.4 10:00am Marston Moretaine, Marston Vale Forest Centre TL004418 10.5 miles. Brian 01234 823603
- Wed 7.4 10:00am Stoke Bruerne. Canal Museum car park SP744499 6.5 miles. Tony 01234 831388
- Sun 11.4 10:00am Bedford, Mowsbury Park car park, Kimbolton Road TL060528 12 miles. Eric 01234 315181
- Tue 13.4 10:00am **Weekday Amble.** Wilstead. Car park in Whitworth Way TL066435 5 miles. Pat and Olga 01462 813848
- Wed 14.4 10:00am North Crawley, St. Firmins Church SP927447 6.5 miles. Brian 01234 823603
- Sun 18.4 7:30am **Coach trip to Rye.** See overleaf for details. 4.5 & 5.5 miles. Nigel 07969 140043
- Tue 20.4 10:00am **The Clopton Way.** Gamlingay Cinques car park TL227529 11 miles. Linear walk of Clopton Way. Shared transport to Wimpole Hall (parking £2, free for NT members) and walk back to Gamlingay. Antony 01767 601969
- Wed 21.4 10:00am Salcey Forest car park SP795517 7 miles. Laurie 01525 403950
- Sun 25.4 10:00am & 2:00pm **Bluebell Walk.** Breachwood Green, near Red Lion PH. (Near to Luton Airport) TL150220 7 & 5 miles. Mike 01462 491032
- Wed 28.4 10:00am **Bluebell Walk.** Great Offley, near Red Lion PH TL146266 6 miles. Margaret 01582 564929
- Thu 29.4 10:00am **Weekday Amble.** Harrold Odell Country Park car park SP956566 4.5 miles. Cheryle 01234 751841