

Walk

BEDFORDSHIRE AND BEYOND



MAGAZINE AND WALKING PROGRAMME. AUTUMN / WINTER 2026 / 2027



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 **RAMBLERS**
IVEL VALLEY WALKERS





Bob's Corner

by Bob Wallace, Chair of IVW Ramblers Group

Ivel Valley Walkers aims to offer members a balanced programme of walks, holidays, and opportunities to suit as many people as possible. Our walks range from 3 to 14 miles, take place on most days of the week, and cover Bedfordshire and beyond. For our IVW holidays this year we've visited Durham and Buxton, with Whitby still to come as we speak. Next year, we plan to return to France—Brittany, I believe. There is yet another heatwave as I write these notes. Hard to believe winter (and the cold) will soon be upon us with Christmas a busy time of year for IVW with

- Christmas lunch on Wednesday 15th December
- Mulled Wine Ramble on Sunday 20th December
- Sherry Ramble on Thursday 31st December
- the IVW Christmas walk in London on a Saturday in December

I hope to see you on one of our walks, holidays or social events soon.

Why do

If you're not yet into walking, as you read through this magazine thoughts may appear:-

'Are they joking, I only walk to my car'

'A walk around town is enough for me'

'Walk three...four....five miles? That's crazy, I can't walk that far....as for 12 miles...'

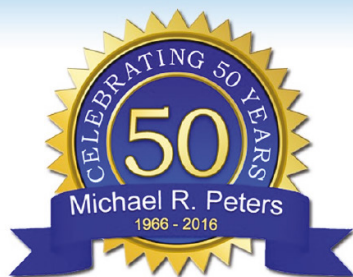
Completely understandable. Even when we talk to fit 20 and 30 year olds, tell them we've just walked 12 miles, they're astonished, amazed and shocked. So why do such a thing? Put simply, there's benefits and here the list is quite long. But to mention just a few...

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this?



- Walking gets you out of the house
- It's a very easy and essentially free route to feeling better, getting fitter and being more healthy
- You'll meet new people but you don't have to talk to anyone if you don't want to
- You don't need expensive gear or have to sign up to expensive subscriptions

Ready to give it a go? After all, what have you got to lose?

Where to start then? How about trying one or more of our short walks as listed. You'll be made very welcome by all, we'll set off as a group at a speed of the slowest (so no embarrassment!), you may start to chat with a few of us...and there's two of those miles gone. Just like that. Stop for a coffee....aaahh that's better, more chat...and suddenly you're back to where you started. 5 miles have flashed by. The miles you didn't think you could do. What an achievement and after a few of these, well, 12 miles is neither here nor there.

So contact any of us, or just turn up, we'd love to see you.

Welcoming and inclusive

We live in an era where inclusivity is seen by parts of the political and media spectra as very wrong, laughable and something to be outlawed. We don't agree. Here's what one of our walkers experienced....

Inclusiveness is often spoken about as a value, but its true meaning only shows when it is lived through action, care, and real effort. I experienced this firsthand through Ivel Valley members and their involvement with someone who was, at the time, a complete newcomer to the group: me.

This story begins in early 2025 with a trip being organised to Bayeux, Normandy in May 2025. On a whim, I reached out and asked if my son and I could be included. We weren't known to the group and my son's particular needs made me unsure whether this trip would even be possible for him. Deep down, I was ready to let the idea go.

But they didn't.

Instead, I was welcomed immediately and IV began doing everything possible to make it work. Each concern I raised was met with patience. Each barrier I imagined was gently removed—offering alternatives, creating options, and reassuring me along the way. I was introduced to others, connections were encouraged and I was made to feel familiar and supported even before the trip began. My new friends were persistent and in the best possible way.

The trip happened and it became one of the most unforgettable experiences for both me and my son. What made it so special wasn't only Normandy or the very well planned walking holiday, but the culture of the group as a whole who welcomed us with openness and kindness, without expectations or prior ties.

This wasn't inclusiveness as a concept. It was inclusiveness in action—commitment, generosity, and genuine care for people they barely knew. That experience deeply connected me to the group, and I feel compelled to share it. I learned a great deal from it, and I believe it's something worth hearing: inclusiveness is not what we say—it's what we do, especially when it takes effort.

Zoya

This map shows Ivel Valley Walkers' home range





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Are you nosey? Even just a little bit?

by Roger McLeod



I suggest that all of us have a degree of curiosity when gaining access to places that are normally denied to us. If this describes you, then there is an opportunity for you to do this on an industrial scale at the forthcoming London Open House Festival, a week-long event taking place between the 12th and 20th Sept

2026. The Festival covers all London's 33 Boroughs and allows the public to enter for free a selection of governmental, royal, institutional, commercial and private buildings, many having historical connections and/or architectural interest.

My wife Ligia and I have enjoyed the opportunity for the last 15 years and here's a small taster of our past visits to whet your appetite:-

Westminster House incorporates a number of important ministries many of them interconnected. The initial designs were from the pen of Inigo Jones in the mid 17th century and were the world's earliest office blocks! The Admiralty is one of the buildings in the complex and historically you would have found the likes of Samuel Pepys, Winston Churchill and Ian Fleming (James Bond) working here. Operation Mincemeat was conceived within these walls.

Although we have never been lucky enough to win it, there is an annual ballot, for entry into 10 Downing Street. You don't even need to be PM.

In this area of London, another fascinating building is the **Methodist Central Hall**, a conference hall that seats 2,300 people. Completed in 1911 on the site of the Royal Aquarium Music Hall, a venue that had gained a dubious reputation

due to unaccompanied ladies seeking the company of gentlemen. It was financed by public subscription in units of 1 Guinea (£1.05p in modern parlance) The main auditorium has a domed roof of reinforced concrete, one of the world's first examples of this construction. The initial meeting of the United Nations was held here in 1946 and famous speakers that have appeared here include Winnie Mandela, Mahatma Ghandi, and Mikhail Gorbachev. Lloyd Webber's first musical Joseph and the Amazing Technicolor Dreamcoat had its first performance here.



The organ here is world class with 3789 pipes, truly magnificent. There's also an art gallery and basement café.



Royal Courts of Justice, is in the Strand, by Temple Bar, where Westminster meets the City. The building was designed by George Edmund Street, who won the commission in competition with 11 other proposals. The design is a combination of 13th century French and English Gothic. Parliament paid £1,453,000 for the site,

which involved demolishing 450 houses. During the construction English masons went on strike, workers were brought in from abroad and they who had to live and eat within the construction for their safety.

During the festival various events are usually put on with talks and demonstrations arranged to illustrate the workings of the court. This building is truly magnificent in size and splendour

Here is a link to the official site where up to date information will be available showing the many available venues, do give it a try, as it enriches one's knowledge and perceptions. Even if you miss out this year....well there's always next.

<https://programme.openhouse.org.uk>

Durham holiday in May

by Tom Collier



45 ramblers met at Durham railway station, lots to catch up on with friends old and new (mainly old) and there was our leader, Kevin Barrett, in the waiting room as we sheltered from the rain. We wound down to the river path, brollies in hand on the steep wooded banks with waterfalls emptying into the river and we were rewarded with great views to the castle above. More bridges and then up into the lovely quadrant with the castle, museum and the huge cathedral. We meet here for tomorrow's walk.

Here we are again all refreshed and ready to go on a journey around the cathedral with the services of two expert guides, the only way to understand the history and events of the cathedral and area. Lots of fun and a terrific addition to our trip. After lunch in the cloisters I decided to look around the castle where a few people had gathered for the next tour. And the guide for that was my friend's son, here at the university,...How spooky! The afternoon walk took us through Flass Vale local nature reserve. According to Al 'flass' is derived from a Norwegian word meaning dandruff or Jamaican patois to show off. Make of that.....Out to Bearpark a 1300 acre walled medieval estate although little remains of the original site. Returning to the city we pass the site of Neville's Cross battlefield, a victory for the English over the Scots in 1346...Go England!

Time to get onto the Durham moors. Options ? 12.5 miler, 8.7miler, 3.8 miler or have a nice relaxing day in the pub? Out from Wolsingham (gateway to the Dales), up one of many steep hills and onto the moors, heading for Bollilhope Burn then lunch at Frosterley. The trek over the top had it's challenges but beautiful views, good weather,

sheep and cattle all in fine condition (good enough to eat in fact) and some lambs that had long ears like a hare. Onward and downwards, up and down across the moors, sun beating down. We came to the Bollihope quarry where the group split to go across the burn. Rocks helped but slippery ones meant me getting wet boots. A climb to Frosterley, into the pretty little

Day 3 started from Shincliffe village, just outside the city, and we headed out on the Weardale Way passing Croxdale Hall, a grade 2 listed country mansion. We passed over the Wear again, picked up the river Browney and in the woods we spied a "Wicker Woman" . Onwards to the Durham University Botanic Gardens and the lunch stop for coffee and cakes...yum. Back to Shincliffe via the remains of Maiden Castle, (once



the training ground of Newcastle United in the Kevin Keegan era). Last day and we're off north to Finchale Priory with distant views

village with a lovely pub and time for sarnies and a welcome pint, feet steaming in the sun from my little paddle. We met up with the short walkers and continued up to another quarry and across the burn but this time over a bridge! We followed the river back to Wolsingham and the Wearside heritage railway.

back to the cathedral. Along the way we came across the marker disc for the 'Camino Ingles ' 700 ish miles. After coffee and cakes at Finchale we returned to Durham whilst others continued to Chester-le-Street and returned by train.

With much thanks to Kevin for a fabulous break.

HEARD ABOUT HS2?



Ivel Valley Walkers did so and straight from one of their own members, Chris Evans. This was the first in our series of summer talks

HS2, the controversial, much discussed high speed rail line is now to span 140 miles between London and the West Midlands. Chris was responsible for one section of the line, the one that included the Chiltern tunnel and the Colne Valley viaduct.

The tunnel is twin bore and runs for 10 miles, leaving the surface area of the Chilterns free for us walkers to wander without let or hindrance. Chris explained that two tunnelling machines, Florence and Cecilia, were put to work - apparently tunnelling machines only have female names. Each machine weighs up to 200 tons, some 200 yards long and function as underground factories by digging earth, removing spoil and lining the tunnel with precast concrete segments.

The other important section that Chris's team were responsible for was the 2.1-mile Colne Valley viaduct, elegantly straddling The Gand Union Canal, lake and the River Colne. The award-winning design was inspired by a stone skipping across the water surface.

Thanks Chris for a first hand account of this huge, highly newsworthy project.



These feet are made for walking

“Change your boots and walking shoes every 9 months to a year!”

The audience of hardened Ramblers were silent.....and in shock. Here we were, an early July evening, the room pretty much packed, to listen to (and hopefully) act on professional advice. This was Luke, a specialist podiatrist and owner of My Foot Medic, here to advise on how to keep our feet in good condition and this was his opening message.

“If you follow these simple pieces of advice you shouldn’t need to come to people like me and you can look after your own health. First question to you all.....how often should you change your boots and walking shoes?”

Hands went up around the room. Every couple of years.....every three years... ..till they lose their treads.....till they have holes in them (and I can still patch ‘em up). Yes, a full range of answers but then came that shocking line from Luke. Followed up by “ if you only walk 5 miles a couple of times a week your boots will degrade. More than that and they’ll degrade more quickly. Even if you keep brand new boots in their box in your wardrobe, they’ll degrade and degraded boots will cause trouble for your feet”

He then advised us what to look for when choosing boots and shoes including what to avoid. To be clear, Luke is not in the business of selling boots and shoes.

Strengthening and stretching were the next pieces of advice, simple exercises to build up calf muscles, hamstrings and those muscles in our feet. Very do-able, not time consuming, some you could do whilst brushing your teeth. Luke even sent us them by email and app, all free of charge.

The talk following the talk on various rambles and Ripples was very much “are you going to change your boots that often?” And “those exercises are really good”



An excellent few hours including Luke answering questions from the floor or privately on anything foot related be it on particular brands of footwear, where to buy , how to solve past or existing problems and even advice on how to deal with bunions.

Thanks Luke, really much appreciated by exactly the right audience on the second of our summer talks

Our autumn bird world - coming and goings

by Roy Dunham



With autumn now upon us our summer visitors like our hirundines (Swifts, swallows, house and sand martins) and most of our regular warbler species will have moved off south to spend the winter in Africa. Other species like nightingales, turtle doves and hobbys will also be moving south.

So what species are we likely to see arriving in the U.K in the autumn and will be spending the winter here?

Most notable will probably be winter thrushes like fieldfares and redwings (now where did they get there name from I wonder) which will spend their time eating all the berries off of the bushes. They can be seen almost anywhere where there is food for them and can often be seen in large groups flying overhead.

We also have various species of duck that arrive in the autumn having bred further afield. The pretty wigeon, with the male having a lovely cream crown, arrive in good numbers from Iceland, Russia and Scandinavia and can be seen at places like the Broom pits complex, Harrold Odell Country Park and the Marston Vale Country Park.

Another striking duck is the male goosander, sometimes seen on the Woburn Park and Harrold Odell lakes. It's a member of the sawbill family of duck named for using their serrated bill for catching fish.

Autumn is also a good time to listen out for the familiar sound of the tawny owl as young birds are starting to set up new territories and established pairs will be bond strengthening ready for their early breeding season. Who doesn't love to hear the beautiful evocative call of the male bird that we all know and love?

Tu-whit-tu-whoo!

Just a few thing to look and listen for as you are out and about enjoying your walking.



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Ivel Valley holidays



Our group holidays are always well subscribed and have provided many wonderful experiences, as you'll see from the

reviews of this year's trips to Durham and Buxton. And Whitby is looming large in September.

Naturally then plans are well underway for 2027 and perhaps beyond. To start with.....

Following the Normandy venture in 2025, we're moving west to another part of France that's been popular with holidaymakers for over two centuries, be it for the beaches, the history, the lovely towns and small cities and of course the food.

It's **BRITTANY**.

Based around St Malo/ Dinard, towns on opposite sides of the Rance estuary with a week exploring the walled city of St Malo, the coastline to the east around Cancale and it's oyster beds, the gorgeous Rance river and estuary, rugged coastal walks, forest and woodland walks and a medieval town replete with timber framed and wood slat houses. This is Dinan, once been you'll never forget it.

Sunday 23rd May through to Friday 29th May

Further ahead there's (very) tentative plans for Stroud in Gloucestershire at some point in June / July. After that, well, we'll keep you posted..

BUXTON

by Colin Baker

Over 40 Ivel Valley Walkers landed in Buxton, the historic spa town nestled in the heart of Derbyshire, and which serves as one of the most spectacular gateways to the Peak District National Park. Enjoy an a la carte menu of attractions or select your own personal amuse bouche of memories.

Carboniferous limestone hills to the south, gritstone moors to the north, this elevated town sits at a geographical crossroads that offers walkers an astonishing variety of terrain. A short walk or brief drive from the town's elegant Georgian crescent and you can find yourself deep inside collapsed subterranean caverns, trekking along windswept





ridges, or strolling through tranquil, wooded dales. Buxton offers sheer diversity: the landscape transitions effortlessly from the gentle, pastoral beauty of the White Peak to the wild, dark, and brooding expanses of the Dark Peak.

The town itself sits at around 1,000 feet above sea level, making it one of the highest towns in England so panoramic views are rarely hard to find. From the town centre, heading south towards Grin Low woods. As you climb through the mature beech woodland, the path opens to reveal Solomon's Temple, a Victorian fortified hill marker sitting atop a bronze-age barrow. The summit, at 1,440 feet, offers an uninterrupted 360-degree vista.

Need another view directly from the town? Walk north towards the atmospheric heights of Corbar Hill. A steep climb leads up through Corbar Woods, an enchanting, ancient Victorian

woodland filled with winding paths, bluebells in spring, and dramatic gritstone outcrops. At the summit sits Corbar Cross, a prominent landmark erected in 1950 to mark the Holy Year. Also at 1,440 feet, this vantage point offers a contrasting perspective to Solomon's Temple, providing spectacular, close-up views over the rooftops of Buxton's historic quarter and the sprawling gritstone edges that frame the town's northern horizon.

Sandra led us to Whaley Bridge, the starting point for a stunning linear trek into the historic Lyme Park estate. Following the Peak District Boundary Walk and the Gritstone Trail, the path climbs gently out of the valley, offering sweeping views back toward the high moors. Entering the sprawling National Trust estate of Lyme Park, the landscape transforms into a dramatic expanse of moorland and grand parkland, home to herds of red deer. The unmistakable jewel of this hike is the Cage Tower. Perched high on a windswept hill, this imposing 18th-century stone structure—originally built as a hunting lodge and watchtower—provides breathtaking, panoramic views across the Cheshire plains all the way to the Manchester skyline.

The Goyt Valley beckoned, via the windswept, heather-clad expanses of Wild Moor, a place of deep solitude where the call of the curlew echoes

across the peat. The trail drops into the deeply wooded and sheltered embrace of the Goyt Valley dominated by the



glassy waters of Errwood Reservoir and beyond, the ruins of Errwood Hall, a Victorian mansion reclaimed by nature

More geological drama just south of Buxton where we headed into the Upper Dove Valley to tackle the famous 'Dragon's Back'. Chrome Hill, alongside its neighbour Parkhouse Hill, is a striking limestone reef knoll that rises abruptly from the valley floor like the spine of a sleeping monster. The steep scramble up the narrow, grassy ridge of Chrome Hill rewards walkers with some of the most dramatic, sharp-edged ridge walking in the entire Peak District, looking down upon fields neatly divided by ancient dry-stone walls.

Roy took us on the 'Ring of Trees' circular walk, a ten mile route loops around Buxton, named after the woodland belts that ring the town planted by the Dukes of Devonshire to shield the spa resort from the harsh upland winds.

South into the limestone country brought the group to the stunning Manifold Valley and an exceptionally scenic riverside trek to Wetton Mill. Curiously, in dry weather, the river completely vanishes into subterranean limestone sinkholes south of the mill, leaving a dry riverbed. Arriving at Wetton Mill—a historic National Trust corn mill complete with a riverside tearoom - a short, steep climb away from the mill leads to the jaw-dropping, 60-foot arched portal of Thor's Cave, an ancient cavern overlooking the valley floor.

Buxton is a journey through time and geology. Trace the footsteps of Roman soldiers along ancient tracks; scramble along a razor-sharp limestone reef; watch the sunset behind the Cage Tower stroll through historic parklands; yomp across isolated, wind-scoured moorland. It's all waiting just beyond the town, it's borders and the magnificent, varied hills that encircle it.

A huge debt of gratitude goes to Roy, Sandra and Marcus for giving generously of their time organising a fabulous holiday for Ivel Valley Walkers.

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140,000 miles...!!!



“Are you from the council?” asked a lady dog walker, raising her voice above the chatter of hedge clippers and, further away, brush cutters.

“No, we’re volunteers from the Ramblers, although we do work with the council people of Bedfordshire to maintain the public footpaths you might walk along”

“WHAT ! You do all this for free? Wow, many thanks and what a difference you make”

Such an exchange is pretty common with our Bedfordshire Rambler groups and probably groups throughout the country. So what do we do and why?

THE WHY?

Our country probably has the widest network of public pathways in the world, currently totalling some 140,000 miles across England and Wales, and including public footpaths, bridleways, byways, permissive paths.....Many of these are ancient trails which allowed people to reach towns and villages for work, trade,

church, perhaps the pub. Then there's the long distance footpaths such as the Pennine Way, Coast to Coast....indeed you can now walk almost round our entire coastline on a public footpath. Great news ay ? Yes indeed and these ways, old and new, are all in perfect condition, need no maintenance from local councils and there's never a problem.

Erm...no. Scrub that last sentence.

In our real world we have vegetation, including nettles, brambles etc that insists on growing, stinging and grabbing us; trees that decide to fall down; stonework and woodwork that collapses or wears out and a whole lot more, all meaning the paths you might walk along with your friends or dogs deteriorate, become overgrown, become unsafe and need maintaining. Local councils don't have the budget for what is a huge task so Ramblers step in to help. After all we use local and long distance paths so why not help out?



THE WHAT?

Imagine you're wandering through a woodland, enjoying the sight and sound of birds, looking at the variety of trees and just being out in the wild at one with nature. Then nature grabs you, or rather a great block of brambles does so, tendrils ripping at your bare arms, tearing your hat off and causing you to use bad language. Or you encounter what was a stone stile, all now wrecked, stones all over the place and stopping you getting through; a bridge where the wood is all rotten and you risk being dunked in the stream below.

These examples and lots more can be reported to your local councillor or direct to the Rights of Way Officer at your council. They then involve their colleagues and also liaise with their Rambler contact and ask for help on particular issues. And as Ramblers.....



Off we go. Sadly we don't have a fireman's type pole to slide down and get into action. No blue lights in our cars either. We're not even allowed to fly through red lights!

We just load up our cars with equipment needed for today's job, any or all of digging tools, crowbars, hedge cutters, secateurs, rakes, loppers, brush cutters, saws, hammers and whatever else. We meet at an agreed time and place and on with that day's job.

This may involve clearing that overgrown path mentioned earlier.

The path might be impassable....so we make it passable. Marker posts may have disappeared into hedges so let's clear the hedge so they can be seen. Other posts may have rotted, fallen over even disappeared completely. Time to put new ones in, digging down for a metre, slotting a new post in and attaching direction indicators (left a bit, right a bit, round a bit more, up a lot....Yeah that'll point the right way).

Then there's stiles, steps and gates to repair or replace. Bridges to repair or rebuild.

And even though we as a country don't seem able to win a football world cup, we are absolutely top of the world in littering our lovely countryside, villages, towns and cities. So if time allows, we litter-pick as well.

Our aim is simple, let's keep our much-valued pathways safe and enjoyable for as many as possible. And that could be YOU.

We at Ramblers have an acronym for all this. It's RIPPLE.

Repairing and Improving Public Paths for Leisure and Exercise.

The Fran Interview

By Fran Stedman



Today I am delighted to talk to Chris Evans, our new Footpath Officer, who joined the IVW last year. Chris comes from Worcestershire

originally and, after university in Nottingham, travelled the country on construction projects. He settled in Bedfordshire as a central location when he returned from working overseas.

When did you join Ivel Valley Ramblers?

I went part time from work in early 2025 and having always been a keen walker I thought IVW would be a great way to get out and meet some new and interesting people whilst getting some exercise and exploring the local countryside

I hear some say you are civil?

This can only refer to my profession; I am a Civil Engineer. I feel very fortunate to have worked on some great projects like Sizewell B power station, the tunnels on Crossrail and the Colne Valley Viaduct and Chiltern Tunnels on HS2. I also enjoyed the opportunity to become the Project Director on the redevelopment of Blackfriars station in central London.

Where is the most interesting place you have worked?

I worked in Hong Kong prior to the handover in 1997. It was a real culture

shock. My daughter was born there so I often tease her by reminding her she has "Made in Hong Kong" stamped on her behind! It was whilst I worked there that my namesake, the DJ rose to fame. On occasions, I would book a table in a pub, and the staff were very disappointed when they realised I was not the famous British TV and radio star; I guess my hair colouring gave it away!!

Other than walking what do you do with your time?

I like to keep busy and I am a very keen gardener. I grow my own vegetables and take part in the Roxton flower show which is an excellent community event. I am also very active on the local Parish Council.

What do you enjoy about IVW?

It is so refreshing and invigorating to get out into the fresh air and enjoy other people's company. Spending time with the RIPPLE team and clearing overgrown footpaths has been very rewarding and the local people are always very grateful which makes it all worthwhile. In my role as Footpath Officer, I like to encourage walkers to join us, so they too can benefit from friendship and fitness which is what our group is all about.

From one fellow Worcesterian to another, thank you Chris!



Roger Chick

It was with great sadness that members of the Ivel Valley Group were informed by his wife Joan that Roger Chick had died peacefully on Friday 8 May. He had suffered from Alzheimer's disease for the past 8 years and spent his final years in a care home.

Roger and Joan, who then lived in Biggleswade, became active in the Ivel Valley Group in the early 1990s. Roger led his first walk for the Group in 1994 and joined the Committee in that year. He served as a member until 2000. Later, he rejoined the Committee as Footpath Secretary in the years 2008-11. In addition to leading walks for the Group, mainly in his home area, in 1999 he organised a successful weekend trip to Ingleton in the Yorkshire Dales, including tackling Ingleborough, one of the Yorkshire Three Peaks.

Roger had an easy-going manner and was always good company on walks.

He had a meticulous attitude to problems and was renowned for his use of spreadsheets. As Footpath Secretary this stood him in good stead, particularly with the problems which arose in connection with the Biggleswade East housing development. He took the reams of paperwork in his stride and was successful in safeguarding the rights of way network in that area.

Roger was again in his element when a number of planning applications for gravel extraction arrived at the Area footpath committee and his thoroughness and diligence helped regain lost access and creation of new paths once the extractions were completed.

Probably Roger's one achievement which is easily recognised is the Permissive path on the Shuttleworth estate accessing Queen Anne's Summerhouse and Keepers Cottage

Although Roger and Joan moved to Wiltshire in 2012 to be nearer their family, they kept in touch and their last walk with Ivel Valley was at Avebury on Tony Sheward's coach trip in 2013.

The Committee sends their condolences to Joan, his daughter and son and the wider family.

Tony Sheward/Barry Ingram
Ivel Valley Group.

Ivel Valley Walks Programme

Autumn and Winter 2026

Top Tips: click here to check Ivel Valley website, also check Roy's bulletin for possible programme changes. **Start Point** - Check the **Ramblers website or app** for **What3Words**
Please Car Share where you can!

Sun 06 Sep 10:00	Walking Festival Ampthill West CP. MK45 2HX (TL 023 382). Tony D 07946 361883	7 miles
Sun 06 Sep 10:00	Walking Festival Ampthill West CP. MK45 2HX (TL 023 382). Tony D 07946 361883	5 miles
Tue 08 Sep 10:00	Walking Festival Barton Old Road, near Recreation Ground. MK45 4LD (TL 083 304). Tom C 07743 128645	12 miles
Wed 09 Sep 10:00	Walking Festival Bedford Priory Park Visitor Centre, off Barkers Lane. MK41 9DJ (TL 072 494). Chris E 07747 007368	7 miles
Fri 11 Sep 10:00	Walking Festival Elstow Historic Churches Bus Walk Park in Elstow OR catch bus No.44 at 09:35 from Bedford Bus Station (bay A) to Elstow. MK42 9XT (TL 049 475). Visit the Abbey, St.John's, St.Mary's, St.Paul's, & St.Peter's. Roy C 07784 208997	4 miles
Sat 12 Sep 07:45	Walking Festival Greensand Walk Challenge Meet at Ampthill Park West CP near A507. Board a coach or taxi to transfer to the starting point near Tesco in Leighton Buzzard. MK45 2HX (TL 023 382). Roy C 07784 208997	19 miles
Sun 13 Sep 07:45	Walking Festival Greensand Walk Challenge Meet at Ampthill Park West CP near A507. Board a coach or taxi to transfer to the starting point Gamlingay Cinques. MK45 2HX (TL 023 382). Roy C 07784 208997	21 miles
Sun 13 Sep 10:00	Walking Festival Leighton Buzzard 12-mile walk (figure-of-eight). Optional shorter routes: (am) 7 miles or (pm) 5 miles. Meet at: The Cross Leighton Buzzard (Parking at Dunscombe Drive CP - free on Sundays). LU7 1SD (SP 927 249). Sandra A 07789 777060	12 miles

Denotes Walk Festival

Wed 16 Sep	10:00	Rowney Warren Wood CP at Sandy Lane, off A600 NW of Shefford. SG17 5QB (TL 124 404). Marcus K 07754 100266 on the day only	7 miles
Thu 17 Sep	10:00	Shillington Memorial Playing Field CP, Greenfields, Hillfoot End. SG5 3NX (TL 124 344). Jan W 07895 045410 on the day only	4.5 miles
Sun 20 Sep	10:00	Whitby Holiday	
Sun 20 Sep	13:30	Whitby Holiday	
Tue 22 Sep	10:00	Whitby Holiday	
Wed 23 Sep	10:00	St Paul's Walden Church CP off Church Lane (behind Strathmore Arms). SG4 8DN (TL 192 222). Ian J 07866 389443	7 miles
Fri 25 Sep	09:25	Roxton Historic Churches Bus Walk Meet at Bedford Bus Station. Catch No.905 bus from Stop O at 09:35 to Roxton, arriving about 9:53. From Roxton walk to Great Barford and return to Bedford by No.905 bus. MK40 1LT (TL 047 499). Jan W 07895 045410 on the day only	6.5 miles
Sun 27 Sep	10:00	Barton-Le-Clay Old Road, near Recreation Ground. MK45 4LD (TL 083 304) Tom C 07743 128645	12 miles
Wed 30 Sep	10:00	Sharnbrook Lodge Road. Meet near the Village Hall. MK44 1JP (TL 992 595). Bridget C 07807 931274	7 miles
Thu 01 Oct	10:00	Hexton Mill Lane Hexton o/s The Raven PH. Please Park considerately in the lane. SG5 3JB (TL 105 303). Anthony P 07843 191023	5 miles
Sun 04 Oct	10:00	Caldecote Lake Caldecotte Lake North CP, off Bletcham Way eastbound. MK7 8HP (SP 887 355). Tony S 07745 655938 on the day only	7 miles
Sun 04 Oct	13:30	Caldecote Lake Caldecotte Lake North CP, off Bletcham Way eastbound. MK7 8HP (SP 887 355). Nick M 07803 125876	5 miles
Tue 06 Oct	10:00	Pegsdon Layby near gates to Hexton Manor. SG5 3JS (TL 118 302). Tom C 07743 128645	12 miles

Wed 07 Oct	10:00	Flitwick The Rufus Centre, Steppingley Road, Flitwick. MK45 1AH (TL 033 387). Mel S 07966 210950	7 miles
Fri 09 Oct	10:15	St Neots Historic Churches Bus Walk Meet in Market Square. Catch No.65 bus at 10:25 from Stop B to Buckden. Walk to Offord Darcy church. Return to St Neots at 13.06. PE19 2AA (TL 182 6020). Roy C 07784 208997	4 miles
Sun 11 Oct	10:00	Rowney Warren Wood CP at Sandy Lane, off A600 NW of Shefford. SG17 5QB (TL 124 404). Marcus K 07754 100266 on the day only	12 miles
Wed 14 Oct	10:00	Old Warden St. Leonard's Church CP. SG18 9HD (TL 137 443). Chris E 07747 007368	7 miles
Thu 15 Oct	10:00	Paxton Pits CP Paxton Pits Nature Reserve, High Street, Little Paxton. PE19 6ET (TL 195 629). Jan W 07895 045410 on the day only	4.5 miles
Sun 18 Oct	10:00	Woburn CP opposite St Mary's church. MK17 9PG (SP 951 331). Sandra A 07789 777060	7 miles
Sun 18 Oct	13:30	Woburn CP opposite St Mary's church. MK17 9PG (SP 951 331). Sandra A 07789 777060	5 miles
Tue 20 Oct	10:00	Fenny Stratford The 3x Brickhill's Rushmere and Stockgrove. Manor Fields Sports Ground, Fenny Stratford, opposite Dobbins Garden Centre. MK2 2HX (SP 885 335). Tony & Karen A 07875 210926	12.5 miles
Wed 21 Oct	10:00	Luton Luton Sports Village, Butterfield Green Road. LU2 8DD (TL 106 244). Brian R 07779 833586	7 miles
Fri 23 Oct	09:45	Toddington Historic Churches Bus Walk Meet in Market Square. Catch bus No.42 at 10.00 to Houghton Regis. Walk back to Toddington via Chalgrave church. LU5 6BP (TL 009 288). Roy C 07784 208997	5 miles
Sun 25 Oct	10:00	Henlow Gardeners Lane CP. SG16 6DJ (TL 178 388). John N 07950 708087	12 miles

Wed 28 Oct	10:00	Bedford Mowsbury Park CP. MK41 8YR (TL 060 528). Steve A 07802 279486	7 miles
Thu 29 Oct	10:00	Amphill Park West Park CP. MK45 2GU (TL 024 382). Philip B 07759 208271	5 miles
Sun 01 Nov	10:00	St Ives Park & Ride CP, Meadow Lane. PE27 4LG (TL 319 709). Marcus K 07754 100266 on the day only	7 miles
Sun 01 Nov	13:30	St Ives Park & Ride CP, Meadow Lane. PE27 4LG (TL 319 709). Marcus K 07754 100266 on the day only	5 miles
Tue 03 Nov	10:00	Amphill Park West Park CP. MK45 2GU (TL 024 382). Graham B 07399 881460	12 miles
Wed 04 Nov	10:00	Olney Olney, Long Stay CP, East Street. MK46 4DH (SP 891 516). Dave B 07796 178659	7 miles
Sun 08 Nov	10:00	Great Denham Archers Rest. MK40 4SQ (TL 021 482). Marcus K 07754 100266 on the day only	11 Miles
Wed 11 Nov	10:00	Amphill West Park CP. MK45 2GU (TL 024 382). Phil C 07747 655557	7 miles
Thu 12 Nov	10:00	Old Warden St Leonards Church, Old Warden. A small donation for using the CP is appreciated. SG18 9HD (TL137443). Nick M 07803 125876	4 miles
Sun 15 Nov	10:00	Stoke Hammond Three Locks picnic site. MK17 9DD (SP 893 283). Sandra A 07789 777060	7 miles
Sun 15 Nov	13:30	Stoke Hammond Three Locks picnic site. MK17 9DD (SP 893 283). Sandra A 07789 777060	5 miles
Tue 17 Nov	10:00	Royston Therfield Heath Sports Centre CP, Baldock Road. SG8 5BG (TL 348 405). John N 07950 708087	12 miles

Wed 18 Nov	10:00	Clophill Lakes Nature Reserve, Shefford Rd, Beadlow, Shefford. SG17 5TR (TL 101 381). David H 07585 505822	7 miles
Sun 22 Nov	10:00	Ashridge Estate Visitor Centre, near Bridgewater Monument. HP4 1LX (SP 970 130). Tony D 07946 361883	10 miles
Wed 25 Nov	10:00	Royston Therfield Heath Sports Centre CP, Baldock Road. SG8 5BG (TL 348 405). John N 07950 708087	7 miles
Thu 26 Nov	10:00	Sharnbrook Sharnbrook, Village CP, High Street near Church Lane. Further parking space in Lodge Road. MK44 1PB (SP 995 596). Sue T 07849 827049	5 miles
Sun 29 Nov	10:00	Old Warden Village Hall CP. SG18 9EB (TL 138 440). Roger M 07989 307046	7 miles
Sun 29 Nov	13:30	IVW AGM 2026 Old Warden, Village Hall CP. SG18 9EB (TL 138 440).	
Tue 01 Dec	10:00	Harpenden/Redbourn Mill Rothamsted Manor. Meet at top of Park Hill Harpenden Street parking in surrounding area. AL5 3AT (TL 125 147). Tony & Karen A 07875 210926	12 miles
Wed 02 Dec	10:00	Maulden Woods Lay-by off A6 northbound. MK45 2AP (TL 073 394). Chris E 07747 007368	7 miles
Sun 06 Dec	10:00	Sandy Town Centre CP. SG19 1AG (TL 174 492). Carolyn & Mark L 07740 684923	12 miles
Wed 09 Dec	10:00	Flitwick Flitwick Village Hall, Dunstable Road, Flitwick. MK45 1HP (TL 033 348). Mel S 07966 210950	7 miles
Thu 10 Dec	10:00	Flitwick Rufus Centre CP. MK45 1AH (TL 023 357). Liz W 07762 340385	4 miles
Sun 13 Dec	10:00	Aspley Guise Meet in the Recreation Ground CP (enter via the Aspley Guise Golf Club entrance, then immediately bear right. Turn left into the CP beside the sports field). MK17 8DX (SP 936 358). Sandra A 07789 777060	7 miles

Sun 13 Dec	13:30	Aspley Guise Meet in the Recreation Ground CP (enter via the Aspley Guise Golf Club entrance, then immediately bear right. Turn left into the CP beside the sports field). MK17 8DX (SP 936 358). Sandra A 07789 777060	5 miles
Tue 15 Dec	10:00	Great Offley Meet outside St Mary Magdelene's Church. Street Parking in village. SG5 3DX (TL 145 267). Tony & Karen A 07875 210926	12 miles
Wed 16 Dec	1:00	Stagsden – Christmas Luncheon Walk Bedfordshire Golf Club, Spring Lane, Stagsden. MK43 8SE (SP 989 489). Colin B 07787 413957	6 miles
Sun 20 Dec	10:00	Husborne Crawley- Mulled Wine Ramble Reading Room, The Village Hall Turnpike Road. Bring Festive food to share in the afternoon & enjoy a Mulled Wine. £3 at the door. MK43 0XE (SP 960 357). Bob W 07474 303545	6 miles
Wed 23 Dec	10:00	Wimpole Hall Meet by the entrance to the stable block. Parking is free to National Trust Members (a small charge if not). SG8 0BW (TL 336 510). Marcus K 07754 100266 on the day only	7 miles
Thu 24 Dec	10:00	Amphill Park Amphill Park (West CP) – Join us for a pre-Christmas amble around Greensand Country. The West CP is at the far end of Woburn St, near the A507 bypass. MK45 2GU (TL 024 382). Nick M 07803 125876	5 miles
Sun 27 Dec	10:00	Barton-Le-Clay Old Road, near Recreation Ground. MK45 4LD (TL 083 304). Tom C 07743 128645	7 miles
Sun 27 Dec	13:30	Barton-Le-Clay Old Road, near Recreation Ground. MK45 4LD (TL 083 304). Tom C 07743 128645	5 miles
Tue 29 Dec	10:00	Sundon Hills Country Park CP. LU3 3PQ (TL 047 286). Tom C 07743 128645	12 miles
Wed 30 Dec	10:00	Bedford Mowsbury Park CP. MK41 8YR (TL 060 528). Colin B 07787 413957	7 miles

Thu 31 Dec	10:00	Flitwick The Sherry Amble Park in Commerce Way, opposite Folly Farm. Bring leftovers from Christmas and enjoy a Sherry at Crawley Barn. MK45 5BP (TL 041 356). Roy C 07784 208997	5 miles
Sun 03 Jan	10:00	Woburn Sands Russell Street CP. MK17 8NU (SP 930 358). Tom C 07743 128645	12 miles
Wed 06 Jan	10:00	Woburn CP opposite St Mary's church. MK17 9PG (SP 951 331). Mel S 07966 210950	7 miles
Thu 07 Jan	10:00	Sharpenhoe Clappers Clapper's CP at top of the hill. MK45 4SH (TL 065 296). Jan W 07895 045410 on the day only	4.5 miles
Sun 10 Jan	10:00	Sundon Hills Country Park CP. LU3 3PQ (TL 047 286). Tom C 07743 128645	7 miles
Sun 10 Jan	13:30	Sundon Hills Country Park CP. LU3 3PQ (TL 047 286). Tom C 07743 128645	5 miles
Tue 12 Jan	10:00	Radwell Meadows Radwell Meadows Country Park CP off Nortonbury Lane, Letchworth. SG6 1AN (TL 233 349). John N 07950 708087	12 miles
Wed 13 Jan	10:00	Amptill West Park CP. MK45 2GU (TL 024 382). Barry D 07930 076550	7 miles
Sun 17 Jan	10:00	Pegsdon Layby near gates to Hexton Manor. SG5 3JS (TL 118 302). Tom C 07743 128645	12 miles
Wed 20 Jan	10:00	Woolstone CP is opposite 24 Newport Rd, Woolstone. MK15 0BP (SP 875 386). Colin B 07787 413957	7 miles
Thu 21 Jan	10:00	Mowsbury Park, Bedford Mowsbury Park CP, Kimbolton Road. MK41 8YR (TL 060 528.) Sue T 07849 827049	5 miles
Sun 24 Jan	10:00	Woburn CP opposite St Mary's church. MK17 9PG (SP 951 331). Roy C 07784 208997	7 Miles

Sun 24 Jan	13:30	Woburn CP opposite St Mary's church. MK17 9PG (SP 951 331). Roy C 07784 208997	5 Miles
Tue 26 Jan	10:00	Royston Therfield Heath Sports Centre CP, Baldock Road. SG8 5BG (TL 348 405). Antony C 07857 890829 on the day only	12 miles
Wed 27 Jan	10:00	Barton-le-Clay Old Road, near Recreation Ground. MK45 4LD (TL 083 304). Colin B 07787 413957	7 miles
Sun 31 Jan	10:00	Barton-Le-Clay Old Road, near Recreation Ground. MK45 4LD (TL 083 304). Tom C 07743 128645	12 miles



Introduction to Outdoor First Aid

Monday 19th October 2026

7:15pm – 9:30pm (includes a tea & biscuit break)

Priory Church, Newham Avenue, Bedford, MK41 9QJ

Free (with a voluntary collection for St John Ambulance)

Ivel Valley members have an opportunity to join a hands-on workshop led by Steve Crome of St John Ambulance. This practical session is designed to give you the confidence to manage outdoor emergencies.

What you will learn:

Common Injuries: Managing blisters, bites, stings, dehydration, hypo- and hyperthermia.

Life-Saving Protocols: A 1-hour practical session covering DRABC, adult CPR (cardiac compressions and mouth-to-mouth), and child adaptations.

Critical Care: Handling serious or catastrophic bleeding, managing choking, and making effective 999 calls.

Places are limited, please text Roger on 07989307046 to reserve yours.

Interested and new to Ramblers? Well, how about some Q &A's?

Q Okay, I'm interested. What next?

- A** Have a look at the programme, choose a day, a walk, a distance to suit. Note the starting point/meeting place which will always be clear and easy to find and then just turn up. For most walks you don't need to book, just turn up. However, some leaders do ask you to book by phone or email.

Q What do I wear and what to bring?

- A** From the bottom upwards we'd suggest walking boots /shoes or other strong footwear since most of the time will be in countryside of various types. Then it's dress for the weather be it hot, cool, wet or windy including hats where appropriate, suncream, waterproofs etc as per the weather forecast. Shorter walks will stop for a coffee break and longer walks will stop for lunch, often a picnic somewhere or perhaps at a pub/cafe, and also coffee breaks. So bring a flask, water and whatever you fancy to eat.

Q Start time?

- A** The programme specifies the start time plus other important details. We leave promptly so arrive in good time and we're ready to hit the road!

Q What about the weather? Do you walk if it's raining?

- A** Hey, this is the UK! We might cancel in extreme conditions but otherwise we go come rain, hail or shine. There's no bad weather, just the wrong clothes.

Q To get started then, all I need do is turn up and follow the leader?

- A** You've got it!

Q Any paperwork, forms etc to bring or fill in?

- A** No. We're not great fans of this.

Q How much?

- A** The walks are free, but if you walk regularly with us and like what you find we'd like you to join the Ramblers Association. Ramblers membership is the best way to support the work done for walkers across Britain.

Please visit www.ramblers.org.uk or telephone: 020 3961 3300 and nominate Ivel Valley Walkers as your local group

Q How much to join?

- A** The good news is that we don't want your money. Not yet anyway. We suggest you try before you buy. Have a look at the programme in this brochure, find something that suits you, turn up on the day and walk with us for a few times. You'll be made very welcome, there's no charge, no commitment, not even any paperwork. If you like what you find, join us. We want Rambling to be available as widely as possible. It's only £45 for one adult for one year and an unbelievable £61 for two adults.

WE WALK ON:

Sundays, Tuesdays, Wednesdays, some Fridays and
occasional Saturdays and Summer evenings.

New walkers are always made welcome

HOW TO BOOK IVW TRIPS...

To book and make payments to Ivel Valley please email the organiser and wait for confirmation before paying.

This avoids overbooking trips or events when we have limited numbers availability.

TO PAY

Bank: Unity Trust Bank
Account Payee: Ivel Valley Social Account
Sort code: 60-83-01
Account No: 20201274
Reference: Please give the name of the individual activity you are booking/paying for.



OUR TEAM

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Brian Roe	Treasurer	treasurerIVW.25@gmail.com
Fran Stedman	General secretary	generalsecIVW@gmail.com
Roy Carter	Membership secretary	membsecIVW@gmail.com
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Photographs courtesy Sue Cook, Sandra Axtell, Tom Collier and Brian Roe

Design and pre-press: Print & Design – E: design@bedford.gov.uk