

at the heart of walking



Fun in the beech leaves at Telegraph Hill near Lilley 25th November 2017



www.ivelvalleywalkers.co.uk

Walks on:-

Sundays, Tuesdays, Wednesdays, Thursdays, Fridays, occasional Saturdays and summer evenings

New walkers are always made very welcome

Ivel Valley Walkers

This, our Spring 2018 Walking Programme, has details of the regular walks on Sundays, Tuesdays, Wednesdays, Thursdays and Fridays together with occasional walks on Saturdays. On these days we walk differing distances and at a walking pace roughly appropriate to the distance, i.e. some of the shorter walks are slower than others. Full details of dates, meeting locations, walk distances and the walk leader are on pages 3 to 12, with more general descriptions of the various walk types on page 13. Looking forwards to the Summer Programme, we are beginning to think about including a few 'Informative Walks' and as in previous years there will also be the Evening Walks.

The events in 2018 are listed on pages 8 and 9 of the programme starting with the rescheduled Tour of Westminster Palace in March. The spring Long Weekend at the end of April will be based at Bourton-on-the-Water in the Cotswolds, with the Summer 5 Night Break at Tenby, Pembrokeshire in June and the autumn Long Weekend in October will be in the South Lincolnshire Wolds. There will be a coach trip to Lincoln in May and hopefully another in September which is yet to be arranged.

There are a number of social events being proposed for 2018, the first of which will be a visit for 12 people to the Essex Skid Pan in March; details of others will follow.

Booking slips for all of the arranged events are on page 15.

RIPPLE activities (Restoring & Improving Public Paths for Leisure & Enjoyment) in Bedford Borough will continue in January and arrangements with Central Bedfordshire are ongoing. When available, Barry will circulate full details and he is the person to contact if you would like to join - *barry.ingram74@btinternet.com*.

We are always striving to improve the Ivel Valley Walking Programme and as such you will see that the layout is slightly different from past programmes; your thoughts and comments would be most welcome. Also, please contact me if you have ideas for different walks or are willing to lead one; full support is of course available to all new and existing walk leaders. Importantly, we currently have a particular role which we are seeking help with, i.e. Sunday Walk Coordinator, please see page 12 for further details.

Andy Knight F	Programme Secretary	programmeivw@gmail.com
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- 	Please consider helping lvel 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 to help us in this way.	i

Event Booking Forms— Autumn 2018

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Number required		
Name:	Tel No:	E-mail:
Address:		
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Chairman:	Roy	Carter
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Ivel Valley Walks Programme: Spring 2018

January

- Mon 1.1 10:00 am **Barton-le-Clay.** Old Road, near Recreation Ground (MK45 4LD) TL 083 304. 9 miles. North Chilterns Trail Part 8 (Barton Hills and Sharpenhoe the last section). Andy K 01582 614644 or 07879 691893
- Wed 3.1 10:00 am **Pegsdon.** Live and Let Live (SG5 3JT) TL 121 303. 6 miles. Park at PH only if eating afterwards, otherwise the layby at TL 118 302.

lan 01462 812294 or 07866 389443

Fri 5.1 9:50 am **Bus Walk - Bedford.** Linear. Bus from Bedford Bus Station (MK40 1LT) TL 047 499. 7.5 miles. X5 bus for Milton Keynes departs 10:00am. Walk starts at 11:00am from Milton Keynes Railway Station. This X5 bus departs MK Coachway at 10:31am. Eleven suburbs walk.

Barry 01234 353704 or 07860 348347 on the day

- Sun 7.1 10:00 am & 13:45 pm **Ampthill Park.** West car park (MK45 2GU) TL 024 382. 7 & 5 miles. *Scott P* 07983 646490
- Tue 9.1 10:00 am **Barton-le-Clay.** Old Road, near Recreation Ground (MK45 4LD) TL 083 304. 12 miles. Dee 01582 881809 or 07742 433951
- Wed 10.1 10:00 am Sandy. Town centre car park (SG19 1AG) TL 174 492.
 7 miles. If car park is full, please use St Swithun's Road.
 The proposed Sandy Green Wheel.
 Bob H 01767319116 or 07950 503543
- Thu 11.1 10:00 am **Amble Meppershall.** By the Church (SG17 5NA) TL 135 360. 4.5 miles. *Carol 01582 882628*
- Sun 14.1 10:00 am **Heath & Reach.** Rushmere Country Park car park. (LU7 0EB) SP 912 284. 12 miles. Access is off Old Linslade Road and there is a parking charge of £3 on exit (bring exact change). Bob & Celia 01234 768011 or 07474 303545
- Wed 17.1 10:00 am **Maulden Woods.** Car park off A6 north of Clophill (MK45 3UZ) TL 073 394. 7 miles. Dee 01582 881809 or 07742 433951
- Fri 19.19:55 am Bus Walk Bedford. Linear. Bus from Bedford Bus
Station (MK40 1LT) TL 047 499. 7 miles. Bus No 41 for
Northampton departs 10:05am. Walk starts at 10:40am from The
Green in Turvey and ends at Olney. An out of county experience.
Roy 01234 301182 or 07784 208997 on the dayPage 3

- Sun 21.1 10:00 am & 13:45 pm **Dunstable Downs.** Chiltern Gateway Centre (LU6 2GY) TL 008 194. 7 & 5 miles. There is a car park charge (free to NT members). Sandra 01525 222676 or 07789 777060
- Tue 23.110:00 am Ampthill Park. West car park (MK45 2GU)
TL 024 382. 12 miles. Different route to the walk tomorrow.Bob & Celia 01234 768011 or 07474 303545
- Wed 24.1 10:00 am **Ampthill Park.** West car park (MK45 2GU) TL 024 382. 6.5 miles. Different route to the one yesterday. *Michael B* 01525 860370 or 07443 656840 on the day
- Thu 25.1 10:00 am **Amble Sandy.** Town centre car park (SG19 1AG) TL 174 492. 4.5 miles. If car park is full, please use St Swithun's Road. Sandy Heath and the RSPB. Bob H 01767319116 or 07950 503543
- Sun 28.1 10:00 am **Keysoe Row.** Village Hall car park (MK44 2JE) TL 083 612. 13 miles. Annual winter excursion from Keysoe, heading out to Staploe and Honeydon.

Roy 01234 301182 or 07784 208997 on the day

Wed 31.1 10:00 am **Bedford.** Mowsbury Park car park, Kimbolton Road (MK41 8YR) TL 060 528. 7 miles. Walk to Thurleigh. *Veronica C 01234 304337 or 07890 830427*



IVW members with Barry at the National Memorial Arboretum 2^{nd} September 2017

See pages 7 and 8 for details of Barry's next trip

For the latest updates see *www.ivelvalleywalkers.co.uk*

Ivel Valley Walkers

Walks on:-

Sundays, Tuesdays, Wednesdays, Thursdays, Fridays, and one Saturday

Sunday walks are either two half days usually with a morning walk of 7 miles and an afternoon walk of about 5 miles, or one full day of 12+ miles, ending about 4:00pm.

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

Wednesday morning walks are generally 6-7 miles, finishing by 1:00pm.

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

Friday Bus Walks have a bus component, either the chance to reach the start point with the bus or integrated within the walk.

Summer Evening Walks are of 4 - 4.5 miles, on various weekdays and start at either 7:00pm or 7:30pm.

Notes for walkers:

- Please make sure that you are fit enough to undertake the walk; if you are 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; leaders may not 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 before to check suitability.

- Most walks have a refreshment break; please bring a packed lunch if out all day.

- Please be aware that our walks always depart at the time stated.
- The walks are free, but if you walk regularly with us we would like you to join

- Sun 22.4 10:00 am **Colmworth.** Village Hall car park (MK44 2JX) TL 105 583. 12 miles. Possible charge for car park. *Eric C* 01234 315181 or 07761 589281
- Wed 25.4 10:00 am **Wootton.** Chequers PH, Hall End Road (MK43 9HP) TL 001 457. 6.5 miles. Use PH car park if eating or drinking, otherwise please park carefully on the road. Bluebell Walk. *Martin W 01234 767876 or 07761 209981 on the day*
- Fri 27.4 Long Weekend at Bourton-in-the-Water starts. Further details on page 8
 - Also Andy K 01582 614644 or 07879 691893
- Fri 27.4 9:55 am **Bus Walk Bedford.** Circular. Bus from Bedford Bus Station (MK40 1LT) TL 047 499. 7 miles. Bus No 42 for Toddington departs 10:05am. Walk starts from Westoning, opposite the Chequers PH, at 10:55am. Enjoy the fine scenery around Tingrith and Eversholt.

Derek 01462 712462 or 07410 973338

Sun 29.4 10:00 am **Shefford.** Town car park, Old Station Way (SG17 5EF) TL 142 391. 7 miles. *Mike T 01462 850415 or 07504 706906*

Would you like to help organise the Sunday walks ?

Our Walk Coordinators seek offers from leaders for walks in the forthcoming programme and I then collate them and publish the programme. The various Walk Coordinators are listed below but we are now seeking a replacement for Nick since he will be stepping down this summer; please contact myself or Nick if you might be able to help us with this.

Programme Secretary Andy Knight - 01582 614644

Ramblers membership is the best way to support the work done for walkers across Britain. Cost less than £2 a month, a first year discount of 30% is available for anyone joining from a health walk.

visit the web-site at **www.ramblers.org.uk** or telephone: 020 7339 8500 Please nominate Ivel Valley Walkers as your local group when you take out membership.

Ivel Valley Walks Programme: Spring 2018

February

Fri 2.2 9:25 am Bus Walk - Bedford. Circular, Bus from Bedford Bus Station (MK40 1LT) TL 047 499. 6.5 miles. Bus No 71 for Hitchin departs 09:35am. Walk starts at 10:25am from the bus stop at the Five Bells PH in Henlow Newtown. Passing lakes, rivers. meadows and reserves with an optional pub stop at the end. Bob H 01767319116 or 07950 503543 Sun 4.2 10:00 am & 13:45 pm **Rovston.** Heath Sports Centre car park. Baldock Road (SG8 5BJ) TL 348 405. 7 & 5 miles. The peaks & plains of Royston; two contrasting walks on the end of the Chilterns and on the plain near Basingbourn. Tony S 01234 831388 Tue 6.2 10:00 am **Bedford.** Great Denham Park & Ride car park (MK40 4FA) TL 016 489. 13 miles. Off the A428 Branston Way. Garry W 01234 219096 or 07896 041164 Wed 7.2 10:00 am **Weston, near Baldock.** Holy Trinity Church car park (SG4 7DJ) TL 266 299. 7 miles. The Weston Cakewalk (it's that time of year again ..!). Antony 01767 601969 or 07857 890829 on the day only Thu 8.2 10:00 am Amble - Sharnbrook. Village car park, High Street near Church Lane (MK44 1PB) SP 995 596. 4 miles. Marv C 01234 781220 or 07963 971710 on the day only Sun 11.2 10:00 am **Grafham Water.** Visitor Centre in Marlow car park (PE28 0BH) TL 167 679. 12 miles. Car park is on the road to Grafham village, £3 fee/car. No pub stop but maybe a cup of tea at the end. Sue T 01234 823974 or 07849 827049 Wed 14.2 10:00 am **Woburn.** Car park opposite church (MK17 9PG) SP 951 331. 7 miles. Barry 01234 353704 or 07860 348347 on the day Fri 16.2 9:55 am **Bus Walk - Bedford.** Linear, Bus from Bedford Bus Station (MK40 1LT) TL 047 499. 7 miles. Bus No 41 for Northampton departs from Stop C 10:05am. Walk starts at 10:30am from the bus stop opposite Budgens in Bromham. Walk to Cranfield with fine views. Martin W 01234 767876 or 07761 209981 on the day Sun 18.2 10:00 am & 13:45 pm **Toddinaton.** Corner of Market Square near the Bell PH (LU5 6BP) TL 009 289. 7 & 5 miles. Andy K 01582 614644 or 07879 691893

- Tue 20.2
 10:00 am Woburn.
 Car park opposite church (MK17 9PG)
 SP 951 331.
 12 miles.

 Sara W 01525 872266 or 07850 665454 on the day
 Sara W 01525 872266 or 07850 665454 on the day
 Sara W 01525 872266 or 07850 665454 on the day
- Wed 21.2 10:00 am Dunstable Downs. Chiltern Gateway Centre (LU6 2GY) TL008194. 6.5 miles.
 Car park charge (free to NT members).
 Jon L 07854 240366
- Thu 22.210:00 am Amble Streatley. Chequers PH (LU3 3PS)TL070286.4.5 miles. Streatley & Sharpenhoe Clappers.Derek01462 712462 or 07410 973338
- Sun 25.2 9:00 am Biggleswade. Linear. Railway Station (SG18 8AL) TL 192 444. 10 miles. Catch 09:20am train for a 'Do not Alight Here, London railway walk'. One day travel card £13.15 (at 2017 prices) with a rail card or Group Save parties of 3+. Parkland walk from Alexandra Palace to Finsbury Park and other central London railway oddities.

Tony S 01234 831388

Wed 28.2 10:00 am Waresley Woods, near Gamlingay. Car park off
 Waresley to Great Gransden road, maximum vehicle height 2.1m
 (SG19 3DA) TL 256 550. 6.5 miles. Walk through Gransden and
 Waresley Woods and villages.

Roy 01234 301182 or 07784 208997 on the day

Longer Walks

Some members have requested that we include a few longer walks in the programme, but it is thought that such occasional changes to our established Sunday or Tuesday walks would not be acceptable to the majority of walkers.

However, several of our members also walk with the Long Distance Walking Association who organise what they call 'social walks' of 15 miles on Thursdays and 20 miles at weekends which some of our members might like to consider attending.

For further details please have a chat with Roy, Eric, Tony Dolphin and others

The local Beds, Bucks and Northants (BBN) Long Distance Walking Association group website is:

www.ldwa.org.uk/bedsbucksandnorthants

Ivel Valley Walks Programme: Spring 2018

- Thu 5.410:00 am Amble Bedford. Go Outdoors car park (MK41 0QN)
TL 089 512. 4.5 miles. Through the Howbury estate to Renhold.
Jan 01234 340429 or 07895 045410
- Sat 7.4 05:30 am **Breakfast Walk Barton-le-Clay**. Old Road, near Recreation Ground (MK45 4LD). TL 083 304 7 miles. Work up an appetite on the hills before breakfast in Pete's Place just after 08:00am - an all day breakfast café with comprehensive English and Continental menu.

Andy K 01582 614644 or 07879 691983

- Sun 8.4 10:00 am & 13:45 pm **Biggleswade.** Rose Lane car park (SG18 0JT) TL 191 225. 7 & 5 miles. James L 01767 601675 or 07708 758752
- Wed 11.4 10:00 am **St Pauls Walden.** Car park behind Strathmore Arms PH (SG4 8DN) TL 193 222. 7 miles. Car park is off B651, near the church.

lan 01462 812294 or 07866 389443

Fri 13.4 09:25 am **Bus Walk - Bedford.** Linear. Bus from Bedford Bus Station (MK40 1LT) TL 047 499. 7 miles. Bus No 41 for Stagsden departs 09:35am. Walk starts at 10:15am from Stagsden, walking to Turvey from where we will catch the bus back to Bedford.

Jan 01234 340429 or 07895 045410

Sun 15.4 10:00 am **St Neots.** Priory Park northern pedestrian entrance. TL 193 615. 13 miles. Park on the southern side of Priory Hill Road. No dogs please.

Pauline S 01480 477188 or 07504 751554

- Tue 17.410:00 am Great Chishill, east of Royston. Village Hall and
playing fields car park, off B1039 (SG8 8SH) TL 426 386.
12 miles. The Two Peaks Challenge (walk the highest points in
Cambridgeshire and Essex).Antony 01767 601969 or 07857 890829 on the day only
- Wed 18.4 10:00 am **Edlesborough.** Village Green car park (LU6 2HX) SP 974 194. 8 miles. Car park is opposite the village hall. Derek 01462 712462 or 07410 973338
- Thu 19.4
 10:00 am Amble Woburn. Car park opposite church (MK17 9PG) SP 950 331. 4.5 miles.

 Martin W 01234 767876 or 07761 209981 on the day
- Sat 21.4 Walk Leader Day

Further details on page 9. *Nick* 07803 125876

Sat 17.3	Social - Skid Pan Experience
	Further details on page 8. <i>Andy K 0</i> 7879 691893
Sun 18.3	10:00 am & 13:45 pm Stevington. Village Hall car park (MK43 7QT) SP 986 534. 7 & 5 miles. <i>Eric C 01234 315181 or 07761 589281</i>
Tue 20.3	10:00 am Standon. Near St Marys Church (SG11 1LB) TL 396 223. 12 miles. Moore than just a walk, a Perrygreenation. <i>Ian 01462 812294 or 07866 389443</i>
Wed 21.3	10:00 am Turvey. In layby on A428 north of river (MK43 8EW) SP 937 523. 7 miles. <i>David & Rosemary 07796 178659</i>
Thu 22.3	10:00 am Amble - Harrold. Harrold Odell Country Park car park (MK43 7DS) SP 956 566. 4.5 miles. Sheila 01480 392223 or 07885 615595
Sun 25.3	8:30 am Bedford for London. Linear. Railway Station (MK40 1DS) TL 041 497. 11 miles. For the 08.50am train. Monopoly Walk, Part 2 - St Pancras to Blackfriars. <i>Roy 01234 301182 or 07784 208997 on the day</i>
Wed 28.3	10:00 am Boxworth, Cambs. Golden Ball PH (CB23 4LY) TL 344 640. 7 miles. Please park in overflow car park.
April	Antony 01767 601969 or 07857 890829 on the day only
Sun 1.4	10:00 am & 13:45 pm Pirton - <i>Easter Sunday.</i> Great Green, near Motte and Bailey PH (SG5 3QD) TL 146 316. 7 & 5 miles. <i>Andy K 01582 614644 or 07879 691893</i>
Mon 2.4	10:00 am Sundon Hills - <i>Easter Monday.</i> Country Park (LU3 3PQ) TL 047 286. 9 miles. An extended morning walk to the edge of Luton. <i>Nick M 07803 125876</i>
Tue 3.4	10:00 am Sharpenhoe. The Clappers car park at top of the hill (MK45 4SH) TL 065 296. 12 miles. <i>Jim 01525 405344 or 07966 735318</i>
Wed 4.4	10:00 am Harrold. Harrold Odell Country Park car park (MK43 7DS) SP 956 566. 7 miles. <i>Jim 01525 405344 or 07966 735318</i>

Ivel Valley Walks Programme: Spring 2018

March

Fri 2.3 9:20 am Bus Walk - Bedford. Circular. Bus from Bedford Bus Station (MK40 1LT) TL 047 499. 6 miles. Bus No 50 for Kettering departs 09:32am. Walk starts at 10:30am from the bus stop at Rushden Lakes. See the wildlife and experience the lakes. Sue T 01234 823974 or 07849 827049
Sun 4.3 10:00 am & 13:45 pm Milton Keynes. Caldecotte Lake North car park (MK7 8HP) SP 887 355. 8 & 5 miles. Car park is off

Bletcham Way eastbound. The Red & Greenways of southern Milton Keynes.

Nick M 07803 125876

- Tue 6.310:00 am **Biggleswade.** Dan Albone car park (SG18 0BQ)TL 187 452.12 miles. Car park is near Sainsbury's.Green Wheel outer circle plus a spoke or two.Eric C 01234 315181 or 07761 589281
- Wed 7.3
 10:00 am
 Woburn.
 Car park opposite church (MK17 9PG)
 SP 951 331.
 6.5 miles.

 Philip C
 01525 404799 or 07747 655557
 01525 404799 or 07747 655557
 01525 404799 or 07747 655557
- Thu 8.3 10:00 am **Amble Barrington, Cambs.** Riverside Walk car park (SG8 6QD) TL 386 489. 5 miles. Car park is between Shepreth and Barrington.

Antony 01767 601969 or 07857 890829 on the day only

- Fri 9.3Palace of Westminster Visit and Walk.
Further details on page 8.
Barry 01234 353704 or 07860 348347 on the day
- Sun 11.3 10:00 am **Shillington.** Musgrave Arms PH (SG5 3LX) TL 122 327. 13 miles. Please park on grass beyond car park. *Graham M 01462 711751 or 07776 430750*
- Wed 14.3 10:00 am Luton. Lancaster Avenue car park (LU2 7AD) TL 084 258. 7 miles. Car park is off A6 beside the shops, drive to the end of Lancaster Avenue. Lilley circular Tony S 01234 831388
- Fri 16.3 **11:00 am Bus Walk Luton.** Linear. Meet on Stand 10 at Luton Bus/Rail Station Interchange (LU1 2LT) TL 093 217. 6 miles.

(Bus No 81 departing 10:15 am from Bedford connects). Using the guided busway to see evidence of medieval farming in the Caddington and Slip End area of the Chilterns just outside Luton.

Tony S 01234 831388

Events in 2018

booking slips are on page 15

Others events this year will include a second Coach Trip, Map Reading and First Aid training days and the usual assortment of other social events.

Fri 9th March - Palace of Westminster Visit and Walk

This trip will start from Bedford Station soon after 9:30am, but you could join at stations or at Waterloo Station at about 11:15am. The walk will last approx. $2^{1}/_{2}$ hours with a stop for lunch en route. On completion of the walk we will go straight to the Palace for the tour beginning at 5:00pm.

Details will be available soon.

Please book a.s.a.p. - at latest by end of January.

Organiser: Barry 01234 353704 barry.ingram74@btinternet.com

Sat 17th March - Social - Skid Pan Experience at Braintree, Essex

Under the instruction of Police Class 1 drivers, this 3 hour 'hands on' skid pan experience starts with a series of set exercises in car control dealing with rear wheel skids, front wheel skids and four wheel skids. On completion of the set exercises we will then be able to do an additional exercise in car control called drifting, this is the real fun part

The event is limited to 12 participants, so please book early. We could travel over in three cars don't worry, we will not be using our own cars there.

Cost £60.00 per participant

Organiser: Andy K 01582 614644 programmeivw@gmail.com

Fri 27th to Mon 30nd April - Long Weekend in Bourton-on-the-Water

We will be based at the centre of the stunning Cotswolds countryside with its green rolling hills, secluded river valleys along with picturesque towns and villages of honey coloured stone. Walks will include the usual two full days on Saturday and Sunday with shorter versions available on both days. There will also be half day walks on the Friday afternoon and Monday morning.

Details will be available after the walks have been recced in the New Year.

Admin Fee £10.00

Organiser: Andy K 01582 614644 programmeivw@gmail.com

booking slips are on page 15

Sun 20th May - Coach Trip to Lincoln Area

The 11 mile walk will mainly follow the Viking Way towards Lincoln, traversing a low ridge overlooking the valley of the rivers Brant and Witham; this was also the route of the Roman Ermine Street. Lunch will be taken at the village of Coleby where the Tempest Arms welcomes weary travellers from where there will be the option of being picked up to spend the afternoon in Lincoln. The afternoon walkers will continue on to Bracebridge Heath just outside the city to be picked up for tea in the city before leaving for home.

Cost £22.00 per person

Organiser: Tony 01234 831388 tony.sheward@btinternet.com

Sun 17th to Fri 22nd June - 5 Day Break in Tenby, Pembrokeshire

The Pembrokeshire coast is best known for its footpath which winds around the magnificent bays and spectacular headlands of the only coastal National Park. Away from the coast, the hills, ancient woodlands and valleys are reputedly just as spectacular.

Details will be available after the walks have been recced in the New Year.

Admin Fee £15.00

Organiser: Roy 01234 301182 roycarter367@hotmail.com

Fri 5th to Mon 8th October - Long Weekend in South Lincs. Wolds

This event is being organised by Antony and Martin as a follow on from their very successful long weekend in the North Lincolnshire Wolds back in April 2016.

Further details and the booking slip will be published in the Summer Programme

Sat 21st April - Walk Leader Day

Nick is planning a get together for new and experienced walk leaders to exchange ideas and generally discuss how we lead our walks.

Further details will be available from Nick very shortly; however, please do contact him now if you would be interested in attending.

Organiser: Nick 07803 125876 bedswalkfest@gmail.com