

Walks for July 2021

ALL walks will meet at the start of the walk at the time specified, and everyone will have to book their place NO EARLIER THAN 9am 2 DAYS BEFORE THE WALK by contacting the relevant walk leader. Group size, including the Leader(s), will be limited as per Government and Ramblers guidelines in force at the time, so pre booking is essential.

Astral Park Bee-friendly Walk	
Thursday 1st July Meet at the start at 10.00am 3 miles	
Leader	Gill K Tel: 07857851164 Contact leader from 9am Tuesday 29th June.
Start Place	Meet Car Park at Astral Park Community Centre Car Park Johnson Drive Leighton Buzzard . Post Code: LU7 4AY Grid Ref: SP937239
Route	Short leisurely walk around Astral Lake, bee-friendly areas and Stanbridge Meadows
Pub Stop	None

Hudnall Common	
Sunday 4th July Meet at the start at 10.00am 7 miles	
Leader	Linda H. Tel: 01525 372525/07798 865907 (WhatsApp preferred) Contact leader from 9am Friday 2nd July
Start Place	Hudnall Common Car Park Post Code: HP4 1QL Grid Ref: TL006128
Route	A Walk in the surrounding area
Pub Stop	Red Lion on B440 Hemel Hempstead Road

Rushmere	
Tuesday 6th July Meet at the start at 10.00am 4.5/5 miles	
Leader	Christine G Tel: 07772 267785 Contact leader from 9am Sunday 4th July
Start Place	Corner of Sandy Lane/Heath Park Road. Street parking Post Code: LU7 3AX Grid Ref: SP 924272
Route	Knolls Wood, Firs Path, Rushmere/Stockgrove and return.
Pub Stop	Stop for refreshments at the Cafe in Stockgrove Park

Woburn	
Wednesday 7th July Meet at start at 6.30pm 4 miles	
Leader	Karen V Tel: 07776 525293 Contact leader from 9am Monday 5th July
Start Place	Meet and start from Park Street Car Park Post Code: MK17 9PX Grid Ref: SP950331
Route	Circular walk out towards Little Brickhill and back. Undulating.
Pub Stop.	Flying Fox

Monthly Mystery Walk	
Sunday 11th July Meet at Start at 10.00 am 6 miles max	
Leader	Julian C Tel: 07770 344914 Contact leader from 9am Friday 9th July for details of where this walk is & to book a place.

Aspley Guise	
Wednesday 14th July Meet at start at 6.30pm 4 miles	
Leader	Karen V Tel: 07776 525293 Contact leader from 9am Monday 12th July
Start Place	Park near and start from The Anchor PH Post Code: MK17 8DF Grid Ref: SP942 360
Route	Undulating walk via Aspley Wood and Old Wavenden Heath .
Pub Stop.	The Anchor

Flamstead to Redbourn	
Sunday 18th July Meet at the start at 10.00am 9 miles	
Leader	Karen V. 07776 525293 Contact leader from 9am Friday 16th July
Start Place	Flamstead Recreation Ground Post Code: AL3 8DD Grid Ref: TL076146
Route	A walk in the rolling countryside either side of the M1 to and through Redbourn. The route is via Verlam End, Redbourn Golf Club and West Common, and back via Rabbitfield Spring and Trowley Bottom Farm. Long trousers advised - a bit nettley in places
Pub Stop.	TBA

Linslade Bee-Friendly Walk	
Wednesday 21st July Meet at the start at 6.30pm 3 miles	
Leader	Gill K Tel: 07857851164 Contact leader from 9am Monday 19th July.
Start Place	Entrance to Leighton Buzzard Station in Southcourt Avenue. Post Code: LU7 2QD Grid Ref: SP910249
Route	Short easy walk visiting areas that have been planted up in Linslade for pollinators.
Pub Stop	None

LBR Walks for July 2021 — Continued

Kensworth		
Thursday 22nd July Meet at the start at 10.00am 5 miles		
Leader	Nigel and Leslie N	Tel: 01525 374024 Contact leader from 9am Tuesday 20th July
Start Place	Outside the Farmers Boy, Kensworth, Common Road, Dunstable. Parking on the access road opposite the pub. Post Code: LU6 2PJ Grid Ref: TL027182	
Route	Circular route through Kensworth, across top of Dunstable Downs through Whipsnade and the Tree cathedral back to Kensworth .	
Pub Stop	The Farmers Boy	

Marsworth		
Wednesday 28th July Meet at start at 6.30pm 4 miles		
Leader	Karen V	Tel: 07776 525293 Contact leader from 9am Monday 26th July
Start Place	Startops Car Park . Post Code: HP23 4LJ Grid Ref: SP919140	
Route	Easy walking circular including Wilstone and Marsworth Reservoirs.	
Pub Stop.	Anglers Retreat	

Ashridge		
Sunday 25th July Meet at the start at 09.30am 10.5 miles		
Leader	Wendy L. 01582 867576	Contact leader from 9am Friday 22nd July
Start Place	Ashridge Visitor Centre Post Code: HP4 1LT Grid Ref: SP971131	
Route	Via Alpine Meadow Nature Reserve, Berkhamsted Canal and Aldbury	
Pub Stop.	Refreshments at end of walk at Ashridge Visitor Centre. Please bring packed lunch.	

Addendum - Covid Safe Guidelines

Please note that the following Covid-safe guidelines remain in place

Walk Leaders

- You must be registered as a Volunteer on the Ramblers 'Assemble' application (a requirement at any time)
- You must operate a booking system as before
- Number of walkers at individual leader's discretion
- You must keep a register of names and contact details for 21 days
- You must complete a risk assessment (copy attached) and keep for 1 year
- You should carry a face covering in case of incidents where physical distancing is not possible
- Make sure there is likely to be adequate car parking at the start as the restriction on car sharing means more cars

All Walkers

- You must book a place on a walk by contacting the walk leader within the stated time period. You cannot just turn up as you will be turned away.
- Avoid car sharing outside your household/support bubble if possible
- Bringing hand sanitiser and a mask is advisable. Some may also wish to bring gloves.
- Avoid touching path furniture (gates/stiles) if possible.
- Do not share food or drink or equipment such as walking poles.
- Follow government guidance on social distancing (2m is recommended but it is recognised that this is difficult at pinch points and so distancing of at least 1.5 m should be observed where possible).