



Walk your way to a healthier, happier life!

Walking 10,000 steps a day (about five miles) can give you a healthy heart and reduce your body fat. Most of us walk 4,500 steps a day.

The beauty of walking is that it can be fitted into your daily routine. It saves on petrol or bus fares and is better for the planet. Half of all journeys made in the UK are under two miles.

Walking will also increase your muscle tone, boost metabolism, ease stress, raise energy levels and improve sleep. All of these combined can also help you lose weight.

Make it easy: make it part of your daily routine! By using your feet rather than the car for local journeys you'll soon be on your way to 10,000 steps a day.

The great thing about walking is you can do it any time, you don't need any equipment and you already know how to do it. Best of all, it's free.

Energy a 60kg (9st 6lb) person uses in 30 minutes:
• Strolling (2mph): 75 calories • Walking (3mph): 99 calories
• Brisk walking (4mph): 150 calories

Source: At least five a week, Department of Health, 2004

Taylor Wimpey



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Why King's Reach is good for you...

Find out more!

Whether on foot or two wheels, there are plenty more opportunities to get out and about to enjoy the glorious countryside that surrounds King's Reach.

For links to lots more walks, cycleways, places to go and things to do, check out the following links:

www.bedford.gov.uk/transport_and_streets/cycling/cycle_maps.aspx (local cycle maps)

www.letsgo.org.uk/walk (local walks)

www.sustrans.org.uk (tips on getting out by bike and on foot)

www.kingsreach.co.uk

www.taylorwimpey.co.uk/southmids

You may not know it, but a local son of Biggleswade was pioneer cyclist of the Victorian era, Dan Albone, who invented the tandem and ladies' bicycles.

His belief in two wheels being the best form of transport is something close to the hearts of the developers behind King's Reach, where enjoying 'The Great Outdoors' by bike or on foot is all part of the grand design.



Here, the pedestrian and cyclist is king!

Paths, cycle and bridleway networks are being created and enhanced by Taylor Wimpey to offer brilliant opportunities for leisure and recreation, while providing a healthy alternative to the car for local journeys.

And thanks to innovate traffic calming at King's Reach, by travelling by bike or on foot, you'll have priority over vehicles in public areas!

A great new community also needs access to reliable public transport. So a new, handy bus service has been put in place between King's Reach, Biggleswade railway station and surrounding towns, with the new homes no more than a handy five-minute walk from a stop.

King's Reach is also bordered by rolling open Bedfordshire countryside – great news if you want to stretch your legs, or take a bike ride along some of the gorgeous local country lanes.

By cutting down your car use, you'll not only be saving money on fuel, but you'll reap the rewards of living a healthier lifestyle, helping you to keep trim and feel fantastic.

Great routes on your doorstep!

There are four superb circular routes at Biggleswade Common, just to the north of King's Reach. Ranging between 1 mile and 6 miles, each is well signposted and offers a wonderful opportunity to enjoy fresh air and an abundance of birds and wildlife. All four can be viewed here:

www.letsgo.org.uk/OldCMS/2805352_4.htm

Here is a Red Route walk for you to enjoy

(Routes developed by the Ivel and Ouse Countryside Project)

Biggleswade Common Red Route - 6 miles

- 1) From the Dan Albone Memorial Car Park, follow the riverbank, keeping the River Ivel on your left.
- 2) After the 3rd plantation (opposite Manor Farm), leave the river and head for the 'cattle arch' under the railway, via a bridge over the stream.
- 3) Go through the cattle arch and turn left alongside the railway line.
- 4) Veering away from the railway, cross the ditch and follow the stream that forms the northern boundary of the Common, heading eastwards and passing through a kissing gate and arriving at a bridge.
- 5) Turn right and follow the bridleway across the Common towards Furzenhall Farm.
- 6) Just before Furzenhall Farm, turn left and follow the old hedgerow eastwards and then southwards to Potton Road, using the kissing gate in the cross field fence.
- 7) Cross Potton Road with care and enter the area of the Common known as The Pastures. The route leads across The Pastures and out of the Common via a kissing gate into a tree-lined path.
- 8) Turn right along the field path and then follow the track westwards into Biggleswade.
- 9) On reaching the built up area of Biggleswade, turn right along the boundary of the Edward Peake Middle School playing field. Turn left at the driveway to meet Potton Road.
- 10) Cross Potton Road with care and follow the bridleway northwards.
- 11) Turn left and follow the track to Furzenhall Road, then head northwards along Furzenhall Road for 150m.
- 12) Turn left and head towards the railway.
- 13) The route now takes you back to the western side of the railway using the level crossing. Take care to follow the instructions at the crossing.
- 14) Turn right and follow the path around the north of Shortmead House and re-enter the Common via the kissing gate.
- 15) Head southwest with the boundary of the Common on the left and the old hedgerow on the right.
- 16) The route returns to the Dan Albone Memorial Car Park by rejoining the riverside path.

