

Walk

**BEDFORDSHIRE
AND BEYOND**

WALKING PROGRAMME AUTUMN/WINTER 2023



FEATURING THE **BEDFORDSHIRE
FESTIVAL OF AUTUMN WALKS**



**RAMBLERS
IVEL VALLEY WALKERS**

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FANCY A BUS TRIP?

Roy Carter has planned a day trip by coach, to the Devil's Punchbowl in Surrey on Sunday, 22nd October. The coach will pick us up at the Bedford Bus Station.

Further details to follow.



View from the chair

by Bob Wallace

Welcome to the Ivel Valley Walkers 2023 Autumn programme and newsletter

WHAT a busy Summer the club has had. Over 70 walks provided for our members on our Summer programme.

In addition, our special events included:

- Walking on Water, on and along the Grand Union Canal
- The Tree Tops walk at Woburn's Go Ape
- Walking across Bridges - 12 of them in London.

Plus we then had train trips to:

Kent to explore the Kentish countryside and visit National Trust and the Isabella Plantation in Richmond Park.

A highlight of the Summer was the annual week's holiday. This year it was at Melrose in the Scottish Borders where 47 members enjoyed the walks and good weather.

Thanks to all our leaders for making these walks and events happen.

LOOKING AHEAD

Some highlights from the Autumn Programme include: The Matlock Bath holiday weekend and the much anticipated Festival of Autumn Walks. See page 3 for more details.

I look forward to joining you on our 2023 autumn walks and events.

HOW TO BOOK FUTURE TRIPS & EVENTS

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.

Proud to be part of our county's Festival of Autumn Walks

BEDFORDSHIRE FESTIVAL OF AUTUMN WALKS September 9th–17th, 2023

IVel Valley Walkers are delighted, in co-operation with three other Bedfordshire Ramblers Groups, to invite you all to join series of free walks, offering something for everyone. They'll provide a wonderful entry into the world of walking and will illustrate the delights and wellbeing benefits to be found.

The Festival encompasses, short, local, long, special-interest and historical walks.

Our diverse programme offers:-

- Walks past ancient woodland and views over Marston Vale
- A speed walk of 4 miles around Priory Park, Bedford
- A Bedford walk based on the arrival in 1862 of the Oxford to Cambridge railway which brought new growth to the town
- A look at areas around the Grand Union Canal, including Rushmere Country Park and Great Brickhill
- A 5 mile amble including along the River Ivel itself plus Tempsford and Blunham
- The Shillington discovery! Humans first came here 240,000 years ago so lots of history to be discovered.
- A second River Ivel walk, this time from Biggleswade and on to the RSPB reserve at Sandy. Sounds good? Come on then, let's walk!

More info in the **WALKS PROGRAMME LISTING**, pages 14–19 while, for the other participating groups' walks, please visit www.lbramblers.org.uk/BFAW

Take your partners...

GET your dancing shoes ready for our Barn Dance at:
Houghton Conquest Hall, MK45 3LH
on Saturday, 4th November 2023
from 7.30 to 11.00pm.
Caller Joan, and the Ivel Valley Band, as always,
will make it a fun evening....There will be a bar and
please bring a plate to share.

Price £11

Early bookings would be much appreciated,
contact Val on 07527 052 095



We took the high roads and the low roads in Scotland!



WHAT do you want from a walking holiday? Some good, interesting and varied walks obviously. Great scenery? Good company? Things to do and see beyond the walking? Good pubs, restaurants, shops and of course, good weather would be an imponderable big bonus.

When Roy Carter mentioned a week's holiday in the Scottish Borders we were on it immediately...and so were 45 others!

Off we went in mid-May, spreading across

by Mark Lightfoot

Melrose and its environs in pubs, hotels, camper vans, caravans, tents, apartments and cottages. Something to suit all. It's a lovely area with lots of history, mainly involving battles and skirmishes between local and national enemies ever since Roman times since there's evidence of the northern outposts of Roman occupation with lookout posts and forts. But also places like the home

Melrose Abbey



of Sir Walter Scott, novelist, politician and all round top man, was almost within touching distance and both the house and gardens are lovely.

ABBEY HABIT

First morning out, we met around Melrose Abbey with the forecast of rain late morning onwards. We climbed, the sky darkened, the lightest of rain came, on went our rain jackets...and it immediately stopped. And that was it for daytime rain as the sun ruled all week. Heavens, we even managed two post walk afternoon sunbathing sessions, this in Scotland!

The Tweed is the broad ribbon running through the region, a lovely, wide river offering lots of birdlife in the shape of oystercatchers, various ducks, dippers, kingfishers and herons. It's also a world-renowned salmon fishing river so there were occasional folk in waders, mid-river trying to outwit the silvery beasts. Walks took us through old border towns, over hills, along the river, a lovely mix of scenery.

CAPITAL IDEA

Time for a different sort of walk. Bob and Celia Wallace had plotted a day in Edinburgh for us, an immaculate ScotRail train taking us from Tweedbank to Waverley, right in the centre of the city. We wandered through Princes Street gardens still with tulips filling the beds, then up to the castle and were soon

View over Edinburgh from Calton Hill
Below: Princes Street Gardens



enjoying ice creams on the esplanade along with tourists from all over the world as we all watched a monster Meccano display as workers put together grandstands and commentary boxes ready for the Tattoo. We tumbled down the Royal Mile, Tom bought a kilt, we explored atmospheric back alleys and yards and then made use of Holyrood Parliament for its picnic spaces (and loos). Post picnic lunch, some climbed Arthur's Seat, others went for a different view of the city and the sea before going on to the superb Botanic Gardens, surely among the best in the world? Thanks Bob and Celia for an excellent day.

For us, it was topped off by having a spare hour before our restaurant booking. I asked a traffic warden for a good pub. "Go over there, down that road, turn left and go on fifty yards. You'll see his pub" "Whose pub?" "The writer...Ian Rankin...that's where he and his character Rebus go. The Oxford >>



<< Bar, it's in all the books but tourists don't know it". So we went and it was walking into Victoriana. Wonderful, small, a bar, a snug, unlit coal fireplaces, a few real characters and excellent beer.

We gathered for a celebratory dinner at a Melrose pub, lots of drink, lots of laughter, Tom wore his kilt with great aplomb. And yet

more haggis was eaten - the rare free range, three legged version of course. So nearly time to head south, although some headed east or west to continue their trip. Did the trip deliver?

Roy Carter, Tom Collier and Roy Dunham certainly delivered and in spades. A terrific holiday and we're promised more to come! See below. ●

By Tom Collier

THE Eilden Hills overlooking Melrose draw the eye and the northernmost one was once a Roman lookout point. We split into two groups, one taking a shorter walk, my group scaling the hill and including the lovely Val, 80 years plus and amazing. It's a long climb but steps aided the start together with stops for views and air. The Roman fort, Trimontium lies below but there's very little evidence on the ground. Best to visit the museum in the market square in person or online where you can even see a short video of how the Romans lived.

We also added to our group - a lone traveller who tagged along as she was doing the St Cuthbert way.



Leading the way: Roger McLeod pictured far right

We gathered for a social evening as is usual, a meal and wine and a recollection of our time in Melrose. My Stuart kilt confirmed what lay beneath a Scotsman's kilt...only his pride!

It was intimated by Chairman Bob that maybe Roy Dunham and I might put on a future holiday, I agreed, possibly an overseas one. Roy D had a look of disbelief, like I dropped him in it...C'est la vie. ●

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

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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

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Ivel Valley welcomes new walk leader

In the last issue of WALK, we made a plea for new walk leaders to step forward. The task isn't difficult, it does need some planning but, just like making a wedding speech, everyone is on your side, wants to help and will applaud almost anything!

A new walk leader responded so, how did they get on?

SHIRA walks with many groups including Ivel Valley and flagged up a walk she was planning as her debut for Ivel Valley. "A beautiful walk near Saffron Walden in early summer. I promise you'll love it" was her sales pitch as we trudged through heavy Bedfordshire clay and mud one day in February. Mmm...sounds good!

So in early June, on a simply gorgeous day of wall to wall sunshine, after an hour or so's drive for most of us as we followed tiny winding roads to pitch up in the impossibly beautiful village of Arkesden on the Essex/Cambridgeshire/Hertfordshire borders. A lovely church on the hill and nestling under it, some around a lovely village green, were thatched cottages, a tiny village hall and trees in full leafy glory.

Shira appeared making sure everyone was happy, had parked okay, had all they needed. And as well as her daysack she carried a cool bag.

FIELDS OF BARLEY

Off we went, out of the village, into fields of barley (no, we didn't sing) just starting to turn a very pale greeny gold. The route took us under the M11 and it's roaring traffic twice but very quickly it was into quiet, peaceful countryside, along shaded lanes, through hedges and around field edges enjoying skylarks in good voice. Time for coffee. Hey, not so fast! This is Shira you're talking about

and Shira is Israeli. Out of the cool bag came traditional Jewish almond cakes and cinnamon pastries, glasses were handed round, a bottle of rose wine appeared like magic and was emptied even faster – "it's okay, I have more bottles" – so by 11.30 our group of ten had enjoyed Shira's stories, learned lots about her traditions, enjoyed the best coffee stop ever and were already looking forward to lunch.

UNMARKED ROUTE CHALLENGE

A pause at a crossroads of four paths and tracks. We set off after Shira but she realised she'd made an error so it was backtrack everyone. Out came printed maps and phones with the OS maps, Eric checked the coordinates, Shira apologised but who cares, we were enjoying the challenge of having to think rather than just follow and soon we were on our way to Clavering village and lunch. It did remind us though that the signage in this area was not great and that Shira had done a fine job in navigating the often unmarked route.

Lunch saw us all head onto the beautifully kept cricket field, up to the pavilion where a very kind man and his children had been marking out the pitch for a big game later in the week. He made sure that water was available for us to top up our bottles and that the toilets were open.

A perfect lunch (shame there was no actual match on), cloudless skies, not a breath of



Sampling the well-earned delights of The Cricketers at Clavering

breeze. "Anyone for the pub?" called out Shira. The Cricketers, just along the road, was once the home of the Oliver family and their boy Jamie who quite enjoyed being in the kitchen. He went on to bigger things. Some of us enjoyed coffee, or tea, or beer, or Cognac outside the terrific pub although the Oliver family are now long gone. Just be careful of the very, very low ceilings if you order at the bar.

On then having enjoyed a lengthy and brilliant lunch stop.

We wandered through more, ever gorgeous villages and homes, up to a pair of windmills (was there a sail, sorry sale on at some time?) then wended our way back to Arkesden with Shira saying we're nearly

there. All I'll say on that is that Shira's son probably quickly gave up believing his mum when she said "we're nearly there".

BEST WALK EVER?

All along the route our new leader regularly checked that all was well, that we paused for us all to regroup and were we enjoying it? Enjoying it? Unprompted, we united in saying this was one of our best ever walks. Lovely scenery, stunning villages, a perfect pub, memorable refreshment stops, cakes, wine, great company and of course perfect weather.

In truth, Shira's fabulous debut as Leader may well have created a new walk category. How about 'LUXURY DAY WALKS'? ●

THE GUIDE TO PLANNING A HOLIDAY FOR



PLANNING an IWW walking holiday for the group over a weekend or for a week isn't the same as putting on a sequence of one-day walks. There is quite a lot of thought and planning in the process to make the walking holiday a workable venture and you'll notice I don't say successful because that only happens at the end, when all bits of the planning process come together.

It starts with having an idea or joint ideas on where to locate the holiday, normally based on having visited or travelled through the area in the past. Those with more confidence, even if they've never visited the area, can base a holiday on what they've read or heard.

The next step is looking at maps and

by Roy Carter

designing walks, where experience counts a lot to make the recce process a one-time visit.

There are now so many more online resources than in the past, allowing us to create walks far more easily. For example Google Maps has satellite views of footpaths and street views of roads and trails, not to mention online mapping sites to create walks which include distance figures and elevation profiles.

Online sites can be used to endorse bus and train times, parking information, added information to heritage sites to make complex and interesting walks for the group. The recce can endorse the walk plans or change them to recreate a more interesting walk.

IVEL VALLEY WALKERS

Fantastic...amazing ...best ever!

by Tom Collier

Not only my words but comments from the feedback of some 47 Ramblers on Roy Carter's holiday in Melrose and surrounding Scottish Borders. With the recce in March and the holiday in May the difference in weather was noticeable although on the approach to Melrose for the actual holiday, the border was shrouded in Scotch mist. It soon disappeared.

Recce stand outs, and this applies to day walks as much as walking holidays:-

- Look for options rather than finalise as conditions can change
- Have a printed route map...
- Check the group for their ability and keep a close eye on stragglers and, indeed forerunners
- Plan hydration breaks over the course of the walk
- And remember it's not a race.

The next step is to create a workable programme of walks with details learnt from the recce. A document that walkers can use to get to starting points on time, with walk descriptions and an indication of walk length and walk grade. The last step is make the plans flexible for any unforeseen changes that could occur on the walk day or walking holiday. For example, a change in weather or walking pace which could affect the ground conditions and timings.

A good interactive website to help plan and create your walks can be found on:
<https://www.mountain-training.org/help/resources/e-learning/planning-a-walk>



Woolly friend pictured,
NOT the rescue victim

Best reason for Ramblers to carry secateurs...baa none

by Roger McLeod

BACK in April I was leading a walk from Oving, in Buckinghamshire, and during the walk we entered a field full of sheep. In one corner was a bramble patch that had trapped a terrified ewe.

The more it struggled the more it became entangled.

Ivel Valley's Rescue Squad to the fore! Eric Cartwright looked hypnotically and directly into the animal's eyes, which calmed it and it laid down. This allowed Tony Steward to whip out his secateurs, he pruned the brambles and sheared some wool, eventually releasing the sheep, which gratefully skipped off to join the rest of the flock. ●



THE FRAN INTERVIEW

by Fran Stedman

Antony Copsey

Antony Copsey moved to Baldock in 1982 from Suffolk. He gained a first class Combined Honours Degree in Maths and Music at Exeter University. He worked for various life assurance and pension companies, initially as an actuary, but quickly moved into IT as a Systems Analyst. After being made redundant in 2005 he changed careers and qualified as a Music Therapist. He joined the IVW in 2007 and has regularly led walks and organised several holidays.

What aspects of organising a walking holiday do you enjoy?

Organising a walking holiday is a challenge, an adventure, and an opportunity. Devising routes and bringing people together is very fulfilling.

What is Music Therapy?

Music Therapy uses improvised music to help people whose lives have been affected by injury, illness, or disability by supporting their psychological, emotional, communicative, and social needs. It is the music improvised between therapist and client that builds the therapeutic relationship. I worked with autistic children, young offenders, people with dementia and the terminally ill in palliative care. It was both rewarding and emotionally draining.

Who was your idol as a teenager?

Beethoven! I wanted to be a great composer like him. It never materialised, but in my 30 years as a choirmaster at St. Mary's Church, Baldock I have composed several church anthems and carols which my choir have performed at services.

What instrument do you play?

I am a violinist and play with the Hitchin Symphony Orchestra. I own six violins and enjoy playing music from the Baroque period.

Do you have any unfulfilled ambitions?

I would love to have one of my carols performed at the world famous 'Nine Lessons and Carols' service at King's College, Cambridge. Watch this space.

I hear you make all the right moves?

Usually! I play chess online and am a member of the British Correspondence Chess Association (BCCA). Last year I won their major Annual Championship Tournament which gained me the title of BCCA Master. My next target is to win enough games to become an International Master with the International Correspondence Chess Federation. That's still a long way off from becoming a Grand Master!

Do you have an amusing anecdote to share with us?

People have often stopped me in the street and asked for my autograph as they have mistaken me for Michael Caine!
'Not a lot of people know that!' ●



**ANTONY
COPSEY**

*Joined Ivel Valley
Walkers in 2007*

IVW walk leader



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CONTACT US

 01480 869466  info@beaconwealth.co.uk

Ivel Valley Walks Programme

Autumn 2023

NB: Not all of the walks are suitable for dogs due to livestock and wildlife habitat. If a member wishes to bring their dog on a walk, please contact the walk leader to check suitability.

Walks surrounded by red dotted line denote "Bedfordshire Festival of Autumn Walks"

Please, park considerately.

Fri	01 Sep	10:00	Bedford Bedford train station. Train to Walk from Luton. Discover how families, wars, transport and fine art have shaped the landscape over 700 years. Meet at Bedford Railway Station at 9.45 to catch train to Luton Airport Parkway, arriving 10:31. Ticket £6.90 with Railcard. Alternatively, 10:40 from outside Parkway station on Parkway Road side. TL 105 205 (LU1 3JW). Barry I 07860 348347 on the day	7.5 miles
Sun	03 Sep	10:00	Royston Royston to Baldock via Ashwell. Baldock railway station. Catch the 9:57 am train to Royston arriving 10:07 am. Cost of ticket with railcard £3.45. Free parking in the nearby High Street. TL 246 343 (SG7 5BU). Tony S 07745 655938 on the day	12.5 miles
Tue	05 Sep	10:00	Letchworth Radwell Meadows. Car Park, off Nortonbury Rd, near Letchworth. TL 233 349 (SG6 1AN). John N 07950 708087	13 miles
Wed	06 Sep	10:00	Luton Inspire Luton Sports Village, Butterfield Green Road. Free parking for 4 hours. TL 106 510 (LU2 8DD). Brian R 07779 833586	7 miles
Thu	07 Sep	10:00	Walkern , near Stevenage St. Mary the Virgin Church car park, Church End. TL 292 265 (SG2 7PB). Antony C 07857 890829 on the day only	5 miles
Sun	10 Sep	10:00	Wootton around ancient Wootton Wood Wootton Village Hall, Church Road. SP 007 450 (MK43 9EU). Bob & Celia 07474 303545	6 miles
Sun	10 Sep	13:45	Wootton through Wootton Gateway Wood Wootton Village Hall, Church Road. SP 007 450 (MK43 9EU). Bob & Celia 07474 303545	4.5 miles
Mon	11 Sep	08:30	Bedford Speed Walk Bedford. Priory Park Visitor Centre, off Barkers Lane. TL 072 494 (MK41 9DJ). Marcus 07754 100266 on the day	4 miles

Mon	11 Sep	13:30	Bedford Walk The Oxford to Cambridge railway came to Bedford in 1862. This informative 2 ½ hours walk, approx 4.6 miles, winds its way around the area exploring its history and development and seeing its legacy. River Side Square, Bedford. TL 049 496 (MK40 1AR). Barry I 07860 348347 on the day	4.5 miles
Tue	12 Sep	10:00	Barton Spring "t" Tops. Barton Old Rd near rec ground. TL 083 304 (MK45 4LD) Tom C 07743 128645	12 miles
Wed	13 Sep	10:00	Stoke Hammond Three Locks Car Park SP 893 283 (MK17 9DD). Colin & Jackie 07787 413957	7 miles
Thu	14 Sep	10:00	Tempsford The Church, Tempsford. On the road, Church End past Wheatsheaf PH. TL 162 531 (SG19 2AT). Jan W 07895 045410	5 miles
Fri	15 Sep	10:00	Shillington History Walk. TL 124 343 (SG5 3NX). Derek T 07410 973338	4.5 miles
Sun	17 Sep	10:00	Biggleswade Dan Albone Car Park. TL 187 452 (SG18 1BQ). Roy D 07713 464510	13 miles
Wed	20 Sep	10:00	Sharnbrook Sharnbrook Mill Theatre Car Park, Hipwell Road, off Mill Road. £1 donation to car park, please. TL 011 591 (MK44 1NP). David & Rosemary 07796 178659	8 miles
Thu	21 Sep	10:00	Woburn Car park opposite church. SP 951 331 (MK17 9PG). Bernard M 07885 778228	5 miles
Sun	24 Sep	10:00	Old Warden Pub at Lunch. Church Car Park. TL 136 442 (SG18 9HD). Marcus 07754 100266 on the day	7 miles
Sun	24 Sep	13:30	Old Warden Church Car Park. TL 136 442 (SG18 9HD). Marcus 07754 100266 on the day	5 miles
Tue	26 Sep	10:00	Woburn Car park opposite Church. SP 495 233 (MK17 9PG). Karen and Tony 07875 210926	12 miles
Wed	27 Sep	10:00	Woburn Car park opposite St Mary's Church. SP 957 332 (MK17 9PG). Colin and Jackie 07787 413957	7 miles
Sun	01 Oct	10:00	Potton Brook End car park. No Pub at Lunch. TL 225 491 (SG19 2EA). Marcus 07754 100266 on the day	12 miles
Wed	04 Oct	10:00	Amphill Park West car park. TL 024 382 (MK45 2GU). Philip C 07747 655557	7 miles

Thu	05 Oct	10:00	Marston Moretaine Parking in Denton Drive. SP 994 413 (MK43 0NQ). Liz W 07762 340385	5 miles
Sun	08 Oct	10:00	Ashridge Monument Visitor Centre. SP 970 130 (HP4 1LT). Sandra A 07789 777060	7 miles
Sun	08 Oct	13:30	Ashridge Monument Visitor Centre. SP 970 130 (HP4 1LT). Sandra A 07789 777060	5 miles
Tue	10 Oct	10:00	Amptill West Car Park. TL 024 382 (MK45 2GU). Dave P 07941 972887	12 miles
Wed	11 Oct	10:00	Sundon Hills Country Park Car Park. TL 048 504 (LU3 3PQ). Colin and Jackie 07787 413957	7 miles
Fri	13 Oct	10:00	Turvey Station to Sharnbrook Bedford train station for 10.10 No 41 bus to Turvey Sta. Return on No 50 bus at 14.29 or 15.29 from Sharnbrook with possible cafe stops. TL 047 499 (MK40 1LT). Jan W 07895 045410	7.5 miles
Sun	15 Oct	10:00	Silsoe Park St, Near Church. TL 082 356 (MK45 1LT). Tom C 07743 128645	12 miles
Wed	18 Oct	10:00	Chaplefoot , near Hitchin The Rusty Gun PH Car Park. TL 198 225 (SG4 7PG). Antony C 07857 890829 on the day only	7 miles
Thu	19 Oct	10:00	Rowney Warren Car park at Sandy Lane off A600 NW of Shefford. TL 124 404 (SG17 5QB). Alan R 07421 464300	5 miles
Sun	22 Oct	08:15	Devils Punch Bowl Coach Trip Hindhead, cost £21 per person. Bedford Bus Station. TL 047 499 (MK40 1LT). Roy C 07784 208997 on the day	5 miles or 10 miles
Tue	24 Oct	10:00	Wilstead Car Park Whitworth Way. TL 066 435 (MK45 3JN). Graham B 01234 741494	12 miles
Wed	25 Oct	10:00	Welwyn Garden City Near Cowper Arms, Station Road, Cole Green Way Car Park (former Station). TL 285 111 (SG14 2NL). Ian J 07866 389443	6 miles
Fri	27 Oct	10:00	Wilstead to Bedford Linear walk Bedford bus station for 10.15 MK1 bus towards Luton, arriving at the Woolpack stop in Wilstead at 10:39. If joining here, please contact the leader beforehand. TL 047 499 (MK40 1LT). Tony S 07745 655938 on the day	8 miles

Sun	29 Oct	10:00	Ashridge Monument Visitor Centre. SP 970 130 (HP4 1LT) Tina G & Val B 07527 052095	12 miles
Wed	01 Nov	10:00	Lidlington Railway Station, park on Bye Road. SP 988 239 (MK43 0RU). Lornie S 07592 453530	7 miles
Thu	02 Nov	10:00	Biggleswade Dan Albone car park, parking charges apply. TL 187 452 (SG18 0BQ). Bernard M 07885 778228	5 miles
Sun	05 Nov	10:00	Wooton AGM Village Hall car park, Church Road. Walk to be followed by AGM in Village Hall. TL 007 449 (MK43 9EU). Bob & Celia 07474 303545	7.5 miles
Tue	07 Nov	10:00	Pegsdon Layby near Hexton Manor. TL 118 302 (SG5 3JS). Karen and Tony 07875 210926	13 miles
Wed	08 Nov	10:00	Wheathamstead East Lane CP. TL 517 214 (AL4 8SB). Jon L 07854 240366	7 miles
Sun	12 Nov	10:00	Barton Remembrance Walk Old Rd, near Recreation Field. TL 083 304 (MK45 4LD). Tom C 07743 128645	12 miles
Wed	15 Nov	10:00	Bedford Woodlands Park CP, Ashmead Road. TL 052 532 (MK41 7GA). Veronica C 07890 830427	7 miles
Thu	16 Nov	10:00	Bromham Mill Car park at rear. TL 010 507 (MK43 8LP). Val B 07527 052095	5 miles
Sun	19 Nov	10:00	Henlow Millenium Park, Gardners Lane. TL 178 388 (SG16 6DJ). Graham M 07776 430750	7 miles
Sun	19 Nov	13:30	Henlow Millenium Park, Gardners Lane. TL 178 388 (SG16 6DJ). Graham M 07776 430750	5 miles
Tue	21 Nov	10:00	Milton Keynes Ousel Valley Stonepit Field Car Park (off Wolverton Road). SP 844 422 (MK14 6FT). Bob & Celia 07474 303545	12 miles
Wed	22 Nov	10:00	Letchworth Radwell Meadows Country Park. TL 233 349 (SG6 1AN). John N 07950 708087	7 miles
Sun	26 Nov	10:00	Willen Park. M.K Japonica Lane. SP 871 404 (MK15 9ED). Colin and Jackie 07787 413957	12 miles
Wed	29 Nov	10:00	Ardeley , nr Stevenage Church Farm Car park. TL 309 270 (SG2 7AH). Antony C 07857 890829 on the day only	7 miles

Thu	30 Nov	10:00	Silsoe Meet at the Church. Please, park in High St to avoid congestion in Park Ave. TL 082 356 (MK45 4DR). Alan R 07421 464300	5 miles
Sun	03 Dec	10:00	Woburn Sands Russell Street Car Park. SP 930 358 (MK17 8NU). Sandra A 07789 777060	7 miles
Sun	03 Dec	13:30	Woburn Sands Russell Street Car Park. SP 930 358 (MK17 8NU). Sandra A 07789 777060	5 miles
Tue	05 Dec	10:00	Barton Old Rd near Recreation Ground. TL 083 304 (MK45 4LD). Dave P 07941 972887	12 miles
Wed	06 Dec	10:00	Milton Keynes Oakridge Park. Stanton Low Country Park Car park, Car park is separate from the Asda Car Park next door. SP 840 421 (MK14 6FS). Tony S 07745 655938 on the day	7 miles
Sun	10 Dec	10:00	St Neots Riverside Car Park. TL 176 599 (PE19 7SA). Mark & Carolyn 07740 684923	12 miles
Wed	13 Dec	10:00	Christmas Luncheon Bedfordshire Golf Club, Spring Lane, Stagsden. SP 989 489 (MK43 8SR). Colin and Jackie 07787 413957	7 miles
Thu	14 Dec	10:00	Great Denham Circular to Bromham Mill. Public car park at Archers Restaurant Cafe, Queen Eleanor Drive. TL 021 482 (MK40 4SQ). Jan W 07895 045410	5 miles
Sun	17 Dec	10:00	Mulled Wine Ramble Old Warden Village Hall. After the walk, mulled wine in the Village Hall, bring snacks. £2 at door. TL 138 440 (SG18 9EB). Roy C 07784 208997	8 miles
Tue	19 Dec	10:00	Barton, Upper Sundon Old Rd near Recreation Ground. TL 083 304 (MK45 4LD). Tom C 07743 128645	12 miles
Wed	20 Dec	10:00	Woburn Car park opposite St Mary's Church. SP 951 331 (MK17 9PG). Dave P 07941 972887	7 miles
Fri	22 Dec	07:30	Barton Sunrise Solstice Walk Old Road, nr Recreation Field, Barton. TL 083 304 (MK45 4LD). Tom C 07743 128645	3 miles
Fri	22 Dec	15:45	Barton Sunset Solstice Walk Clappers Car Park at top of the hill. TL 065 296 (MK45 4SH). Tom C 07743 128645	1.5 miles

Sun	24 Dec	10:00	Woburn Sands Russell St Car Park. SP 930 358 (MK17 8NU). Roy C 07784 208997 on the day	8 miles
Wed	27 Dec	10:00	Ampthill Park Public Car park west. TL 024 382 (MK45 2GU). Roy C 07784 208997 on the day	6 miles
Thu	28 Dec	10:00	Silsoe Sherry Amble. Meet at the Church. Please park in High St to avoid congestion in Park Ave. Bring leftover Christmas Nibbles. TL 082 356 (MK45 4DR). Roy C 07784 208997 on the day	5.5 miles
Sun	31 Dec	10:00	New Year Walk Barton Old Rd Near Recreation Field. TL 083 304 (MK45 4LD). Tom C 07743 128645	7 miles
Sun	31 Dec	13:30	New Year Walk Barton Old Rd Near Recreation Field. TL 083 304 (MK45 4LD). Tom C 07743 128645	5 miles
Tue	02 Jan	10:00	Baldock Tesco rear car park. TL 245 332 (SG7 6BN). Antony C 07857 890829 on the day only	12 miles

NEW TO RAMBLERS?

RAMBLERS is a charity whose goal is to protect the ability of people to enjoy the sense of freedom and benefits that come from being outdoors on foot.

OUR PROGRAMME

The Ivel Valley Walkers Group provides walks for its members, mainly in Bedfordshire:

- on Sundays – either a full day walk of about 12 miles.
Or, on alternate Sundays, two half day walks of approximately seven and five miles, where you can choose to do a morning or afternoon walk or both.



- every second Tuesday of 11 or 12 miles.
- every Wednesday morning of around seven miles.
- plus more leisurely-paced ambles of shorter distances on alternate Thursdays.

www.ivelvalleywalkers.co.uk

WE WALK ON:

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

New walkers are always made welcome



OUR TEAM

Bob Wallace (Chairman)	robertwallace@ntlworld.com
Brian Roe (Treasurer)	brainroe@zoho.com
Fran Stedman (General Secretary)	generalsecivw@gmail.com
Roy Carter (Membership Secretary)	membsecivw@gmail.com
Roger McLeod (Programme Secretary)	progsecivw@gmail.com
Tom Collier (Publicity Officer)	publicityivw@gmail.com
Derek Turner (Footpaths Officer)	footpathsiww@gmail.com
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Roger McLeod (Social Secretary)	socialsecivw@gmail.com 07989 307046
Committee Members	Mandy Wisson and Jan Wolfarth