

Special Events in 2010

- 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. Walks every day (including Sunday pm and Friday am). An accommodation list is now available. Anyone making a late decision to come on the Exmoor trip should contact Barry **as soon as possible**.
Administration charge £10 per head.
Organiser: Barry Tel. 01234 353704
- Sun 27.6 25th Anniversary Walks**
Please note change of date since Spring programme!
There will be 3 walks on Sunday 27th June (all starting at Barton-le-Clay village hall) to celebrate our 25th anniversary, followed by a buffet at the village hall. Cost of the buffet is £3 per head.
The 3 walks which will be led by experienced leaders are as follows:-
25 miles – start time 7:00am *Jim Tel 01234 301948*
11 miles – start time 11:00am *David Tel 01234 350644*
6.5 miles – start time 2:00pm *Laurie Tel 01525 403950*
Please complete and return the booking slip, indicating which distance you wish to walk and including payment for the optional buffet, by 18th June.
You are urged not to overestimate your capabilities, when choosing the distance you wish to walk.
Please include your email address on the booking slip, (if you have one), so that Jim can send further information.
Organiser: Jim Tel. 01234 301948
- Sun 18.7 Coach trip to Bakewell, Derbyshire**
Fancy a day in the glorious Derbyshire Peak District? The morning walk of 5.5 miles, takes you from the pretty village of Baslow through the Chatsworth Estate to Bakewell, where those who wish can spend an afternoon enjoying all this picturesque town has to offer.
The afternoon walk starts near Ashford In The Water with a 4.5 mile walk across the dales, back to Bakewell, where there should be time for tea and cakes before departing for home.
Cost per head £16. Please book and pay by 21st June.
Biggleswade Market Square 7.30am
Bedford Bus Station 8.00am.
Organiser: Nick Tel. 07803 125876 or email www@ivelvalleywalkers.co.uk
- 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.
An accommodation list is now available.
Administration charge £5 per head.
Organiser: 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 781220
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:
Roger McLeod Tel: 01234 216639
Email: publicity@ivelvalleywalkers.co.uk

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 Summer Programme

At last it's Summer. After the snow and ice of the Christmas period, we are now moving into the warmer weather.
We again have a fantastic programme of walks, both within the county and trips 'abroad' to Hertfordshire, Northamptonshire, Buckinghamshire, Norfolk, and even a Coach Trip to Derbyshire. I must thank, yet again, all those leaders who propose, recce, and then lead all these walks, and without whom this club would not exist.
We also have a 5 night Exmoor break, another stage of the London Loop and a further part of the Bunyan Trail. Beyond this programme, we have a weekend in Coniston in October, and the committee are looking at further events in 2011 (doesn't time fly).
This time, we have the final event in celebration of our 25th anniversary, the 25 mile walk on 27th June (please note the change of date). Don't worry if you don't feel up to 25 miles, there are alternative shorter walks, all ending with a buffet tea for you to meet up and chat with all your friends.
I note that in my last message, I was proud to say that 200 copies of our Favourite Walks book had been sold – well, I am delighted to tell you that that number is now over 400, and the publishers are thinking of a reprint. Congratulations to everybody who contributed, I am still amazed when I look at it how professional it appears.

David Stark, Chairman

P.S. for the latest update on any of our walks or events, please refer to www.ivelvalleywalkers.co.uk

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

Please consider helping Ivel Valley Walkers to reduce costs by receiving your programme by e-mail, or getting it from our website. Please e-mail secretary@ivelvalleywalkers.co.uk if you could help us in this way.

For further information on 'the Ramblers' visit the [web-site at 'www.ramblers.org.uk'](http://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.

Ivel Valley Walks Programme: Summer 2010

- Sun 2.5 10:00am & 2:00pm Turvey, in layby on A428 north of river. SP937523 7 & 5 miles. *Lynda K. 01234 740788*
- Mon 3.5 10:00am Kimpton (Herts). Meet near Post Office. TL171183 13 miles. Park in High Street. *Marcus 01462 812005*
- Tue 4.5 10:00am Amptill Park car park TL024382 11 miles. *Dave 01234 857161*
- Wed 5.5 10:00am Sutton. Please park considerably in road near John O'Gaunt PH TL223474 7.5 miles. *Roger C. 01767 312259*

Ivel Valley Walks Programme: Summer 2010

- Sun 9.5 10:00am Ivinghoe Beacon car park SP963159 12 miles.
Nick M. 07803 125876
- Mon 10.5 7:45pm **Committee Meeting** Host: Mary Carrington
Tel. 01234 781220
- Wed 12.5 10:00am Wilden, near Victoria Arms PH TL095552 6.5 miles.
Nick's Birthday Walk. *Nick W. 01234 210437*
- Thu 13.5 10:00am **Weekday Amble. Barton Hills.** Barton-le-Clay.
Park by church. TL085304 5 miles. *Carol 01582 882628*
- Sun 16.5 10:00am **Morning walk.** Bedford, Priory Park Visitors Centre,
off Barkers Lane TL072494 6 miles. *Linda T. 01480 350345*

Sun 16.5 **5 night Exmoor break.**
to Fri 21.5 See overleaf for details. *Barry 01234 353704*

- Tue 18.5 10:00am Kempston. Meet at King William IV PH. Park in side
streets near pub. TL025474 12 miles. *Dave 01234 857161*
- Wed 19.5 10:00am Hexton, near Raven PH TL106307 6.5 miles.
Carol 01582 882628
- Thu 20.5 7:30pm **Llama walk.** Turvey Church SP941525 4 miles.
Elizabeth W. 01234 881684
- Sun 23.5 10:00am Kinsbourne Green, north of Harpenden, top end
Derwent Road, AL5 3PA TL113159 12 miles.
Ed 01438 226590
- Tue 25.5 7:30pm **Nightingale Walk.** Paxton Pits Visitor Centre
TL195629 4 miles. *Val C. 01480 218872*
- Wed 26.5 10:00am Biggleswade, Dan Albone car park (near
Sainsburys) TL187453 6.5 miles. *Norman 01767 221651*
- Thu 27.5 10:00am **Weekday Amble.** Great Offley, near Red Lion PH
TL146266 4 miles. *Julia 01462 672321*
- Sun 30.5 10:00am & 2:00pm Haynes Village Hall car park TL101420
7 & 5 miles. *Lynda K. 01234 740788*

Mon 31.5 10:00am **Bunyan Trail Day 3. Ridgmont to Kempston.**
Kempston Church End, near Cemetery in Green End Road
TL013477 11.5 miles. Shared transport to start at Ridgmont.
Roy 01234 301182

- Tue 1.6 10:00am Meppershall, by the Church TL135359 9 miles.
Catherine 01462 857895
- Wed 2.6 10:00am Barkway. Car park opposite Village Hall (northern
outskirts, on B1368) TL385360 7 miles.
Antony 01767 601969
- Also
- Wed 2.6 7:30pm Langford Village Hall car park, Mill Lane TL184412
3.5 miles. *Bernard & Mary 01462 700387*
- Sun 6.6 10:00am & 2:00pm Chicheley, Bucks near Newport
Pagnell/Sherington. Park in layby near the pub or on grass
verge on main road SP903460 7 & 5 miles.
Barry 01234 353704
- Tue 8.6 7:30pm Bromham. One Stop shop car park, Molivers Lane (off
Village Road) TL009514 4 miles. *Val B. 01234 824095*
- Wed 9.6 10:00am Maulden. The Braiche TL051381 7 miles.
Laurie 01525 403950
- Thu 10.6 10:15am **Weekday Amble. Note later start time.** Paxton Pits
Visitor Centre TL195629 4.5 miles. *Norman 01767 221651*
- Sun 13.6 9:00am **Thetford forest.** St Neots, Tesco car park TL183582
12 miles. Shared transport to start. *Roger H. 01480 211880*
- Tue 15.6 10:00am Whipsnade Tree Cathedral car park TL009180
11.5 miles. *Bernard 01462 700387*

Ivel Valley Walkers 25th Anniversary Year

- Wed 16.6 10:00am Silsoe, Park Avenue, near Church TL083356
6 miles. *Bernard 01462 700387*
- Thu 17.6 7:30pm Shefford, town car park, Old Station Way TL142391
4 miles. *Gill 01462 814959*
- Sun 20.6 10:00am & 2:00pm Shillington. Greenfields, Hillfoot End
TL124344 7 & 5 miles. *Tony 01234 831388*
- Wed 23.6 10:00am Harrold Odell Country Park car park SP956566
6.5 miles. *Mary C. 01234 781220*
- Also
- Wed 23.6 7:30pm Amphill Park car park TL024382 4 miles.
John 01525 840278
- Thu 24.6 10:00am **Weekday Amble.** Turvey, Three Fyshes PH car
park SP939523 5 miles. *Mary C. 01234 781220*

Sun 27.6 **25th Anniversary walks.** Barton-le-Clay Village Hall, Hexton
Road, MK45 4JY TL082306 **25, 11 & 6.5 miles.**
See overleaf for details. *Jim 01234 301948*

- Tue 29.6 10:30am **Two Peaks Challenge! Note later start time.**
Wendover Woods car park (pay & display) SP888090
9.5 miles. Follow brown tourist signs from B4009.
The walk passes through the highest points in Herts & Bucks.
Antony 01767 601969
- Wed 30.6 10:00am Wimpole Hall car park TL338509 6.5 miles. Parking
£2 (free to National Trust members) redeemable against café
and shop purchases. *Marcus 01462 812005*
- Thu 1.7 7:30pm **Captain Peel Walk.** Sandy, town centre car park
TL174492 3.5 miles. No dogs please.
Sheila & Clive 01480 392223
- Sun 4.7 10:00am & 2:00pm Amphill, meet at gates to The Alameda,
Woburn Street. TL034381 7.5 & 6 miles.
Nichola 01525 840278
- Tue 6.7 7:30pm Stewartby Station. Park in lay-by near station
TL014423 4 miles. *Laurie 01525 403950*
- Wed 7.7 10:00am Hinxworth - High Street. Meet near Three
Horseshoes PH TL234405 6 miles. *Catherine 01462 857895*
- Thu 8.7 10:00am **Weekday Amble.** Dunstable Downs - Chiltern
Gateway Centre TL008198 5 miles. *Carol 01582 882628*
- Sun 11.7 10:00am Yelling Village Hall TL262624 12 miles. Parking
agreed at Village Hall. £1 contribution expected.
Roger H. 01480 211880
- Tue 13.7 10:00am Souldrop, near Bedford Arms PH SP986617 12
miles. *Jim 01234 301948*
- Wed 14.7 10:00am Grafham Water, East Perry Plummer car park on
B661 (pay & display) TL162664 6.5 miles.
Antony 01767 601969
- Also
- Wed 14.7 7:30pm Maulden Woods. Car park off A6 north of Clophill
TL073394 4 miles. *Lynda K. 01234 740788*
- Sun 18.7 7:30am **Coach trip to Bakewell, Derbyshire.** 5.5 & 4.5 miles.
See overleaf for details. *Nick M. 07803 125876*
- Tue 20.7 7:30pm Kempston Mill car park, Riverview way, off King
William Road TL023476 4 miles. *Stephanie 01234 840761*
- Wed 21.7 10:00am Mardley Heath C.P. near Welwyn TL248184
6.5 miles. *Tony 01234 831388*

Ivel Valley Walks Programme: Summer 2010

- Thu 22.7 10:00am **Weekday Amble.** Cranfield, by the Church
SP955420 4 miles. *Cheryle 01234 751841*
- Sun 25.7 10:00am & 2:00pm Stevington, Village hall car park
SP986534 7 & 5 miles. Afternoon walk will include a history
tour of Stevington and a visit to the windmill.
Barry 01234 353704
- Tue 27.7 10:00am Woburn, Car park opposite Church SP950332
12 miles. *Marcus 01462 812005*
- Wed 28.7 10:00am Stockgrove Country Park car park SP920294
7 miles. *Laurie 01525 403950*
- Thu 29.7 7:30pm Northill, near Church TL149465 4 miles.
Jim 01234 301948
- Sun 1.8 8:40am **London Loop Upminster Bridge - Purfleet.**
Bedford Railway Station TL 041497 10 miles. For 8.52 train
(Flitwick 9.02). Cost for Group Save is £12.25 each for groups
of 4. *Tony 01234 831388*
- Wed 4.8 10:00am Lavendon Green Man PH car park SP918536
7 miles. *Brian 01234 823603*
- Also
- Wed 4.8 7:30pm Willington. Grass verge near Dovecote TL106499
4 miles. *Tony 01234 831388*
- Thu 5.8 10:00am **Weekday Amble.** Amphill Park car park TL024382
5 miles. *Brian 01234 823603*
- Sun 8.8 10:00am & 2:00pm Pirton, The Green TL146316 7 & 5 miles.
Eric 01234 315181
- Tue 10.8 10:00am Old Warden Village Hall car park TL138440
10 miles. *Sheila & Clive 01480 392223*
- Wed 11.8 10:00am Swineshead High Street, near Church TL058658
6.5 miles. *Tony 01234 831388*
- Thu 12.8 7:00pm **Note earlier start time.** Rowney Warren Wood car
park, Sandy Lane, off A600 NW of Shefford. TL125404
4 miles. *Marcus 01462 812005*
- Sun 15.8 10:00am **Joint walk with Huntingdon group.** St Neots,
Priory Park pedestrian entrance. Park on the southern side of
Priory Hill Road. TL193615 10.5 miles. Walk to Toseland and
Great Paxton. No dogs please. *Pauline 01480 477188*
- Tue 17.8 7:00pm **Note earlier start time.** Stagsden. Park carefully on
road at SW end of village, away from houses. SP981488
4 miles. *Brian 01234 823603*
- Wed 18.8 10:00am Henlow Church TL177387. Park at end of Gardeners
Lane (off High Street, north of Church). 6 miles. Walkers
having lunch in The Five Bells, please park in pub car park &
pre-order meal. *Sheila & Clive 01480 392223*
- Thu 19.8 10:00am **Weekday Amble.** Therfield (near Royston). Park
considerately around village green by The Fox & Duck PH
TL336372 5 miles. *Antony 01767 601969*
- Sun 22.8 10:00am & 2:00pm Bromham Mill car park TL010507 7 & 4
miles. *Elizabeth L. & Rachel 01234 363755 or 01234 272898*
- Tue 24.8 10:00am Colmworth, Village Hall car park TL105584
10 miles. *Brian 01234 823603*
- Wed 25.8 10:00am Hatley St George Village Hall C.P. TL282509
7 miles. *Antony 01767 601969*
- Sun 29.8 10:00am Sharpenhoe Clappers car park TL065296 13 miles.
Mike 01462 491032
- Mon 30.8 10:00am & 2:00pm Stockgrove Country Park car park
SP920294 7 & 5 miles. *Nick M. 07803 125876*