

Walk

**BEDFORDSHIRE
AND BEYOND**



MAGAZINE AND WALKING PROGRAMME SPRING AND SUMMER 2026



**FEATURING THE
BEDFORDSHIRE WALKING FESTIVAL**



Editor's notes...

After that long wet winter for many of us here we are on the edge of and travelling headlong into summer. 'At pace' as politicians (and no one else) says. Never sure how that happens.

So here's our listing of planned walks through spring and summer...and there's a lot. Short walks, longer ones, even specialist ones. Ever fancied getting close up to the dawn chorus with experts on hand to tell you what's what? Nightingales in Berkeley Square? No need, there are none but the song's nice. Instead we can go and hear them near Bedford, again with experts (thanks Roy and John).

In this issue we've included a map illustration showing our normal walking areas (thanks David) but we also range beyond our county base. Three walking holidays are planned, from Durham in May, Buxton in June and later, to Whitby.

Mind you, the first two are sold out so perhaps join now and come to Whitby. Some of us even

go further - enjoy reading about Ivel Valley members travelling to the end of the world and others going pyramid selling.

This year is a River Festival year, still one of the biggest outdoor events in the country and yes, we'll be there too with a stand - do walkers have stands? - so come and have a chat.

We're on a roll now so if you fancy combining a walk, a bbq and an afternoon trying your hand at bowls, 22nd July is your chance. The famous YOMP, CHOMP and ROLLUP. You'll find details in the listings.

A great introduction to what we do is the Bedfordshire Walking Festival in September. Rambler groups across the county join in alongside others, we'll make you especially welcome on any walks you fancy and best of all it's free. We'll even share our biscuits.

Come along then, join us on a walk that suits, we'd love to see you.



Follow the Muntjac

by Daniel Bowles of The Greensand Ridge Trust



2026 marks the 40th anniversary of the Greensand Ridge Walk, a 42 mile route that follows the top of the ridge, from Leighton Buzzard to Gamlingay.

The walk was drawn up in the 1970s as a longer distance walk to enable local communities to discover more about the wildlife and history of the area. It also aimed to connect valued countryside sites, such as Stockgrove Country Park, to the wider footpath network, linking to other points of interest across the ridge. Beds County Council worked with the Bedford Rambling Club to identify a route, working with local landowners to plan viewing areas and install signage. By October 1986, the route was in place and formally opened in Woburn Abbey. The route is constantly developing with two new gateway features on the High Street in Leighton Buzzard and the Eco-Hub in Gamlingay. And if walking speed isn't quite quick enough, you can now cycle the Greensand Cycleway, a road-based route giving you the experience of the Walk but on two wheels.

Greensand Country is special. Explore open heathland, rich ancient woodlands, many of the area's historic parklands and you can see many of the sandstone buildings that are dotted along the ridge, these being unique to the area. Why not use the Greensand Country interactive map (www.greensandcountry.com) to discover the route and everything along it including cafes and pubs. Just follow the muntjac signs. The muntjac deer was chosen as the symbol for the walk back in the 1970s when they were largely confined to Woburn Abbey. Since then, the small deer has spread throughout the area causing significant damage to some of the ancient woodlands along the ridge. To learn more about the impact of deer in Greensand Country, scan the QR code below.



To celebrate the 40th anniversary there's guided walks collaborating with attractions and businesses across the route. Follow the Greensand Trust on social media, or head to our website to find out more.

SPRING BIRDS

by Roy Dunham



Male Redstart

As Ramblers, we clearly love getting out and about in our countryside. Lovely scenery, historic sites and maybe welcoming cafes and pubs. Among all this is the wildlife; the occasional fox, hares, deer and particularly birds. IVW members are familiar with the cry of "what's that bird Roy /John?" from our groups, so we thought a regular piece on birds to look out for at various times of the year. Over to you Roy...

Our winter visitors like redwings and fieldfares having now moved off north to their breeding grounds, the doors have been open for a while for all of our spring and summer birds to come flooding in. Some to stay and breed, some to rest and feed before they continue their journeys. We're lucky in having local areas where we can enjoy some spectacular sights and sounds.

March sees one of our earliest migrants, the beautiful wheatear. The male is an absolute stunner, my favourite bird of the spring along perhaps with the male redstart which arrives a bit later in April.



Ring Ouzel

Pegsdon Hills is one of the best areas to see these birds

along with ring ouzels which love the short, chalky, grassy valleys. Ring ouzels are blackbird sized with a striking white crescent on their chests and silvery wings. They're quite shy birds so quiet mornings and patience is required to see them.

None of these birds will stay to breed in Bedfordshire and will move off further north to their breeding grounds.

Meanwhile... At the Marston Vale forest centre the star bird has to be the very vocal nightingale,



Nightingale

a very loud and quite secretive bird. Along with Strawberry Hill in north Beds this certainly offers one of your best chances to see and hear one.

By now the bushes will be alive with many species of warblers including the common chiffchaff, willow warbler, blackcap, and whitethroat.

A perfect opportunity...

On the 20th May there will be a walk from the Marston Vale forest centre, specifically to listen and look for nightingales. There may be a rarer bird or two lurking around too! Meet us there at 7pm.

See you soon...

Our journey to the end of the world

by Jackie and Colin Baker

Our journey started in Santiago, Chile, with temperatures touching 30°C, before flying south, first to Punta Arenas then to Puerto Natales, a snow storm and 200km/hr winds. We're now in the deep south of Chilean Patagonia where the Andes mountain range finally crumbles into the Southern Ocean, gazing at a landscape so dramatic it feels scripted by a fantasy novelist.

Patagonia's topography, like its borders, defies quick description. Covering a third of Argentina and Chile, it's an untamed vastness that extends to the southernmost edge of South America, partially bisected by the Andes. At the northern end, green Chilean deciduous forests meet dry Argentinian open pampas.

Not just for Washing Machines...



Dishwashers

Tumble Dryers

Refrigeration products

Cooking Appliances

Televisions & Hifi Audio



FAST SAME DAY DELIVERY

FREE Delivery - Installation & Disposal Available - FAST AM or PM Delivery




MICHAEL R. PETERS

Website : www.michaelrpeters.co.uk Tel : 01234 352107



At its extreme south, the flat plains around Chile's Punta Arenas give way to the fjords and islands that mark the end of South America, a landscape sculpted by glaciation which created grassy plains, mountain ranges and deep azure lakes. Glaciers remain. Here we find Torres del Paine National Park, not just a destination, a rite of passage for walkers and hikers worldwide. Granite spires pierce the sky like frozen lightning, and glaciers calve into lakes of impossible turquoise.

In places, Patagonia's a roadless wilderness, a destination for lovers of the outdoors; a place to be awed by the natural world on an epic scale. Our itinerary featured multiple guided hikes throughout this wilderness.

For those seeking a more adventurous experience and with sufficient time, two optional excursions are available, the W and the O. (See box)

The Torres del Paine ('Towers of Paine') are the distinctive three granite peaks of the Paine Massif - the Torres d'Agostini, Central, and Monzino, extending up to 2,500 metres (8,200 ft) above sea level, joined by the Cuernos del Paine ('Horns of Paine'). The area also boasts valleys, rivers, lakes, and, thrillingly, glaciers which belong to the Southern Patagonia Ice Field, the world's third largest reserve of fresh water.

A BIT ABOUT GLACIERS

We then crossed the border into Argentina and stayed in El Calafate, home to the Perito Moreno glacier. The 250 km² ice formation, 30 km in length,



is one of 48 glaciers fed by the S. Patagonian Ice Field. Glaciers form when large amounts of snow accumulate in an area quicker than the rate it melts, leaving behind a large mass of ice. Over millennia this becomes so compacted that an ice river is formed, leaving these beautiful creations dotted around the world.

Whilst most glaciers in the world are retreating, Perito Moreno is one of the few that's advancing. This means as the glacier grows, cracks and crevasses appear at the terminus resulting in chunks of ice breaking off and crashing into the ice field below. As these dense masses of ice move from the glacier, they slowly calve into Lake Argentino depositing large icebergs. Scattered with boardwalks and viewing platforms along the glacier perimeter, we were close enough to the action to hear ruptures of ice collapsing into the water. A spectacular experience



Our journey then took us to Buenos Aires, the Iguazu Falls and Rio de Janeiro..... that's for another time.

The W Trek (4–5 days, 80 km): The park's 'greatest hits' tour tracing three iconic valleys: Ascencio (leading to the granite towers), French (a 360-degree amphitheatre of peaks), and Grey (home to the massive Grey Glacier). It is moderately difficult and offers the luxury of refugios (mountain lodges) with hot meals and beds.

The O Circuit (7–9 days, 36 km): A full loop around the Paine Massif. It includes the entire W Trek plus the remote 'backside' of the mountains. The crown jewel of the O is the John Gardner Pass, where you crest a ridge to see the Southern Patagonian Ice Field stretching to the horizon. This is for experienced trekkers seeking solitude and a more primitive experience.

Out of our walking garb and into, well something very different for our **60s and 70s disco back in January at the Rowing Club.** And some did get down and row...



The Plough

BOLNHURST



ATMOSPHERE, SERVICE & SUMPTUOUS FOOD THE PLOUGH HAS IT ALL

OPENING HOURS

WEDNESDAY, THURSDAY & FRIDAY

OPEN: 12.00PM TO 4.00PM KITCHEN: 12.00PM TO 1.45PM

OPEN: 6.30PM TO 10.30PM KITCHEN: 6.30PM TO 8.30PM

SATURDAY

OPEN: 12.00PM TO 4.00PM KITCHEN: 12.00PM TO 1.45PM

OPEN: 6.30PM TO 11.00PM KITCHEN: 6.30PM TO 8.45PM

SUNDAY

OPEN: 12.30PM TO 4.00PM KITCHEN: 12.30PM TO 2.00PM

WHATEVER THE OCCASION

Excellent food, wine and beer with an efficient and friendly service in the relaxed and informal atmosphere of an old English pub

**The Plough, Kimbolton Road, Bolnhurst,
Bedfordshire MK44 2EX**

Tel: 01234 376274 E-mail: reservations@bolnhurst.com

www.bolnhurst.com



OUR BELOVED NATIONAL PARKS

a short history as we celebrate their creation

by Roy Carter



The question of access to the countryside in Britain is one that touches on the economic,

social and political history of the nation, taking in the clearances in Scotland and the enclosures of common land. Over centuries the wealthy had removed historic rights to land use by the less powerful, eventually even wiping out ancient rights of way.

However, between the two world wars a movement developed to reclaim the right of access to the land. Many urban workers wanted to be able to get into the clear air of the hills when they had time on a Saturday or Sunday. The landowners were adamant that such walkers would ruin their grouse moors and their shooting generally, and would despoil what they regarded as 'their' countryside. In the 1930s the movement demanding access grew in stature and became organised, with groups such as the Youth Hostel Association, The Ramblers Association and the British Workers Sports Federation joining forces to lobby Parliament about the matter. In the same decade the more militant side of the movement arranged dramatic events like the Kinder Scout Mass Protest. This took place on April

25 1932, when about 500 walkers led by activist Benny Rothman pushed past gamekeepers drafted in to oppose them, forcing their way onto Kinder Scout in Derbyshire.

The problem was addressed in part by the creation of National Parks. In 1945 a White Paper on National Parks was issued to prompt discussion, and finally in 1949 the National Parks Act was passed, aiming to preserve and enhance the natural beauty of the countryside in those parks, and to promote enjoyment of the parks by the public.

On April 17th, 1951, the Peak District National Park was the first designated in Britain and is celebrating its 75th anniversary this year. The Peak District is largely in Derbyshire, with parts extending into Staffordshire, Cheshire and Yorkshire. The landscape is varied, with moorland and limestone dales predominant. The park authorities claim that it is within 50 miles of 50 per cent of the British population, ringed as it is by major cities such as Sheffield, Manchester, Stoke-on-Trent, and Nottingham.

So raise a glass to that mass protest and continue to enjoy all the Parks that have been designated since that first one.

W&H PEACOCK

AUCTIONEERS & VALUERS

We are now inviting entries for our weekly and specialist auctions.

If you own anything which you think might be suitable for one of our sales please contact us on 01234 266366 or info@peacockauction.co.uk

For an approximate estimate, email us with a description and image of your item. For larger or multiple items, we are happy to arrange for a valuer to visit your home or premises at your convenience.

Entries for our auctions can include:

Antique & Modern Furniture, Clocks, Ceramics & Glassware, Collectables, Books, Pictures & Prints, Jewellery & Watches, Garage Tools & Equipment, Bicycles, Household Electrical Items, Office Furniture & Equipment, Horticultural & Commercial Equipment, Timber & Building Materials, Retail Products & Stock, Vehicles, Garden Furniture & Effects

Entries Invited: Monday, Tuesday and Wednesday 8.30am - 5pm



W&H Peacock Auctioneers & Valuers
Bedford Auction Centre, Eastcotts Park,
Wallis Way, Bedford, Bedfordshire MK42 0PE

peacockauction.co.uk

We also walk on water...

Ahoy shipmates.

On Saturday 22nd August 2026...

...the good ship Shiraz, a fine narrowboat vessel, will be fully provisioned and ready to set sail from Cosgrove Marina near Milton Keynes, joining the Grand Union Canal with 12 souls aboard. Gawd bless 'em.

A further 12 landlubbers will walk along the towpath, possibly exchanging encouragement, or insults with the ship's crew. After 3 miles it's all change as rats, sorry, shipmates, leave their vessel to be replaced by the walking pilgrims who will leap, stumble or fall aboard.

Then it's a further 3 miles by whatever means to Stoke Bruerne where a cream tea, or ship's biscuits, will be served on the banks of the Canal. Everything's then reversed for the return voyage. Do we have to sail / walk backwards?

The question is, who'll volunteer to be ship's Captain and steer the fine vessel through choppy waters? Unlike cooks, there can be several...

Pressed men and women and those shanghaied for the day should assemble at Cosgrove Marina ready for a 9am sailing on the tide. Look out from the crow's nest for further details online.

And we talk...

We're fortunate in having several members and friends with a wide range of experiences, knowledge and skills. So we've created a short programme of summer talks which we hope will be of interest to you. Who knows where these and future talks will lead?

Monday 8th June Chris Evans will talk about his involvement with the HS2 and other large civil engineering projects that have been under his direction.

Monday 13th July Luke McCarthy, founder of My Foot Medic, will be giving expert advice on how to look after your feet. From injury prevention through to nail and skin care, all helping to keep us on our toes.

Monday 14th Sept Brian Gubbins will present "The Cabin Boy, Lost At Sea", a who-done-it of sorts, that incorporates Brian's extensive knowledge of genealogy and presented in similar style to TV's 'Who do you think you are?'

Venue: Priory Church, Newnham Avenue, Bedford, MK41 9QJ

A prompt 7.15 pm start and should last around two hours. Tea and biscuits will be served, cost £3.00 at door to cover room hire. Non members most welcome. Numbers are limited so look out for Roy's bulletin or call us.

Following unprecedented reaction to my piece in the last issue of the programme, **here's how I started as a Walk LEADer**

by Jack (your friendly terrier)



Each morning, I've usually done 5 miles or so before you humans have even started,

got to keep my retainer David well exercised so I was and remain well used to getting out and about.

But going back a bit, The Midnight Bark had kept telling me that Ramblers are always keen on recruiting new walk leaders so I got to thinking " I can do that, David relies on me anyway, so let's get started...."

There was a planned walk starting from Harrold Country Park, that was my chance to embark on my leader training. Well it's better than a day in the park. We called at Barclays Bank for some cash, just in case of retail opportunities (ice creams etc), the group assembled and readied for the off. My first job. Chews a back marker.

We'd done a recce and then a risk assessment so I knew the route. Pity David didn't but as a prospective leader, I nose where the path goes even over woof ground. David soon stopped hounding me and just let me lead, even when it was raining cats and dogs. (Don't get me started on cats!) He'd have missed at least two paths.

Success, walk done, ears up and the human Ramblers even gave me a round of appaws. Thank you all. First leader walk done, bark to my luxury kennel and settle down to one of my favourite films. Jurassic Bark perhaps. Or a Hairy Pawter wizard episode

If you would like to join me on a training course, just get in touch with one of us (on a walk or see the back cover) or with Ramblers direct and we'll point you in the right direction to retrieve the information you'll need. You don't have to be a Jack Russell. I think we'll soon have this licked.



 Kimbolton, Cambridgeshire

Celebrating 25 years of trusted guidance.

Complimentary
first meeting

Your financial future is our priority. We offer bespoke, expert Financial Planning and Advice to individuals and businesses.

- | | |
|---|---|
|  Retirement & Pensions |  Divorce & Separation |
|  Passing on your Wealth |  Mortgages |
|  Health & Protection |  Workplace Pension |
|  Ethical Investing |  Employee Benefits |
|  Long-Term Care |  Corporate Planning |

NEED ADVICE? CONTACT US:

 01480 869466  info@beaconwealth.co.uk  www.beaconwm.co.uk

Authorised and regulated by the FCA No. 526604. Fees may apply.

Ivel Valley Walks Programme

Spring and Summer 2026

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

Sat 02 May	05:00	Dawn Chorus Walk Priory Marina Bedford Priory Country Park. Park before the barrier near the recycling bins. MK41 9DJ (TL 072 494). Roy D & John B 07713 464510 & 07763 003306	5 miles
Sun 03 May	10:00	Totternhoe Knolls CP. LU6 1QG (SP 986 217). Sandra A 07789 777060	7 miles
Sun 03 May	13:30	Totternhoe Knolls CP. LU6 1QG (SP 986 217). Sandra A 07789 777060	5 miles
Tue 05 May	10:00	Ashwell Meet by St Mary's church gate, Mill St. SG7 5LY (TL 267 398). Tony & Karen A 07875 210926	13 miles
Wed 06 May	10:00	Cambridge Trumpington park and ride, Off Hauxton Road (A1309). CB2 9FT (TL 442 542). Marcus K 07754 100266 on the day only	8 miles
Fri 08 May	08:15	Hitchin Historic Churches Bus Walk Park in Woodside CP, Hitchin (£5.30). To catch bus No.315 at 10:10 from St Mary's Square (Stop L) to St Paul's Walden. SG4 9SP (TL188 293). Then walk back to St Mary's in Hitchin. Roy C 07784 208997	6 miles
Sun 10 May	10:00	Barton Old Road, near Recreation Ground. MK45 4LD (TL 083 304). Tom C 07743 128645	12 miles
Wed 13 May	10:00	Chicksands CP at Sandy Lane, off A600 NW of Shefford. SG17 5QB (TL 124 404). Marcus K 07754 100266 on the day only	8 miles
Thu 14 May	10:00	Bromham Chestnut Avenue CP. MK43 8HP (SP 996 513). Sue T 07849 827049	5 miles
Sun 17 May	10:00	Durham Holiday – no walk	
Tue 19 May	10:00	Dunstable Dunstable Downs, Chiltern Gateway Centre. CP Charge for non-NT members. LU6 2GY (TL 008 194). Tony & Karen A 07875 210926	12 miles
Wed 20 May	10:00	Marston Moretaine Marston Vale Forest Centre, look and listen for Nightingales in the country park. (Parking charge of £3 for over three hours). MK43 0PR (TL 004 418). Roy D 07713 464510	7 miles

Fri 22 May	10:15	Clophill Historic Churches Bus Walk Park and meet at St Mary's Church, High Street Clophill. MK45 4BB (TL 090 381). Walk to St.Mary's Lower Gravenhurst and St John's, Flitton. Catch No.200 bus back to Clophill. Roy C 07784 208997	7 miles
Sun 24 May	10:00	Sundon Hills Country Park. LU3 3PQ (TL 047 286) Tom C 07743 128645	12 miles
Wed 27 May	10:00	Great Barford Village Hall, Fishers Close. MK44 3JL (TL 125 527). Chris E 07747 007368	7 miles
Thu 28 May	10:00	Woburn CP opposite St Mary's church. MK17 9PG (SP 951 331). Liz W 07762 340385	4.5 miles
Sun 31 May	10:00	Toddington Corner of Market Square near Bell PH. LU5 6BP (TL 009 289). Sandra A 07789 777060	7 miles
Sun 31 May	13:30	Toddington Corner of Market Square near Bell PH. LU5 6BP (TL 009 289). Sandra A 07789 777060	5 miles
Tue 02 Jun	10:00	Preston nr Hitchin Near the Red Lion PH. SG4 7UD (TL 180 248). Roy D 07713 464510	12 miles
Wed 03 Jun	10:00	Flitwick The Rufus Centre, Steppingley Road. MK45 1AH (TL 033 387). Mel S 07966 210950	7 miles
Fri 05 Jun	09:45	Leighton Buzzard Historic Churches Bus Walk Park in Hockliffe Street CP (£4.30). Meet and Catch X4 bus in the High Street (Stop 4) to Wing at 09:45. LU7 1EA (SP 920 250). Walk back to Leighton Buzzard. Sandra A 07789 777060	6 miles
Sun 07 Jun	10:00	Deepdale Free parking near the Sandy Heath Transmitter. SG19 2NH (TL 206 495). Marcus K 07754 100266 on the day only	12 miles
Wed 10 Jun	10:00	Colmworth Colmworth golf course. MK44 2AP (TL 096 571). Bridget C 07807 931274	8 miles
Thu 11 Jun	10:00	Haynes Village Hall car park. MK45 3PH (TL 100 420). Jan W 07895 045410 on the day only	4.5 miles
Sun 14 Jun	10:00	Stoke Hammond Three Locks picnic site. MK17 9DD (SP 893 283). Tony D 07946 361883	7 miles
Sun 14 Jun	13:30	Stoke Hammond Three Locks picnic site. MK17 9DD (SP 893 283). Tony D 07946 361883	5 miles

Tue 16 Jun	10:00	Pirton Great Green, near Motte and Bailey PH. SG5 3QD (TL 146 316). John N 07950 708087	12 miles
Wed 17 Jun	10:00	Ridgmont Rose & Crown PH, High St. MK43 0TY (SP 978 363). Phil C 07747 655557	7 miles
Fri 19 Jun	09:30	Castle Ashby Historic Churches Bus Walk Meet in car park outside the Falcon Wellness Centre in Castle Ashby. NN7 1LF (SP 861 592). Visit church and walk to All Saints Earls Barton to catch X4 bus to Northampton and VH1 back. Roy C 07784 208997	5 miles
Sun 21 Jun	10:00	Royston Therfield Heath Sports Centre CP, Baldock Road. SG8 5BG (TL 348 405). John N 07950 708087	12 miles
Wed 24 Jun	10:00	Ashwell Near St Mary's Church, Mill St. SG7 5LY (TL 267 398). Antony C 07857 890829 on the day only	7 miles
Thu 25 Jun	10:00	Harlington CP at Harlington Village Hall. LU5 6LS (TL 035 305). Tony P 07843 191023	5 miles
Sun 28 Jun	10:00	Buxton Holiday – no walk	
Sun 28 Jun	13:30	Buxton Holiday – no walk	
Tue 30 Jun	10:00	Buxton Holiday – no walk	
Wed 1 Jul	10:00	Meppershall Village Hall C P, Walnut Tree Way. SG17 5AB (TL 139 368). Derek T 07410 973338	6.5 miles
Fri 03 Jul	10:00	Buxton Holiday – no walk	
Sun 05 Jul	10:00	St Neots Paxton Pits Visitor Centre. PE19 6ET (TL 195 629). Carolyn & Mark L 07740 684923	12 miles
Wed 08 Jul	10:00	Castle Ashby Parking area near rural shopping yard. NN7 1LF (SP 860 594). Steve A 07802 279486	7 miles
Thu 09 Jul	10:00	Bedford Mowsbury Park CP Kimbolton Road. MK41 8YR (TL 060 528). Sue T 07849 827049 on the day only	5 miles
Sun 12 Jul	10:00	Henlow Gardeners Lane CP. SG16 6DJ (TL 178 388). John N 07950 708087	7 miles
Sun 12 Jul	13:30	Henlow Gardeners Lane CP. SG16 6DJ (TL 178 388). John N 07950 708087	5 miles

Tue 14 Jul	10:00	Silsoe Meet outside St James Church. Park Ave. MK45 4DR (TL 082 356). Tony & Karen A 07875 210926	12 miles
Wed 15 Jul	10:00	Bedford Mowsbury Park CP, Kimbolton Road. MK41 8YR (TL 060 528). Dave B 07796 178659	7 miles
Fri 17 Jul	10:00	Woburn Historic Churches Walk CP opposite St Mary's church. MK17 9PG (SP 951 331). Visit the church, then walk to St Mary's church in Potsgrove. No bus available, so we'll walk back to Woburn. Jan W 07895 045410 on the day only	6.5 miles
Sun 19 Jul	10:00	Barton Old Road, near Recreation Ground. MK45 4LD (TL 083 304) Tom C 07743 128645	12 miles
Wed 22 Jul	10:00	Langford Yomp & Chomp from Village Hall CP, Mill Lane, Langford. SG18 9QY (TL 184 412). Tony S 07745 655938	7 miles
Thu 23 Jul	10:00	Old Warden Church car park. SG18 9HD (TL 137 443). Jan W 07895 045410 on the day only	4.5 miles
Sun 26 Jul	10:00	Wilstead CP in Whitworth Way. MK45 3JN (TL 066 435). Nick M 07803 125876	7 miles
Sun 26 Jul	13:30	Wilstead CP in Whitworth Way. MK45 3JN (TL 066 435). Tony S 07745 655938 on the day only	5 miles
Tue 28 Jul	10:00	Wilstead CP in Whitworth Way. MK45 3JN (TL 066 435). Graham B 07399 881460	12 miles
Wed 29 Jul	10:00	Flitwick Flitwick Village Hall, Dunstable Road. MK45 1HP (TL 033 348). Mel S 07966 210950	7 miles
Fri 31 Jul	09:30	Hitchin Historic Churches Bus Walk Catch bus no.74 from Bedford Bus Station (Bay B) at 9:40, meet walk leader at Hitchin Bancroft) where bus arrives at 10:49 SG5 1LS (TL 185 293). Antony C 07857 890829 on the day only	8 miles
Sun 02 Aug	10:00	St Neots Riverside CP. PE19 7SA (TL 179 460). Marcus K 07754 100266 on the day only	12 miles
Wed 05 Aug	10:00	Turvey Layby on A428 north of the river. MK43 8EW (SP 937 523). Dave B 07796 178659	7 miles

Thu 06 Aug	10:00	Amphill Amphill Park (West CP) off B530. MK45 2HX (TL 023 382). Liz W 07762 340385	5 miles
Sun 09 Aug	10:00	Biggleswade Market Square. Free parking thereabouts. SG18 8AS (TL 190 445). Roy C 07784 208997	7 miles
Sun 09 Aug	13:3	Biggleswade Market Square. Free parking thereabouts. SG18 8AS (TL 190 445). Roy C 07784 208997	5 miles
Tue 11 Aug	10:00	Weston (nr Baldock) Holy Trinity Church CP. SG4 7DJ (TL 266 299). Antony C 07857 890829 on the day only	12 miles
Wed 12 Aug	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 14 Aug	10:15	Chiltern Historic Churches Bus Walk Meet in Chiltern Gateway Centre (NT) LU6 2GY (TL 008 195). Walk to Eaton Bray and Edlesborough to visit churches there. Catch bus No.61 back to Dunstable. Roy C 07784 208997	6 miles
Sun 16 Aug	10:00	Mentmore The Green. LU7 0QF (SP 908 197). Roger M 07989 307046	12 miles
Wed 19 Aug	10:00	Bedford Priory Park Visitor Centre, off Barkers Lane. MK41 9DJ (TL 072 494). Colin B 07787 413957	7 miles
Thu 20 Aug	10:00	Barton Le Clay Barton, Old Road, Recreation Ground. MK45 4LD (TL 083 304). Nick M 07803 125876	5 miles
Sun 23 Aug	10:00	Ridgmont Railway Station CP. MK43 0XP (SP 965 374). Sandra A 07789 777060	7 miles
Sun 23 Aug	13:30	Ridgmont Railway Station CP. MK43 0XP (SP 965 374). Sandra A 07789 777060	5 miles
Tue 25 Aug	10:00	Pegsdon layby near gates to Hexton Manor. SG5 3JS (TL 118 302). Tom C 07743 128645	12 miles
Wed 26 Aug	10:00	Hitchin South End of Kingswood Ave. SG4 0NT (TL 207 295). Antony C 07857 890829 on the day only	7 miles
Fri 28 Aug	10:00	Luton Historic Churches Bus Walk Meet outside Luton Train Station. Park in Luton OR catch the train at 09:32 from Bedford Station. LU1 2WH (TL 092 216). Take a bus to Dunstable Priory and walk back. Roy C 07784 208997	7 miles

Sun 30 Aug	10:00	Bow Brickhill Bow Brickhill Pavilion CP, Rushmere Close. MK17 9JB (SP 905 347). Linda M 07885 181422	12 miles
Wed 02 Sep	10:00	Cople Cople Village Hall CP, Grange Lane (£1 donation). MK44 3TT (TL 102 484). Tony S 07745 655938	7 miles
Thu 03 Sep	10:00	Stotfold Stotfold Mill Nature Reserve car park, Mill Lane. SG5 4NU (TL 223 367). Antony C 07857 890829 on the day only	5 miles
Sun 06 Sep	10:00	Walking Festival Ampthill West Car Park. 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

Geordieland

In May, IVW are heading to County Durham for a short holiday. The holiday sold out in a couple of days and will give a tasting menu of this small (but beautifully formed!) county from the stunning cathedral to the wild beauty of Weardale.

To help those going and others who may go at some point, here's some help for you. After all, you're almost going abroad so will need to know something of the language. Strictly speaking you're not in Geordieland (Tyneside), you'll be around the River Wear (Wearside) but you're not far away. Let's just say you're in the North East so here's some phrases you may find useful should you venture into the shops, the working men's club or even the pub. Here goes then with...

LARN YERSEL GEORDIE

Geordie Hello marra, howz tha gannin on?
Translates to. A very fine day to you my friend and hope you're fit and well

G Aawwrite?

T How are you ?

G Whey aarrm canny like

T I'm very well thank you

G Are yez gannin ter the match?

T Would you by any chance be planning to spectate at a game of football?

G Wee ye fore?

T Where does your footballing allegiance lie edit: this usually involves Newcastle United or Sunderland but sensible folk will include Spennymoor Town who've recently been joined in the National League North by... Bedford Town.

G Howz yuwer lass gannin on. Send her wor best.

T Tell me, how is your good lady doing? Please pass on our best wishes

G Wheyyerbuggerman

T This is all one word and can be used at various times in any conversation to express surprise, perhaps a little annoyance, resignation to what's happened or a low level of some disbelief. The word can be inserted into any conversation, often more than once. eg. You meet a long lost friend in the

supermarket car park. You stop, you look at each other and one or both may exclaim "wheyyerbuggerman", so showing some surprise at such a meeting.

or. Your football side is winning 2-0, then the opposition score. You're not happy, you're disappointed but rather than scream and shout, you say almost to yourself (or 'Yersel'), yes, wheyyerbuggerman. Your team may win the match in the last minute, with the last kick. Yup, it's a shake of your head (heed), you turn to your friends (marrars) and exclaim, wheyyerbuggerman.

or. A friend arrives in your local hostelry and suggests buying you a pint of the finest ale that such a tavern has on offer. You might reply "wheyyerbuggerman.....ah was jus getting them in mesell, but aye, gan on then, thatted be grand" which means, as you'll have translated by now "Good heavens, an unexpected pleasure to see you my friend. It's my round at the bar but since you've kindly offered some refreshment that would be very welcome."

G Divvent tellus, ahll see it on the telly wi wor lass

T My good man, please don't advise me of the latest football score or result. I don't wish to know since I plan to view the match with my good lady when I reach my home

G Divvent dunshuz marra

T My good man, do please be careful when negotiating your way from the bar to your seat in the hostelry. I wouldn't want you to nudge my arm since that may mean I spill some of my precious beer

G Me keks are aaall clarty

T A short, useful phrase if, on returning from a ramble, you discover that 'your walking trousers are somewhat muddy'. If your ramble has been particularly dirty, you might discover...

G An me ganzeez hacky an aaall

T Good grief, my jumper is very dirty too.

G Haad yer wisht

T Would you mind keeping quiet please

G Keep haadd

T Take good care and mind how you go. A very useful phrase when leaving, say, the pub.

Let's get practising folks an see how yer gan on.

MINING MEMORIES

by Mark Lightfoot



Carolyn and I are often asked “where do you come from?” and replying “Durham” means instant association with football teams...and coal mining. We’ve lived in Bedfordshire for more than 30 years but we grew up almost surrounded by pits and their associated pit head winding gear and blackened buildings. Our granddads, friends granddads and often dads, they worked down the pit and their labours helped produce slag heaps of unusable rocks once the coal had been extracted. Mini mountains were an unloved feature of many a town and village in eastern Durham and Northumberland.

All long gone. People, buildings even the slag heaps, all gone leaving just a few memorials, such as salvaged coal trucks and a few metres of their rail track as epitaphs. And lots of mining museums large and small plus an awful lot of art. If you have time, visit Beamish, a living outdoor museum of times past. It’s just

north of Durham City. But part of the Durham holiday will be take you to the gateway of another sort of mining. Wolsingham is an old Weardale market town and if you keep going west up the river valley you’ll be heading for the high Pennines. Wild and lonely country. Here not be dragons but grouse, sheep, wild moorland and, once upon a time, lead. This land wasn’t for coal. Weardale, and over the hills, Teesdale, were major areas for lead mining dating way back to the 12th century. Like the coalfields, there’s little evidence of all that now but you’d be well rewarded and will learn a lot by driving up the valley, the river Wear narrowing as you go, past Stanhope and on to the Killhope Lead Mining Centre complete with it’s 10 metre diameter water wheel. Afterwards, either go north to Allenheads or south, over those hills and into Teesdale for another lovely journey.

But gan canny pet.

RECOGNISE THESE PEOPLE AND DID YOU KNOW THEY'RE...

Durham and Northumberland born or raised ?

Venerable Bede	religious scholar and historian
Admiral Collingwood	of Trafalgar fame
Alan Hull	of Lindisfarne
Bobby and Jackie Charlton	World Cup football winners
Bryan Ferry	singer
Brendan Foster	athlete
Brian Johnson	of AC/DC
Hank Marvin and Bruce Welch	both of The Shadows
'Capability' Brown	Landscape gardener
Dame Flora Robson	actor
George and Robert Stephenson	engineers and of railways fame
Timothy Hackworth	as above
Jimmy Nail	singer and actor
Eric Idle	Monty Python and more
Miriam Stoppard	doctor
Ove Arup	engineer of Sydney Opera House
Paul Gascoigne	footballer
Rowan Atkinson	actor
Ridley Scott	film director
Simon King	a Hairy Biker
Thomas Allen	opera singer
Sting	musician
Alan Shearer	footballer
Tom Graveney	cricketer
Neil Tennant	musician
Bobby Robson	footballer and England manager
Bryan Robson	Man Utd and England captain
Ian la Frenais	sit com writer



Who are we?

We are a Centre of Excellence for foot, ankle and gait complications in Bedford.

We offer solutions to people suffering from conditions which are limiting their ability to be active and causing them pain.

What do we do?

We help you get back to the activities you love!

What problems do we help with?

- Walking / running issues
- Sports injuries
- Leg, foot and ankle pain
- Arthritis
- Skin and nail issues
- Ingrown toenails
- Verrucae
- **And many more!**

www.myfootmedic.com

11A Stephenson Court, Fraser Road, Priory Business Park, MK44 3WJ

01234 417698

info@myfootmedic.com

Random thoughts on Cairo

By Roger McLeod



Two hours into a Wizz Air flight to Cairo from Luton, the pilot announced that we were flying over Montenegro and that sunset locally was in ten minutes time. The announcement was immediately followed by a queue for the washroom. The penny dropped. We were in the Holy month of Ramadan, where devotees of Islam do not take any food or drink between the pre-dawn meal of Suhoor and the evening meal of Iftar, taken after sunset, ritual washing was required.

Wizz Air's flight arrives at the Sphynx Airport some 45 miles from Cairo city centre, with no public transport connection. Luckily we knew of this in advance and arranged the hotel to send a car. Otherwise we'd have fallen victim to the hoards of taxi drivers who view the tourist as an ATM on legs.

Ligia and I always stay in local hotels, close to the sightseeing areas, but away from the sanitised western hotel strips and often 'interesting'. On arrival at the ground floor of our hotel, we were faced by the most ancient of lifts, one that seemed suspended on piano wires and where closure of internal swing doors was optional.

Wandering around Cairo you find huge numbers of dogs living on the streets, mostly sleeping. They may open an eye as you pass by and they all appear to be healthy, well fed and entirely non aggressive to humans or each other. Similarly, there are large numbers of healthy well-fed cats living on the streets in close proximity and in complete harmony with the dogs.

Crossing the road in Cairo is an act of faith with zebra crossings non-existent, traffic lights few and far between and where a red light seems to require the driver to slow, not stop. For the most part you need to step off the pavement, fix the oncoming traffic with an icy stare, and keep slowly moving across the road. Don't expect the traffic to slow, they swerve around you and whatever you do, don't freeze, as this ruins the drivers' calculation of the position the pedestrian will be at any given time.



As mentioned earlier, we arrived in Ramadan, when the population do not eat until after sunset, around 6pm whilst we were there. Several of the streets local to the hotel were closed and long

lines of tables and chairs were laid out ready for sunset. People gathered in the minutes before sunset and the food and drink were served, but nothing was consumed until the exact time arrived. It was a great social event lots of chat and laughter, I understand that in some poorer areas the food is supplied by wealthier neighbours.

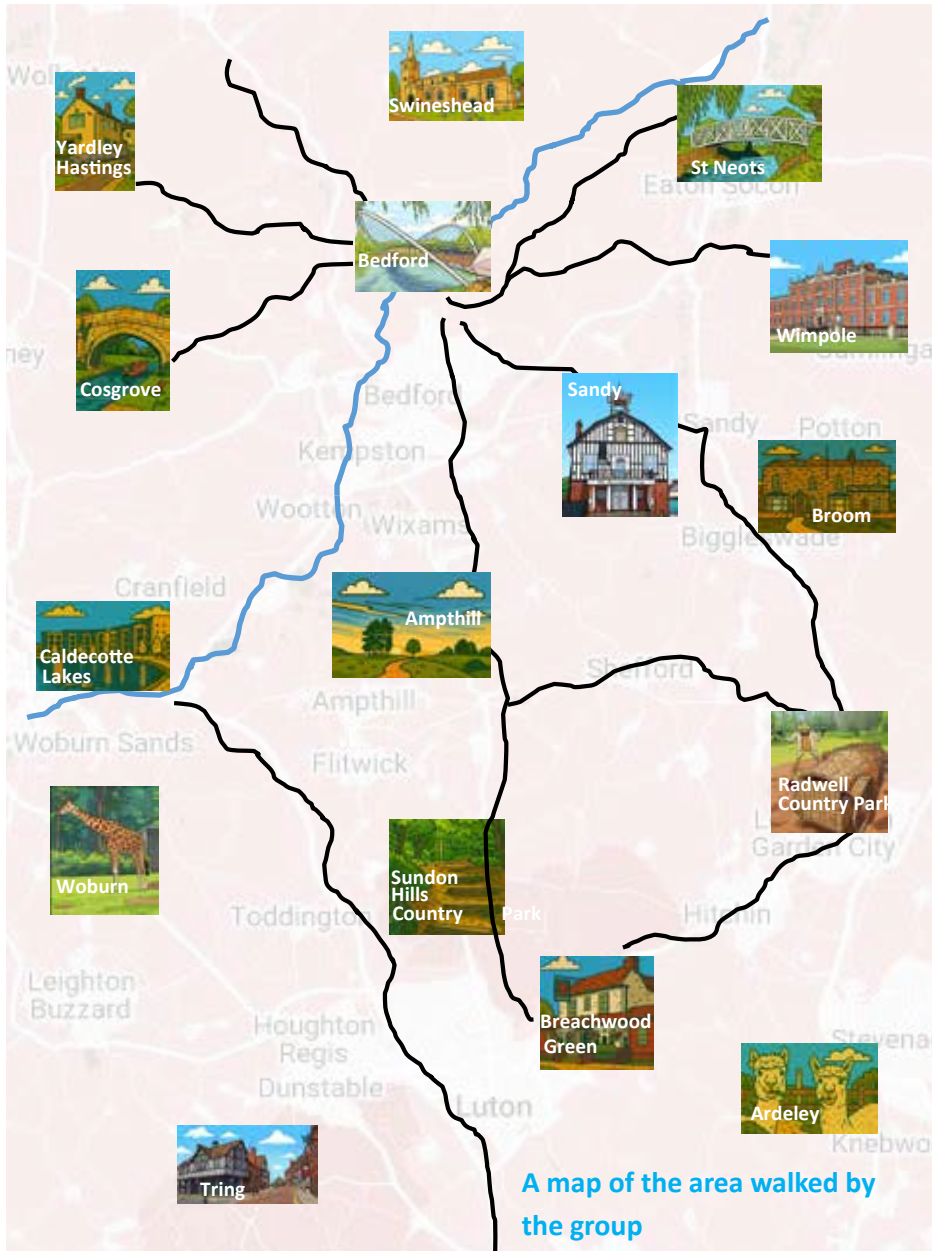
Of course no trip to Cairo is complete without a visit to the Grand Egyptian Museum, opened November 1st 2025. The architects were Dublin based Heneghan Peng, who won the international competition to design the museum.

The site of the museum is close to the Pyramids, which can be viewed at various points from inside the museum. The displays are spectacular and one does not cease to wonder at the skills of the ancient Egyptians, up to 4,000 years ago! But of all the exhibits Tutankhamen's mask is exquisite, worth a trip to Cairo, just to view it.

We returned home after a fascinating week, particularly pleased to have observed Ramadan and its wonderful spirit of happiness and unity.

We did visit Alexandria on the same visit, but that must wait for another day

This map shows Ivel Valley Walkers' home range



A map of the area walked by the group

Map design by David Holmes

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, sunscreen, 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

Bob Wallace	Chairman	robertwallace@ntlworld.com
Brian Row	Treasurer	treasurerIVW.25@gmail.com
Fran Stedman	General secretary	generalsecIVW@gmail.com
Roy Carter	Membership secretary	membsecIVW@gmail.com
Sandra Axtell	Programme secretary	progsecIVW2@gmail.com
Tom Collier	Publicity officer	publicityIVW@gmail.com
Chris Evans	Footpaths officer	IVW.footpaths@gmail.com
Sarah Farrell	Webmaster	IVW.webmaster@gmail.com
Roger McLeod	Social secretary	socialsecIVW@gmail.com 07989 307046
Jan Wolfarth	Committee Member	thursfriwalksIVW@gmail.com
David Holmes	Committee Member	committeememberIVW.DH@gmail.com

Editor: Mark Lightfoot – E: marklightfoot57@icloud.com T: 07740 684923

Photographs courtesy Colin Baker, Sandra Axtell, Tom Collier and Mark Lightfoot

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