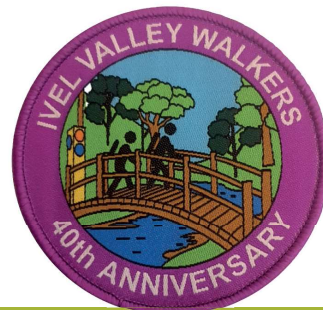


Walk

**BEDFORDSHIRE
AND BEYOND**



WALKING PROGRAMME AUTUMN 2024



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 **RAMBLERS**
IVEL VALLEY WALKERS

Bob's Corner

by Bob Wallace
Chair of IVW Ramblers Group



Welcome to the Ivel Valley Walkers 2024 Autumn Programme and Newsletter.

What a wonderful day 90 members had at the Ivel Valley Walkers 40th Anniversary Event at Langford on Wednesday 17th July. Thanks to everyone who helped to make the day such a success. We have a full walking and social calendar this Autumn and look out for an exciting 2025.

- **Holidays.** After very enjoyable holidays in Lymington and Okehampton, 49 members are heading to Swanage for a holiday organised by the 'Two Roys' in October.
- **Social Events.** There will be a coach trip to the Cotswolds in late October plus there's our Christmas Lunch, the Sherry Ramble and the IVW Christmas Ramble in London in December.
- **Walks.** Plenty of walks (see the back of this brochure) to choose from, varying from 5 to 12 miles, so take your pick!

I look forward to seeing you on the IVW walks and events.

WALK BEDFORDSHIRE AND BEYOND

IVEL VALLEY, 40 YEARS of leading walks in Bedfordshire

by Roger McLeod

In 1984 Robin Setchwell and a group of friends inaugurated the Ivel Valley Group, whose 40th year anniversary was celebrated on 17th July 2024. Our day commenced with a choice from 3 alternative length walks, 10, 7 and 5 miles long.

Returning from the various walks, a wonderful aroma of hog roast summoned walkers and non walkers to a wonderful and much appreciated lunch. With 90 guests from various eras, the celebration doubled as a reunion for many. In the afternoon, one of our longest serving members, Tony Seward, gave a great talk in tracing the club from its early years to the present day. We concluded the afternoon with tea and cakes provided by the members. Summing the day up and to quote Churchill " The longer you can look back, the further forward you can look ", so here's to Ivel Valley's next 40 years!



You can find Ivel Valley members on Land, on Water and in the Air

By Roger McLeod



After the disappointment of low clouds cancelling our original Gliding Day, our re booked evening on 6th August turned out to be wonderful with clear skies and a few puffy clouds.

Our flights were winch launched, initially involving rapid bumpy acceleration, rather like a stone leaving a catapult... then silence, effortlessly flying over those steep gradients that we've struggled to climb on numerous walks. What a view we had, Canary Wharf in the distance and looking down on church towers and steeples, a wonderful unique experience!

Now for something different! A set of members took to the water, paddling in a selection of kayaks and canoes. What peace and tranquillity is found between the banks of the Ouse! Travelling both down and upstream, observed by the odd swan, duck and coot. We had our picnic lunch on the riverbank by Cardington Lock. A good day and nobody fell in!





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BRIAN GUBBINS a former chair,

I joined Ivel Valley Walkers in 1999
when there were only walks on
Sundays and Wednesdays with some
evening walks in the summer. At first the
Wednesday walks were rather ad-hoc
without a regular starting time or pattern.
We did try a few "split" Wednesdays
with morning and afternoon walks.
Not successful ! Likewise our trial of an
'Under 30s' group which met on Sunday
mornings but participants were likely to
be working and weekend time was in
great demand.

I remember one January outing was to
Little Brickhill and it was snowing. We
changed our route and this was very
lucky for an individual who was on his
way to an interview.



remembers...

He'd travelled by bus from Luton and was crossing over fields to get to Milton Keynes. No suitable clothing, no map and no phone, he became stuck in the mud in a somewhat remote area and was suffering from hypothermia. Had we not spotted him in the distance he might not have survived. He disrupted my walk timetable, refused a lift home and insisted he was going for his interview even though his trousers had mud above the knees!

Often after Wednesday walks we'd head for a drink or meal at a nearby hostelry and the tradition continues. Numbers grew over time and we were getting over 40 people each week

leading to difficulties in finding starting points with enough parking spaces and walkers getting stretched out due to stiles and kissing gates. This led to the formation of the Tuesday longer walks and the Thursday ambles to offer options then when I stood down as chairman I suggested further expansion so Marcus Kilby started his Friday 'bus' walks where members are encouraged to use public transport.

It is very gratifying to see the Ivel Valley group is still going strong with many new people joining us for a trial and subsequently staying - long may the group continue in the next 40 years.

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Annapurna Circuit Trek, Nepal

Diary excerpts and photos from long-time IV member Roy Dunham

NOVEMBER 2023.

Steve(a friend from Royston Ramblers)
"Do you fancy three weeks in Nepal doing the Annapurna Circuit Trek?"

"Yes,I will do it!"

MARCH 2024.

I packed my kitbag numerous times as we are only allowed 10kg on the Trek. Heathrow to Kathmandu via Istanbul, we're met by Alex, our Nepalese tour leader, and we transfer to the Royal Singi Hotel to meet our fellow trekkers. There's five of us, three men, two women and we have a trip briefing and kit check.

Next morning we leave at 7.30am for the start of a tortuous 10 hour road trip, changing to a high axle vehicle for the last part of the journey as the roads (what roads ?!) are so bad and we eventually arrive at Syange where we start the Trek tomorrow.

The next morning starts as most mornings will with 'Knock knock' and black tea brought to our very basic rooms at 6.30am by Soraj who will be our tour guide for the trip. Breakfast at 7am and ready to walk 7.30.



Breakfast is the same most days and we opt for porridge, Tibetan bread, eggs and hot drinks

DAY 1

It's 'only' five miles but the hardest five miles I've ever done with numerous ascents/descents with over 1000m of ascent involved. At dinner that evening we're all thinking 'Crikey what's day 2 going to be like and it's eleven miles?' Thankfully it turned out easier than day 1.

Lunches on the walks were chosen on our morning break and phoned ahead by Soraj to the teahouse we'd be stopping at. At lunch we would order our evening meal although the menus were always the same - dal phat, pasta, noodles etc. A good system, it worked really well and the food was good, always hot and plentiful. Meat wasn't on the menus because of the time it would take to get to the villages but as a veggie no problem. That said, on one night the crew did kill a chicken for a traditional Nepalese meal whilst the veggie option was stinging nettles and vegetables which is a regular meal in the villages. This was okay, a little like spinach.

The actual Trek is 17 days and our high point comes on day 9 when we cross the Thorong pass at 17,769ft/5416m. Until then we continue with each day being geared for our acclimatisation to the altitude to come with long days/ short days with long rests and then a hill climb later in the day.

Alex asks us not to drink coffee or alcohol until after we have reached the pass to aid with sleeping and we all do a tick box health check each morning so they can monitor how we're doing. At the end Alex told me they'd been a little concerned about me as I had a cough for most of the trip which wouldn't go away and I was also the oldest(50ish!!) but was impressed with my use of my walking poles things I never use at home.

DAYS GO BY

So we dropped into our routine each day enjoying wild rivers, numerous suspension bridges, bamboo forests (red panda country, didn't see one) and the habitat changes as we climb higher on more barren rocky paths with spectacular views of the Himalayas. Passing through villages people were always friendly and pleased to see us and on one morning we were serenaded by school children who walked with us as they headed for an hour along a rocky mountain track to their school. Magical!

Our adventure continues until we reach Thorong phedi and we're now at 14,600ft/4450m. It's cold and windy, we only walked four miles today but in the late afternoon we walked up to Thorong high camp and down again,



our last acclimatisation walk before the Thorong pass tomorrow! We are briefed on what is involved tomorrow. Up at 3am, no knock knock tea! Breakfast at 3.30am ready to go at 4am.

THE BIG DAY 4AM

It's minus 9 degrees and we can see a twinkling trail of head torches making their way up the mountain from trekkers who have started from lower down the mountain.

Torches on we head off with Soraj's immortal words which I shall remember for ever "OK GUYS,READY,SLOW AND STEADY" and we zigzag our way up the mountain. As the sun rises we have amazing views of the Himalayas and we can start to take some layers off now but we have to put our spikes onto our boots as there is snow and ice on the narrow path. It's now really hard work, continually stopping to get your breath as the altitude is really kicking in and I'm thinking "can I do this, it's so tough?"

WALK BEDFORDSHIRE AND BEYOND

We see people going back down who are suffering with altitude problems and they need to get down quickly. After about 6hrs of ascent we spot the prayer flags at the summit of the pass, WOW I'VE MADE IT!!

There are lots of hugs and laughter with the five of us, Alex, Soraj and our three porters and uncontrollable tears of pure joy and emotion. We absorb the stunning views all around us, there's lots of photos of course but no time to linger as we have to start our descent and still have about four hours walking to do. But it's all downhill now to Muktinath and our teahouse.



No more altitude problems, we spend our days dropping through beautiful rhododendron forests, moon-like barren mountain sides (snow leopard country, didn't see one!) but being a keen birdwatcher it was an added bonus to see lammergeiers, Tibetan snowcocks, rose finches, flycatchers, minivets and lots of other Nepalese species.

Our last but one morning, another 4am start to climb lots of steps up to Poon Hill to watch the sunrise over the Himalayas again then it's back down for breakfast as we still have another 7.5 hours of walking to do today!

THE LAST WALK

Is 1 mile to Nayapul where we're picked up and driven to Pokhara, a pretty lakeside town where we have most of a couple of days to relax after the trek.

THE LAST DAY

We take a canoe ride across the lake and more climbing up to a Japanese peach pagoda with good views over the lake and Pokhara. It's quite hazy here and Alex tells us it's the crop burning season with lots of the smoke drifting across from India. From Pokhara we have a short internal flight back to Kathmandu.

GOODBYES

So it's our last evening meal together as a group as Steve and I leave early the next morning so lots of hugs and goodbyes but not before we have time to celebrate the Nepalese new year in and it's 2081!! (don't think I will see ours in!).

The Trek is complete. One hundred and fifty miles walked, we've circled the Annapurnas, seen three of the ten highest mountains in the world, all over 8000m, made new friends and have so many memories and highlights.

More than one hot shower in 17 days would have been nice but Nepal is a fantastic country to visit and where else do you see cows wandering down the village streets and then coming in to eat rhododendron flowers off the teahouse reception desk?



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LYMINGTON, Hampshire

HOLIDAY May 2024

by Colin Baker

If you were in this area on 2nd May 1944, 80 years ago, it would have been alive with preparation for the D Day landing on the 6th June. There were men and women from all parts the free world, training for the heroic battle that was about to come. So here we were,



35 walkers under the tutelage of Bob and Celia. The first day's walk went through the historic port, along the marina and through the nature reserves with views of the Solent and Henry VIII's Hurst Castle. The highlight today for me was listening to Roy expound in detail on wading birds such as curlew, oystercatcher, little egret, redshank, godwit and avocet that were bobbing up and down on the water's edge.

Day two began from Highcliffe after a logistical nightmare for Bob and Celia to coordinate following a problem with a short ferry crossing from Mudeford.

The longer walk followed the coastal path before meeting up with the shorter walk and moving off to Hengistbury Head with magnificent views of the Dorset coast and Bournemouth. After lunch, we visited Christchurch Priory, one of the few monastery churches to have survived Henry VIII's rule and is reputed to be the longest church in England and complete with the legend of the 'miraculous beam' dates from the early 12th century. An expensive beam was found to have been cut too short when it was hoisted into place but when the carpenters returned the following day the beam was now fitted in place. An unknown carpenter who'd worked and eaten alone was never seen again, and the story came to be that it was Jesus Christ who had intervened.

In glorious sunshine on day three we boarded the ferry for a short journey to the Isle of Wight. Leaving Yarmouth along the coastal path stopping for lunch at the Needles Old Battery. Lots of war type history here including training for the D-Day landings. After lunch, we continued over Tennyson Down named after the poet who lived

at nearby Farringford House for nearly 40 years. Day four began at Beachern Wood for a walk in the New Forest near Brockenhurst where numerous wild ponies were roaming.



Lunch was spent in the grounds of St Nicholas's Church where a stained-glass window commemorates the hospital nearby where over 21,000 New Zealand military were treated during WW1. 93 young NZ men lie in the Commonwealth War Graves in the churchyard where a great yew tree was already 100 years old when the New Forest was established by William the Conqueror.

A second walk in the New Forest started day five near Lyndhurst. Heavy overnight rain meant that many of the paths were somewhat tricky. En route, another churchyard, Minstead, where Conan Doyle is buried. Jackie and I missed this walk but all the talk at the group dinner that evening was shrouded in mysterious whispered asides about the end of the walk. I strained my ears and managed to pick up a few snippets along the lines

of "waist deep in muddy water", "Bob and Eric", "rescued by Able Seaman McLeod". Apparently, all photographic evidence was confiscated by but it sounds a tale to be told


Finally to the bucolic village of Beaulieu. Vintage Bugattis raced by as we set off for Bucklers Hard, an 18th century shipbuilding village steeped in history including its time building vessels for Nelson's navy then to slightly more recent times when Sir Francis Chichester set sail from his mooring at here to become the first person to single-handedly circumnavigate the globe. He broke seven records when he sailed Gipsy Moth IV 29,360 miles around the earth in nine months and a day.




And so, the holiday concluded after a special celebration. Yes, 'our' Bob was born on 2nd May 1944, those 80 years ago, and he and Celia have done so much for IVW over many years. Many thanks to you both.

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


Okay, I'm interested. What next?

-  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.


What do I wear and what to bring?

-  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.


Start time?

-  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!


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

-  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.


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

-  You've got it!

Any paperwork, forms etc to bring or fill in?


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

How much?

-  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

How much to join?

-  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 £38.50 for one adult for one year and an unbelievable £51.75 for two adults.

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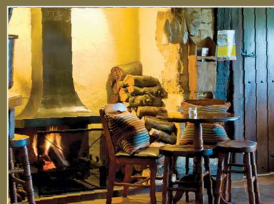
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AMPTHILL, a very historic place!

By John Hele



Ampthill Park West is a well-known start point for many walks that begin in Ampthill offering ample parking and walks in all directions radiating out.

Ampthill Great Park is one of the highest points in Bedfordshire at 95m/350ft above sea level, handy for ancient peoples with evidence of prehistoric activity from a cache of flint arrow heads and other flint artefacts

found in the park. The ridge running along the top of the park has also shown evidence of a Saxon (400 to 1066AD) settlement, which later moved south, off the ridge, to establish the town to where it is today, probably as the present position is more sheltered.

The Ampthill you see now is mainly down to two men. Firstly Sir John Cornwall who built Ampthill Castle around 1425 and remodelled the church to what it is today. He paid for all this from the ransoms he received from taking French prisoners during the Battle of Agincourt in 1415. When Cornwall died in 1463 his estates went to the De Grays of Wrest Park and from them onto the Crown.

The second man is the 2nd Earl of Upper Ossary, who I will discuss later.

As the Crown owned a good part of Ampthill, when Henry VIII came to the throne he saw the lands in and around the park as prime hunting country, so much so that he extended the park grounds across what is now the road to Woburn to establish what became known as 'Little Park', the main park being 'Ampthill Great Park'. It was in Little Park that deer were bred for Henry's hunting visits. He'd come to Ampthill in the late summer when things became unpleasant in London to "breathe the fine air" as he put it. Katherine of Aragon would often accompany him to Ampthill although in 1533 she was staying at the castle when she was handed her annulment papers ending her marriage to Henry so starting the reformation.

During James I reign nearby Houghton House was built by Mary, Countess of Pembroke. The house was started in 1615 and completed in 1620 the year she died. Her son had no interest in the house and over time it came to be owned by the Duke of Bedford in 1738 who, after several tragedies, lost interest in the house and had the roof taken so making it uninhabitable, the reason you see a ruin these days.

Charles I visited Ampthill Park but his last visit was hardly for pleasure. He'd been arrested in Northamptonshire then was held in Park House overnight on his way to London for his trial then execution in 1649.

Going back to the Ossary chap, he remodelled the centre of Ampthill in the 1780s, built many of the thatched cottages along Woburn Street and had



Capability Brown remodel the park. Much later the estates were sold to the Duke of Bedford for £145,000, so the Duke now owns virtually all of Ampthill and the surrounding land.

During WW1 the park was used to train soldiers before they went off to the front. In all 2235 soldiers were trained of which 707, almost a third, never returned. Park House was used as a convalescent home for soldiers.

WW2 saw Park House requisitioned by the army. It is said the house was used to produce maps for the D Day landings. All very hush-hush, not altogether surprising given the proximity to Bletchley Park, Woburn and Milton Bryan which were all used for secret military activities. After the war the house became a Leonard Cheshire Home and is now 4 separate dwellings.

Ampthill's heyday was the last half of the 19th century and up to WW1. It was the administrative centre for the area, which included all the surrounding villages, it still holds market every Thursday and the town had a thriving brewery run by the Morris family, who owned many hostelryes in and around Ampthill and further afield. WW1 put paid to this prosperity as it did with many small towns.

A bank people rely on

By Carolyn Lightfoot, IV member



When people realise I volunteer with Bedford foodbank the first question they ask is "How does the food bank work"?

A bit of background. Bedford foodbank was launched in 2011 and belongs to the Trussell Trust network who provide expert guidance and support. Every day many people go hungry for a vast variety of reasons such as redundancy, illness or receiving an unexpected bill whilst on a low income and we provide a minimum of three days of emergency food and support to local people experiencing such a crisis. In 2023 Bedford foodbank fed over 24,000 people (8,691 children).

We rely on the local community through volunteering, food donations and fundraising and our warehouse on Manton Lane serves seven distribution centres across the Borough, each open one afternoon a week covering Monday to Friday.

What happens to the items you give to a collection at a local school, business, church or club or that you place in the collection box at your local supermarket? Donations (non-perishable and in - date) are collected on a morning by one of the two vans you may see out and about, they're brought to the warehouse and are weighed in (as part of the accounting process), date marked and put onto shelf.

Food parcels are then packed by the warehouse volunteers into various sizes (single or two people and small and large families) consisting of three days worth of nutritionally balanced food. Sometimes toiletries and baby items such as nappies are also received and able to be supplied. Crates of food parcels are loaded onto the vans which then leave for the one or two distribution centres open that day.

Clients are referred to the foodbank by one of over 200 professionals working in the Borough including social workers, teachers, health visitors and debt advisors who identify people in need and issue a voucher which the clients can exchange for a food parcel at one of the distribution centres. In addition, Bedford Citizen's Advice attend the distribution centres as part of their outreach work. They're able to issue vouchers to those arriving without a voucher as well as provide information and advice relating to the client's underlying issue.

Why do I volunteer at Bedford foodbank? In a nutshell it's about working with a very friendly team of volunteers (we always find time for a chat and a cup of tea) to provide emergency food to those who are in crisis. You know you have made a difference when a client tells you they are so grateful for their food parcel as they have not had anything to eat that day and have literally nothing left at home for the family dinner that night.

More information about Bedford Foodbank can be found at <https://bedford.foodbank.org.uk>

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IVEL VALLEY WALKERS

OKEHAMPTON...

also known as "soakey okee"

By Tom Collier

June and our second holiday of this year and after
a five hour journey we landed there to start the
afternoon walk on the Tarka trail. Quite a sharp
ascent through some beautiful wood lands with
tumbling waterfalls and rapid running streams.

Day two led us to Lydford Gorge walking out
toward the falls and museum. The group split here
to meet later at "The Highwayman" a pub full
of eccentric artifacts and personnel to match...
we were warned! The landlord decided the pub
was too crowded, locked the doors in protest and
wouldn't let anyone in or out so half our group
were left outside!

Day three and from Exmouth we went by rail to
the coastal path. A stroll along the sandy beach
then the only way was up to the top of the cliffs
and terrific views.

Day four and Dartmoor where the famous ponies
soon appeared and we split into groups for a long
and short walk. Black-a-tor copse meant climbing
over huge boulders where luckily for me John
caught me from falling backwards, a lucky escape.
Climbing up to High Willhay's at 2037ft and Yes
Tor at 2030ft tested Kevin's map and compass skills
all followed by beautiful views on the way down.

Day five for Hathersleigh on the Tarka Trail.
Roger and I decided to just join the morning
walk but somehow managed to miss the bus
we'd planned. The driver of the next one was
undergoing some training in the presence of
an instructor complete with clip board. We did
manage to catch the group up and complete the
short walk ready for the bus back from Jacobstowe.
Still the same driver and he took a wrong turn !
When we got off I asked the instructor if the driver
had passed...to which he shook his head sadly.
With that we headed home having found the trip
to 'Soakey' more than 'Okey Dokey'

BUS WALKS...

what are they?

By Roy Carter

Put simply, these are where we use public transport, buses and occasionally trains, to get to and from particular walks. This helps the environment, is more inclusive and sometimes just more practical. For some years Ivel Valley have organised regular such walks on Fridays and you'll see these in the walks programme listed in this magazine.

A RECENT SUCCESS

Bus walks proved a big success recently when walking the Greensand Ridge in celebration of the 40th anniversary of IVW. We had a committed and enthusiastic dozen or so walkers turning up for the Friday walks which we staged in six parts across the summer months, the final one being on Friday 13th September on the Bedfordshire Festival of Autumn Walks.

The walks were prepared in March using bus and train timetables, then altered as bus and train timetables were changed.

WHAT IS THE GREENSAND RIDGE?

Some 125 million years ago, when I was but a lad, the area we now know as Greensand Country was dominated by tropical shallow seas. Sediments were deposited as silt, sand and gravel, which eventually became compressed into the Greensand rocks. Because the Greensand is a more resistant rock, it was not eroded as quickly as the softer clays surrounding it, leaving a ridge as a prominent feature in the landscape. Today, the Ridge forms the backbone of Greensand Country – it is the area's most prominent landmark, home to diverse habitats, abundant wildlife and enjoyed year-round by walkers, cyclists and horse-riders. The sandy soil is also a major raw material used in the glass making industry.

The Greensand Ridge Walk is Bedfordshire's premier long distance path passing through Buckinghamshire and Cambridgeshire. Opened in 1986 it's proved to be a popular route for both locals and visitors.

Ivel Valley Walks Programme

Autumn 2024

Top Tip: check IV website, also Roy's bulletin for possible programme changes.

For a full list of walks in the Bedfordshire Festival of Autumn Walks
go to www.bedswalkfest.co.uk

Sun	22 Sep	10:00	Codicote Free parking by the playing field, take the lane opposite the church on Bury Lane, off the High Street. SG4 8XY (TL 218 187). Marcus K 07754 100266 on the day	7 miles
Sun	22 Sep	13:30	Codicote Free parking by the playing field, take the lane opposite the church on Bury Lane, off the High Street. SG4 8XY (TL 218 187). Marcus K 07754 100266 on the day	5 miles
Wed	25 Sep	10:00	Ravensden Village Hall CP, Church Hill. MK44 2RL (TL 075 539). Steve A 07802 279486	7 miles
Fri	27 Sep	10:00	Bedford Part 1 - North Beds Heritage Trail: Bedford to Stagsden. Meet at St. Pauls Church in Bedford centre. Return to Bedford on bus No. 41 at 13:45. MK40 1LT (TL 047 499). Roy C 07784 208997	6.5 miles
Sun	29 Sep	10:00	Redbourn Redbourn Common. AL3 7ND (TL 103 119). Sandra A 07789 777060	12 miles
Tue	01 Oct	10:00	Harold Country Park Harrold Odell Country Park CP MK43 7DS (SP 956 566). David R 07305 561430	12 miles
Wed	02 Oct	10:00	Roe Green, Sandon Rushden Road, southeast from cricket pavilion. SG9 0QF (TL 314 336). Antony C 07857 890829	7 miles
Thu	03 Oct	10:00	Steppingley Steppingley Village Centre. Meet near The French Horn. Please park considerably nearby but not in the pub car park or directly outside the church. MK45 5AU (TL 010 353). Nicky H 07952 524610	5 miles
Sun	06 Oct	10:00	Pegsdon Layby at Hexton Manor Gates. SG5 3JS (TL 118 302). Tom C 07743 128645	7 miles

WALK BEDFORDSHIRE AND BEYOND

Sun	06 Oct	13:30	Pegsdon Layby at Hexton Manor Gates. SG5 3JS (TL 118 302). Tom C 07743 128645	5 miles
Wed	09 Oct	10:00	Shillington CP at the top of Greenfields, off Bury Rd, Shillington. SG5 3NX (TL 123 343). Derek T 07410 973338	7 miles
Fri	11 Oct	09:00	Bedford Part 2 – Bedford bus station. North Beds Heritage Trail: Stagsden to Harrold. Meet to catch bus No. 41 (stand C) at 09:10 to Stagsden. Return to Bedford on bus No. 25 at 13:17. MK40 1LT (TL 047 499). Roy C 07784 208997	7.5 miles
Sun	13 Oct	10:00	Great Offley Near church and Red Lion PH. SG5 3DX (TL 146 266). Marcus K 07754 100266 on the day	12 miles
Tue	15 Oct	10:00	Stotfold Riverside Recreation Ground CP, Malthouse Lane. SG5 4RY (TL 221 373). John N 07950 708087	12 miles
Wed	16 Oct	10:00	Bedford Mowsbury Park CP, Kimbolton Road. MK41 8YR (TL 060 528). Colin B 07787 413957	7 miles
Thu	17 Oct	10:00	Thurleigh Meet at junction of High St and The Close. MK44 2DT (TL 054 585). Jan W 07895 045410	5 miles
Sun	20 Oct	10:00	Tring Dolphine Square. HP23 5BN (SP 923 114). Sandra A 07789 777060	7 miles
Sun	20 Oct	13:30	Tring Dolphine Square. HP23 5BN (SP 923 114). Sandra A 07789 777060	5 miles
Wed	23 Oct	10:00	Biggleswade Dan Albone CP (near Sainsburys). Car Park charges apply (£2.00 for 4 Hours). SG18 0BQ (TL 187 452). Dave B 07796 178659	7 miles
Fri	25 Oct	09:00	Bedford Part 3 – Bedford bus station. North Beds Heritage Trail: Harrold to Riseley. Meet to catch bus No. 25 (stand R) at 09:10 to Harrold. Return to Bedford on bus No. 28 at 13:37. Roy C 07784 208997. MK40 1LT (TL 047 499). Roy C 07784 208997	8 miles
Sun	27 Oct	08:00	Coach Trip - Broadway Cotswolds Bedford Bus Station, park opposite the bus station, MK40 1LT (TL 047 499). Coach to Broadway visiting Tower Country Park, Snowhill, Broadway & Willersey. Roy C 07784 208997	6 & 5 miles

IVEL VALLEY WALKERS

Tue	29 Oct	10:00	Hitchin South end of Kingswood Avenue. SG4 0NT (TL 207 295). Antony C 07857 890829 on the day only	12 miles
Wed	30 Oct	10:00	Wilden Near Victoria Arms PH. Please, park considerately in the village and walk to the start point. MK44 2PB (TL 095 552). Bridget C 07807 931274 & 07824 429285	7 miles
Thu	31 Oct	10:00	Woburn CP opposite St Mary's Church. MK17 9PG (SP 951 331). Rachel B 07772 462803	5 miles
Sun	03 Nov	10:00	Old Warden Old Warden Village Hall CP. SG18 9EB (TL 138 440). Marcus K 07754 100266	6.5 miles
Sun	03 Nov	14:00	Old Warden AGM – Old Warden Village Hall. SG18 9EB (TL 138 440)	
Wed	06 Nov	10:00	St Pauls Walden Church CP behind Strathmore Arms, off B651. SG4 8DN (TL 193 222). Ian J 07866 389443	7 miles
Fri	08 Nov	09:00	Bedford Part 4 - Bedford Bus Station. North Beds Heritage Trail: Riseley to Colmworth. Meet to catch bus No. 28 (stand Q) at 09:10 to Riseley. Return to Bedford on bus No. 28A at 13:01. MK40 1LT (TL 047 499). Roy C 7783 208997	7.5 miles
Sun	10 Nov	10:00	Turvey Meet at lay-by on A428 north of river. MK43 8EW (SP 937 523). Roy C 07784 208997 on the day	12 miles
Tue	12 Nov	10:00	Wilstead Whitworth Way CP. Graham B 07399 881460	12 miles
Wed	13 Nov	10:00	Ashridge Estate visitor centre near Bridgewater Monument. HP4 1LT (SP 970 130). Jon L 07854 240366	7 miles
Thu	14 Nov	10:00	Ravensden Meet near junction of Vicarage Close and Church End. Park considerately on Church End. MK44 2RN (TL 078 546). Sue T 07849 827049	5.5 miles
Sun	17 Nov	10:00	Bow Brickhill Pavilion CP, Rushmere Close. MK17 9JB (SP 905 348). Sandra A 07789 777060	7 miles

WALK BEDFORDSHIRE AND BEYOND

Sun	17 Nov	13:30	Bow Brickhill Pavilion CP, Rushmere Close. MK17 9JB (SP 905 348). Sandra A 07789 777060	5 miles
Wed	20 Nov	10:00	Stotfold Riverside Recreation Ground CP, Malthouse Lane, Stotfold. SG5 4RY (TL 221 373). John N 07950 708087	7 miles
Sun	24 Nov	09:45	Legrave-Flitwick (linear walk) Flitwick railway station CP, Steppingley Road, Sunday fee is £3.70. Meet 09:45 to catch the 09:59 train to Legrave. Walk will start at 10:08 at Legrave station. If joining the walk there, please let the leader know the day before. MK45 1AJ (TL 034 350). Tony S 07745 655938 on the day	12 miles
Tue	26 Nov	10:00	Harpenden/Redbourn 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	27 Nov	10:00	Deepdale Potton Free CP. Near base of Sandy transmitter mast. SG19 2NH (TL 205 495). Antony C 07857 890829	7 miles
Thu	28 Nov	10:00	Aspley Guise Aspley Guise Cricket Club CP. Immediately to the right of Woburn Sands Golf Club. MK17 8DX (SP 936 357). Nick M 07803 125876	5 miles
Sun	01 Dec	10:00	Ashridge Ashridge Visitor Centre near Bridgewater Monument. HP4 1LT (SP 970 130). Bob & Celia W 07474 303545	7 miles
Sun	01 Dec	13:30	Ashridge Ashridge Visitor Centre near Bridgewater Monument. HP4 1LT (SP 970 130). Bob & Celia W 07474 303545	4.5 miles
Wed	04 Dec	10:00	Bedford Mowsbury Park CP, Kimbolton Road. MK41 8YR (TL 060 528). Sue & Bob T 07849 827049	7 miles
Sun	08 Dec	10:00	Kimbolton High Street, near Church. PE28 0HN (TL 099 678). Carolyn & Mark L 07740 684923	12 miles
Tue	10 Dec	10:00	Harrold Harrold Odell Country Park CP. MK43 7DS (SP 956 566). Bob/Celia W 07474 303545	11 miles

IVEL VALLEY WALKERS

Wed	11 Dec	10:00	Christmas Lunch Stagsden Bedfordshire Golf Club, Spring Lane, Stagsden. MK43 8SR (SP 989 489). Colin B 07787 413957	6 miles
Thu	12 Dec	10:00	Silsoe Meet by the Church. MK45 4EH (TL 082 356). Liz W 07784 208997	4 miles
Sun	15 Dec	10:00	Mulled Wine Ramble Wootton Village Hall. Bring Festive food to share in the afternoon & enjoy a Mulled Wine. £2 at the door. Bob & Celia W 07474 303545	7 miles
Wed	18 Dec	10:00	Woolstone, Milton Keynes CP near the green in Newport Road, Woolstone, opposite no 28. Take the first turning (Pattison Way) off the westbound carriageway of Childs Way H5 after the Woolstone roundabout. Newport Road is then first left. MK15 OBP (SP 873 391). Tony S 07745 655938	7 miles
Sun	22 Dec	10:00	Barton Old Road, near Recreation Ground. MK45 4LD (TL 083 304). Tom C 07743 128645	12 miles
Tue	24 Dec	10:00	Turvey Layby on A428 north of river. MK43 8EW (SP 937 523). Tom C 07743 128645	10 miles
Wed	25 Dec	10:00	Christmas Day	
Thu	26 Dec	10:00	Silsoe – The Sherry Amble Park Avenue, near Church. Bring Festive food left from Xmas Day & enjoy a Sherry under cover of Crawley Barn. MK45 4EH (TL 082 356). Roy C 07784 208997	5 miles
Sun	29 Dec	10:00	Pegsdon Layby at Hexton Manor Gates. SG5 3JS (TL 118 302). Tom C 07743 128645	7 miles
Sun	29 Dec	13:30	Pegsdon Layby at Hexton Manor Gates. SG5 3JS (TL 118 302). Tom C 07743 128645	5 miles
Wed	01 Jan	10:00	Barton Old Road, near Recreation Ground. MK45 4LD (TL 083 304). Tom C 0774 3128645	7 miles

www.ivelvalleywalkers.co.uk

WE WALK ON:

Sundays, Tuesdays, Wednesdays, Thursdays, Fridays,
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.



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