

FREE RANGE
STAYS

THE TOURISM HANDBOOK
THE BEDS & BUCKS
EDITION V2

Green 
Tourism
SILVER

PLACES TO EAT, THINGS TO DO, PEOPLE TO MEET,
DISCOUNTS, VOUCHERS AND MANY MORE...

Our values

At Free Range Stays taking care of our planet is important to us. We want to have a positive impact on our people and our surroundings. We have committed to being eco-conscious and keep our 'green' values in the forefront of our mind. We try our best to incorporate these values in our properties. In our accommodations we use Ecover cleaning products, as all their bottles are recyclable and made out of post-consumer recycled plastic. We feature a recycling plan from the council which is included in our guest book, guiding you to put your litter into the correct bins. Furthermore we also only use renewable energy tariffs, use free range eggs in our welcome pack and recycle materials. Being eco-conscious we feel impacts the planet greatly. We as a company won a Silver Green Tourism award.



A Kings Arms Collection box is placed within each of our bathrooms. It is an opportunity for our guests to donate to a great cause. All money donated goes to the Kings Arms Project and provides a pathway for vulnerable and homeless people into employment or education.

Coffee table made from old scaffold planks by a local artist. Dining table bought from Facebook Marketplace from a local person who was moving. Sofa bought from a house clearance sale

www.kingsarmsproject.org

PLACES TO EAT

Amici

27 Saint Peters Street,
Bedford, MK40 2PN
01234 340734

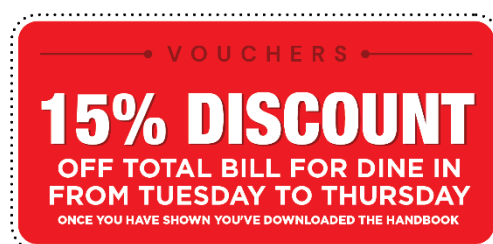


Amici is a small traditional restaurant in the heart of Bedford town centre. It has a relaxed, intimate and calming atmosphere. It's the ideal setting for any occasion, whether it is a romantic anniversary, a celebratory dinner or a birthday surprise. It is also great for business lunches or just a quick bite to eat with friends. Whatever the circumstance, Amici's will accommodate and you will have unforgettable experience.

From crab linguini to sea food trilogy, Amici's food is freshly cooked using the finest ingredients. They cater for most dietary requirements, for example; vegetarian, vegan, halal, gluten and dairy free etc.

Tana Thai

20-22 Cauldwell Street, Bedford, MK42 9AD
01234 481482



Tana Thai is one of Bedford's most famous restaurants. After attending the famous Wandee Culinary Art School in Bangkok, the chef produces traditional and delicious Thai dishes. Using the only best ingredients the chef wants you to experience a whole new world of flavours and nutrition, within the Thai cuisine. The restaurant is available for private events, birthdays, business lunches, dinners, cocktail receptions and many more.

Tana Thai offers a whole gluten free menu, which includes Thai fish cakes, steamed mussels or a spicy squid. They also have set menus for example; the famous "Taste of Thailand" which includes chicken satay, stir fried noodles with tiger prawns and a classic green curry. This is not all, the variety is never ending, and it is the perfect place to try something new.



The Cappuccino Bar

36 Newnham Street,
Bedford, MK40 3JR
01234 352991

The Cappuccino Bar is a traditional Italian restaurant, with a warm, welcoming atmosphere. You are able to sit inside the restaurant or the Italian style covered courtyard. They cater for parties big or small, or any event they will be happy to accommodate. They serve freshly made foods and provide for any dietary requirements. From cannelloni to risoto, or even a pepperoni pizza. There is something for everyone.

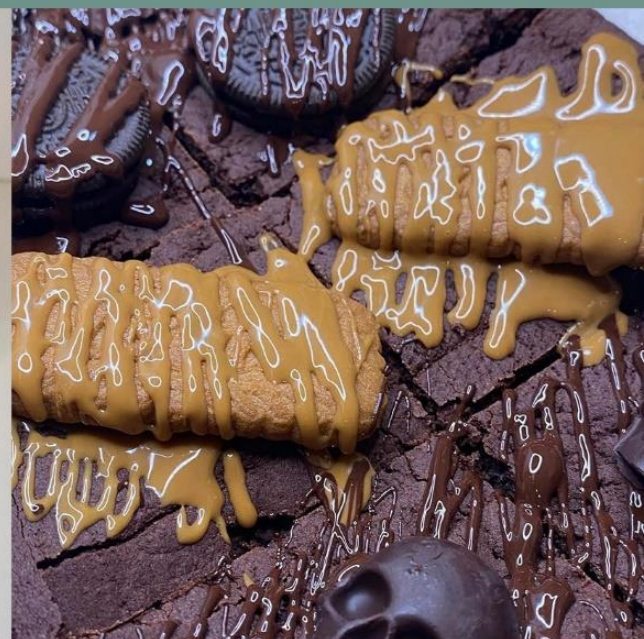


The Beans Bakery

Pick-up & delivery

Molly who is the owner of The Beans Bakery makes delicious vegan sweet treats, all from the heart of her kitchen. Her delightful treats include; postable brownies, cupcake bouquets, birthday cakes and personalised biscuits. All her products are vegan and homemade. If you have any questions about allergens, do not hesitate to contact Molly on her instagram page [@the.beans.bakery](https://www.instagram.com/the.beans.bakery), as she can answer any queries you have.

She is based in Milton Keynes and she is available for delivery and collection. Orders must be placed and paid no less than 48 hours in advance of collection date.



Safs Kitchen

66 Jersey Road, Wolverton, Milton Keynes, MK12 5BH
07790382944

Safs Kitchen is an award winning punjabi street food vendor and caterer. Safia Ali loves the community and is always looking to lend a helping hand in any way that she can. Combining fresh local ingredients with aromatic home spices and natural skills mixed with a lot of love, Safs Kitchen produces mouthwatering homemade Indian dishes, suitable for any dietary requirements.

From vegan curries to burgers, there will always be something plant based on Safs menu. Safs Kitchen has proudly achieved "The Street Food Vendor of the year 2017" award.



Clares Vegan Cakery

07576949900

FB - @claresvegancakeryMK

IG - @claresvegancakery

Clares Vegan Cakery is a completely vegan kitchen making delightful personalised cakes, cupcakes, brownies and sharing cookies. These can be ordered for collection or delivery in Milton keynes and close surrounding areas. You must order a week in advance to be sure to get your order in time.



Made in Bedford

13 Bedford Corn Exchange, St Pauls, MK40 1SL

Made in Bedford is a fabulous eco boutique in the heart of Bedford, along with delicious treats. They feature a unique selection of homewares, gifts and cards made by Bedford's skilled and talented artists.

Made in Bedford promote sustainable products, support the local economy and reduce transport emissions, which positively impacts the planet.



How are they eco?

- Small menus to avoid food waste
- Locally grown products
- Number of items that require refrigeration to a minimum
- Takeaway cups and lids are 100% biodegradable and compostable
- They reuse and recycle packaging
- Do not use plasticised foil
- Shop fittings made from reclaimed wood and furniture

The Vardo

51A Pembroke Street, Bedford, MK40 3RH

The Vardo is an all plant-based café, they provide delicious plant-based foods. They have a high focus on healthy food, better life style choices and holistic health. They specialise in cakes and artisan cheese. The appealing, quirky and modern environment makes this experience unique and exciting.

Services they offer

- Tailored juice plans
- Meal preps
- Catering for events
- Private hire
- Occasion cakes



Fox And Hounds

1 Milton Road, Clapham, Bedfordshire, MK416AP
01234 340114

The Fox and Hounds pub is a large cask marque pub which can be found in the village of clapham. It has a great family - friendly environment and caters to everyone's needs! There is a large open space in the garden which welcomes dogs. You can enjoy their carefully selected wine list, a range of flavoured gins and a fantastic variety of lagers. There are even new products to try from Brewpoint, our local Bedford brewery.

From lunchtime bites like the "bacon, brie and cranberry puccia roll" to a "build your own pizza". They offer a range to choose from. This is the perfect place for a date night with pizza and wine or a meal out with the family.

SHOW BOOKING CONFIRMATION

UPON ARRIVAL TO RECEIVE A FREE COFFEE/HOT DRINK,
WHEN YOU BUY ANY MAIN BRUNCH OR LUNCH MEAL



The Green Elephant Café

Acorn House, 381 Midsummer Boulevard,
Milton Keynes, MK9 3HP

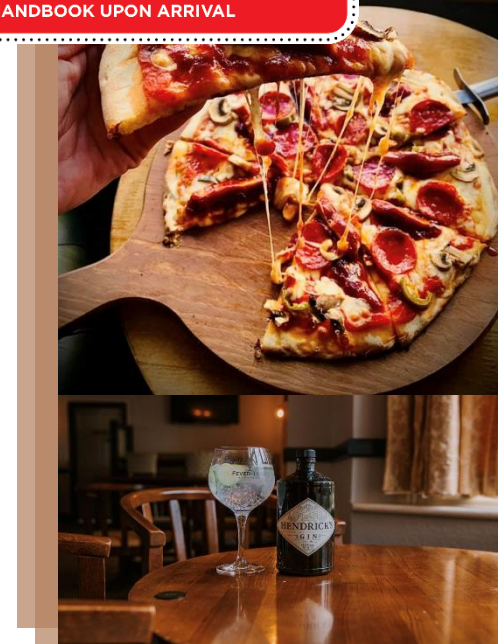
The Green Elephant Café is an independent, speciality café serving organic and natural food and beverages. From vegan milkshakes to a full vegan breakfast, they have a wide variety of sweet and savoury, meaning there's something for everyone.

10% DISCOUNT

IF YOU HAVE A VALID CURRENT BOOKING WITH
FREE RANGE STAYS

• VOUCHERS • BUY 1 GET 1 PIZZA

HALF PRICE WHEN YOU SHOW DOWNLOADED
HANDBOOK UPON ARRIVAL



The Gallery

7 Howard Street, bedford, MK40 3HS

The gallery is a local café and brunch spot in Bedford and home to Companions Bakery. Join them for a coffee, cake and fresh menu every Monday to Saturday, 9-5. From delicious brownies, to sandwiches to sausage rolls there is something everyone would enjoy!



Bagota Coffee Company

My all time favourite thing about visiting this coffee shop was definitely the beautiful interior.

The Led lights saying 'Espresso Bar'. The silver fairy lights. The mini plants and the wood. Being inside gives off a very cosy, warm feeling. The best way to put it is it gives off a very festive feeling, and as that is mine and many others favourite time of year, I'm definitely not complaining about that!

They offer many different things to eat in or takeaway:

- Homemade porridge (weekdays only)
- Greek yogurt and Granola
- Toast/Toasted bagel - with PB & Jam or PB & Banana
- Cheese toastie
- Cheese & Ham toastie
- Meal deal (sandwich & a regular size hot drink)
- Lemon chicken sandwich
(chicken with lemon may and spinach on your choice of bread)
- Salt beef bagel
- Tuna, chilli, cheese melt
- Mediterranean hummus bagel



Papillon Coffee House

Papillon, located close to Bedford town centre. Beautiful décor. The fairy lights giving it a very festive feel, making you feel very cosy and overall in a better mood as who doesn't love the festive season?! They offer many different herbal teas, which is why I love the Papillon. After a long week, it feels good to indulge in a herbal tea! They have begun offering gluten free roast dinners, which looks incredible and is amazing for those that stick to a gluten free diet! Other options they do are everything from bacon paninis, to picnic boxes, to Apricot danishes, to cheese boards and much more!

Reviews:

- **Elise** - By surprise we found Papillon Coffee House, food was lovely, very good value for money. Will definitely visit again. Lighting inside is beautiful. Keep up the great work.
- **Marlene** - Lovely setting, very relaxing. Gorgeous food and beautiful coffee and such friendly helpful staff.
- **Dee** - my first visit today... trying to visit places by myself...this place is amazing even though I walked in just as they were closing they still served me.. how wonderful life is... definitely come back here love it



Upper Regency Café and Bistro

Upper regency café and bistro is in the heart of Milton Keynes shopping area. Upper Regeny are known for providing freshly home made food with pride and love. They have modern, chic surroundings, with a freshly cooked, mouth watering menu of delicious food and a wide selection of refreshments.

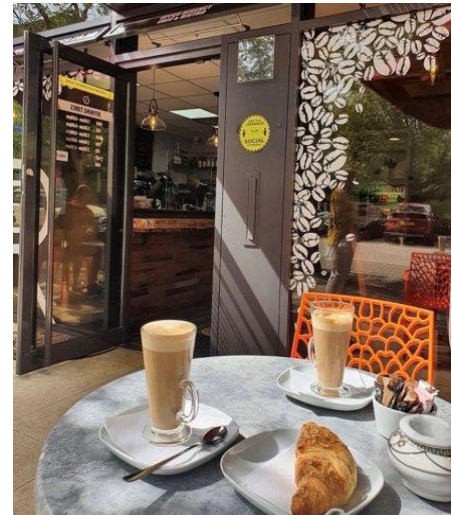
They do everything from rich coffees, to scrambled eggs baguette with ham & mature cheddar cheese, to tuna melt paninis. They do vegetarian and vegan options also!

Reviews:

- **Deborah** - So happy to have come across this family friendly run bistro. I felt like I wasn't in MK but somewhere in the Med! The sun was shining through the trees and sitting at the tables on the sidewalk was very relaxing.

A great menu, delicious food and coffee, and can't wait to go again.

- **Carron** - Just had lunch here. very friendly and the best lemon drizzle cake in town with gorgeous coffee!
- **Amber** – discovered this café on my lunch break, in desperate need of food and coffee!! Thoroughly enjoyed my lunch and the coffee was amazing. Great friendly service too :) I think I've found my new favourite lunch destination, highly recommended!!



THINGS TO DO

Priory Country Park

Priory Country Park, Barkers Lane, Bedford, MK41 9DJ

Priory Country Park is a 360 acre green space made up of lakes, meadows and woodland which is in part, enclosed within a bend in the River Great Ouse. This is the perfect day out with the family or alone. It is suitable for picnics, a gentle stroll, is dog friendly or even fishing.

Facilities:

- Bird watching
- Café
- Car park onsite
- Fishing (permit only)
- Play areas
- Toilets
- Water sports
- Walking trails

The Cloverdale retreat has excellent views across Priory Country Park Lane and includes elevated decking outside. Whether you want a tea, coffee or a slice of cake, they have a variety.



Bedford Park

No 98 Kimbolton Road, MK40 2PF

Bedford Park is a large urban park located in the town of Bedford. This beautiful park is a clean and calming place for long walks with family and friends. Bedford Park hold many events such as Bedford Park proms and concerts.

Facilities:

- Basketball court
- Bowls green
- Café
- Car park onsite
- Cricket pitches
- Football pitches
- Outdoor gym
- Play areas
- Rounders pitch
- Tennis court

The Pavillion at the park is an exquisite all day coffee bar, serving fresh and scrumptious homemade British cuisine, made from locally sourced ingredients. They host a series of classes and events, throughout the year including; a monthly exhibition, showcasing local artists.



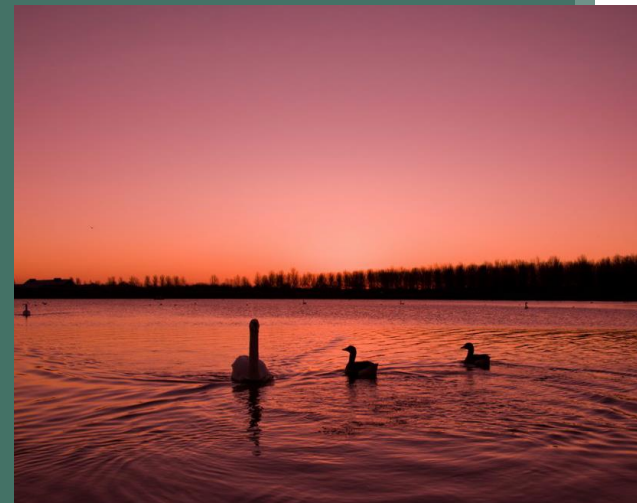
Willen Lake

V10 Brickhill Street, Milton Keynes, MK15 0DS

Willen Lake is a family fun environment for you to spend the day. It features two lakes and is a great place to explore. Willen Lake offers a fantastic play area that can be used by children of all ages, all year round. It is also the perfect picturesque location for a run or walk. There is plenty of open areas to enjoy a picnic, relax in the sun or soak in the nature. They also have a number of designated places for barbeques so you can cook up a feast for you and your loved ones.

Activities

- Kayaking
- Power boating
- Stand up paddle boarding
- Wind surfing
- Wake boarding
- Canoeing
- Archery
- High ropes



Big Rock Hub

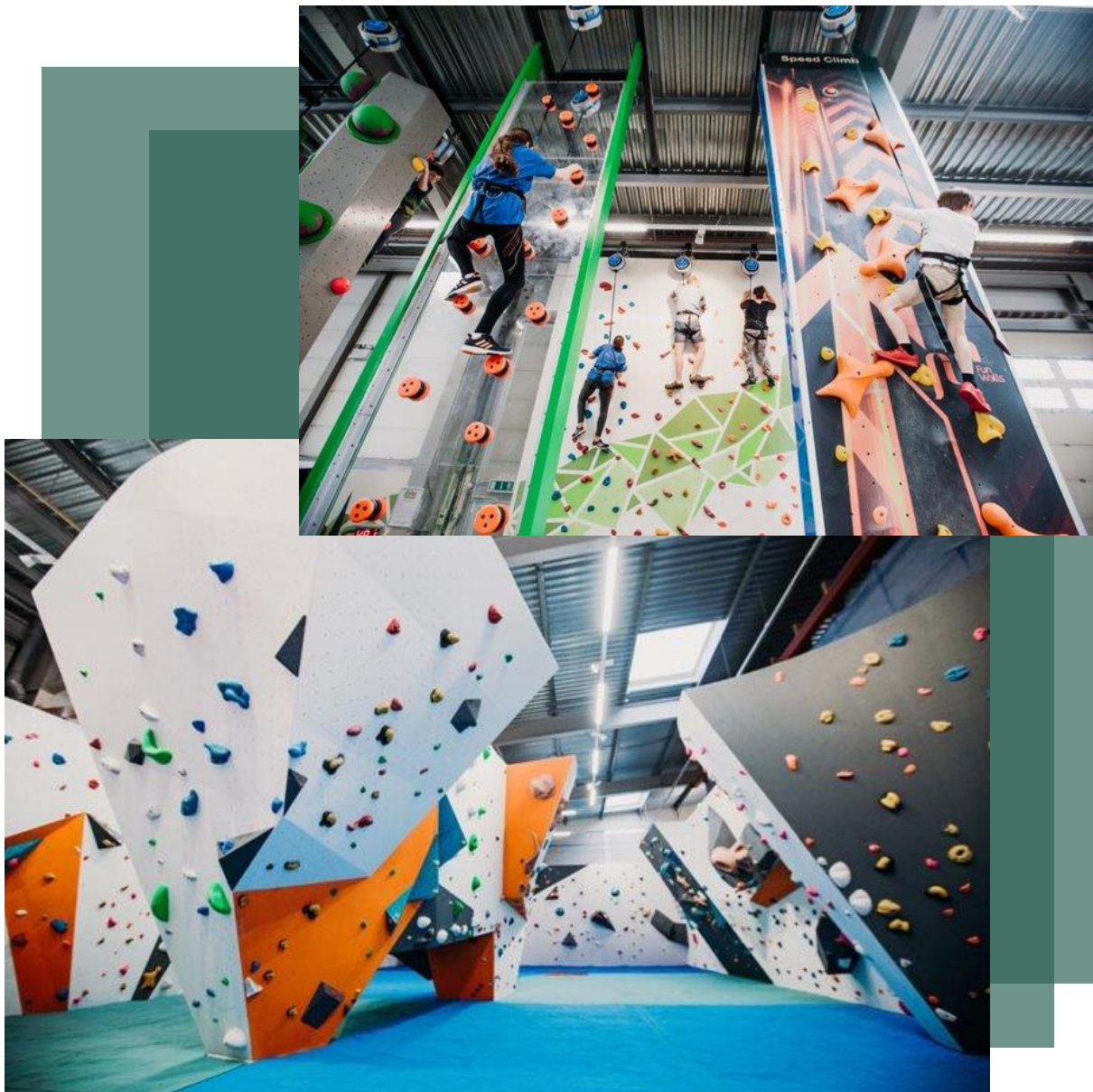
Big rock hub's aim is to offer an alternative to your regular exercise in the gym. In their words 'An exercise routine that doesn't feel like exercise'. A full body workout that caters for all abilities. All ages from 5-80+.

The Big Rock experience has a reputation for quality climbing and community spirit.

They offer family climbing, bouldering induction and learn to climb courses.

Reviews:

- 'Friendly/helpful staff and relaxed atmosphere'
- 'So much to do'
- 'Fantastic'
- 'Great climbing, attentive instructors'



Snozone

Now that autumn has arrived, are you ready to feel the joy of real snow without the snow? At snozone in the Xscape Milton keynes, they offer a wide range of activities for all the family and for all levels of ability from complete beginners to freestyle pros.



They offer ski lessons, snowboard lessons, family fun, disability s

Reviews:

- 'Amazing lesson with Josh. Just makes it so simple and fun. Compared to other instructors he definitely put the fun back into skiing. Got my confidence back quickly because of his simple and relaxed attitude. Bravo Josh'
- My latest ski lesson, which was with Josh, was fantastic. I had fun, found my confidence and felt as if all I had learnt to date clicked into place. I left with a smile on my face.



Indigo Holistic Therapies

Indigo Holistic Therapies operates from the Vardo vegan cafe in castle road area of Bedford. A wide range of holistic massage therapy treatments offered including the natural green beauty tropics skin care range. Indigo therapies are big on the natural, organic, vegan, cruelty free, eco-friendly life! Indigo therapies keep some Amethyst crystals in the treatment room to bring in their many healing qualities and vibes.

Reviews:

- **Nadia** – I've been back, neck and shoulder massages from Lottie for a while now & they are the best! Lottie is always so calm, especially with my 100mph brain! Also amazing reflexology and scalp massage.
- **Michelle** - I've had multiple treatments with Indigo Holistic Therapies and been the perfect experience. Great vibe. Great advice. Lovely settings.
- **Ray** - Brilliant service, relaxing and my back never felt better.



Hitchen Lavender

Close to Bedfordshire, based in Hitchin, a beautiful Lavender field.

You can walk along the rows of lavender in the fields here and breathe in the wonderful aroma. There is also a field of sunflowers you can walk among. You can pick a bagful of lavender to take home for £3, or sunflowers to take home for £1 each. You can also buy some small potted lavender plants. After walking through the fields, you can buy sandwiches, ice cream and other snacks and sit in the picnic area. The best part is dogs are allowed!

Reviews:

- **S** – A great day out, relaxing and beautiful. Highly recommend a visit.
- **Anonymous** - Easy to find. Lots of grass parking, friendly staff. 2 hour slot is sufficient to enjoy this space.
- **Jose** - Wonderful place. You can take beautiful pictures, pick your lavender, have a picnic or take a tea and enjoy the views.

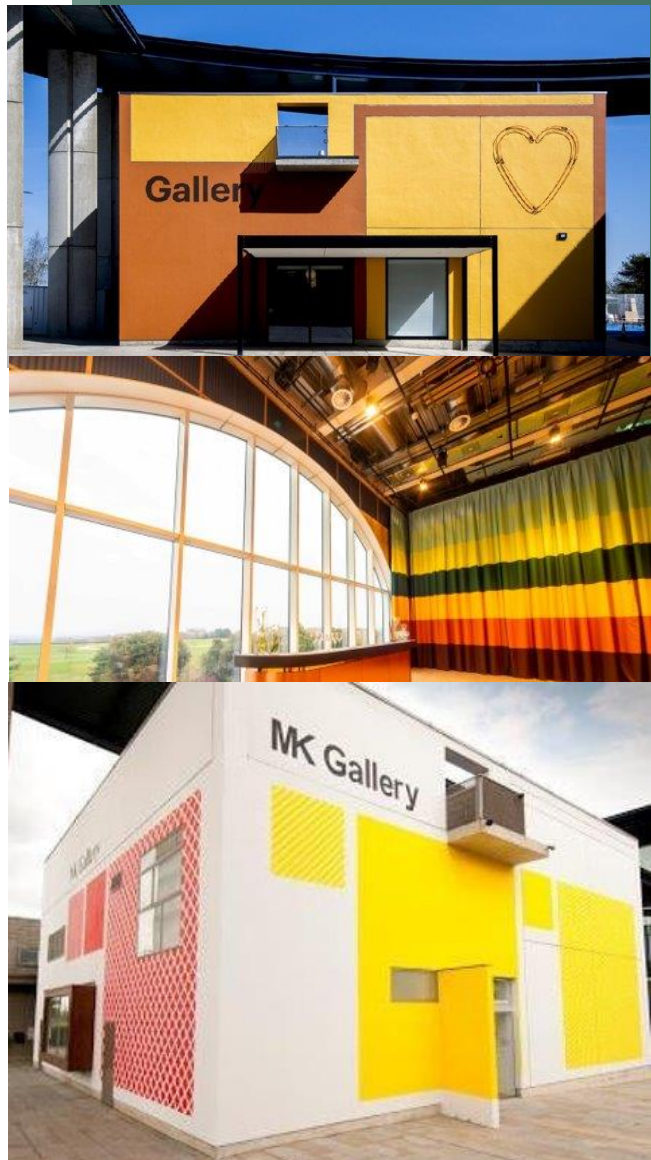


MK Gallery

Into contemporary Art? MK gallery will be the perfect place for you to visit whilst staying with us! They have a private space upstairs, aswell as a café which is vegan friendly! They are open tuesdays to sundays from 10am. You are able to visit their website to find out which events are on and when! Laura Knight is showing from 9 october 2021 – 20 February 2022.

Reviews:

- **Anonymous** – Beautiful place to visit. Holding big massive treasure of art. Even in this covid period, we need such kinds of places to visit to ease our minds and body. Hope to visit again soon.
- **June** - Great place to see a film, café open and service was excellent.
- **Pete** - Visited for the excellent 'Listen here' event in the sky room, which was brillaint. But beforehand we had dinner in the café, really friendly team and great food including an awesome veggie burger.



PEOPLE TO

Lola's Garden

We work closely with Lola's Garden who provides our plants that are featured in our properties. We love supporting, collaborating and celebrating local businesses. Lola's plants fit incredibly well within our properties and add to the light, refreshing and airy feel. You will see these positioned in different rooms in our properties to add greenery and nature within our rooms.

Lola's Garden is a boutique plant shop tucked away in the heart of Bedford. You can shop in store and online. Offering a range of plants and flowers, you will get lost in the array of nature and all things green! They also offer advice on how to care for your plants, watering guides and all round advice on their social media.



Maisons Management

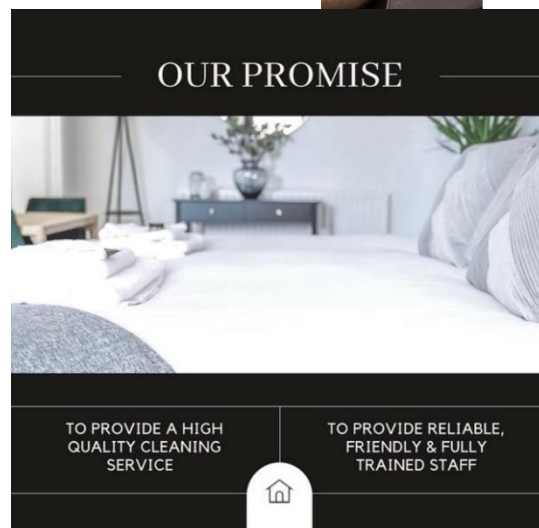
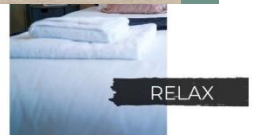
Cleaning and maintenance service. They specialise in deep cleaning in Bedford and surrounding areas.

Maisons Management aims to ensure all cleaning is done to a high standard.

Reviews

"work is consistently completed to a high standard" - Sean

"You've really helped us to get the house ready to put on the market" - Katie



Millies Organics

Another business we support and work alongside is Millies Organics! Millies is an award winning luxury home spa business focusing on quality organic ingredients, made totally off grid and cruelty free. Supporting small businesses is important to us. As part of your stay Millie's kindly gifts us with some iconic products for you to use. Millie's organics includes everything from pillow mists, to bath soaks, to diffuser oils.

Millie's do sets too, which will make amazing gifts! Don't forget to visit their instagram page @milliesorganics, where you will be able to keep up to date with all their new products, and there is also a link to their website!



Wooden Hill Coffee Company

We work closely with Wooden Hill Coffee Company who supply our coffee. They fit perfectly with our "green values". They roast their unique blend of fair trade coffee beans and package them in compostable bags. Them being plastic free is something we support here at Free Range Stays and believe this has a positive impact on our planet.

They also deliver to local customers in reusable wooden crates and supply several zero waste shops in the area and deliver the coffee in airtight reusable containers.

They are a very eco brand and we are so happy to work with them!

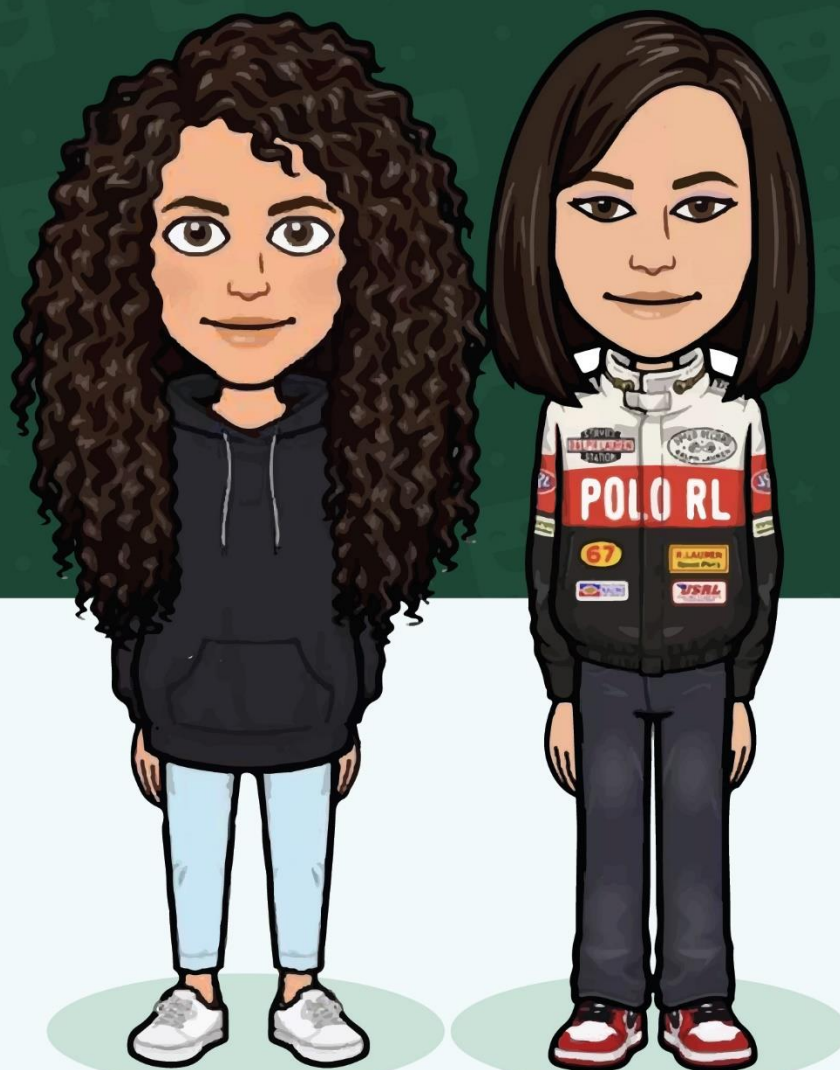


Who are we?

Hello and welcome, we are ambassadors for Bedfordshire and Milton Keynes. We are excited to bring you this environmentally friendly handbook sharing our views and opinions on eco-friendly places to eat and visit in and around Bedfordshire and Buckinghamshire. This handbook is the perfect guide filled with information on eateries, parks and local businesses. In addition to this we have vouchers included for specific places for you to use during your stay.

We wanted to create this handbook to make your stay as stress free and easy as possible, whilst incorporating our eco values. Sticking to our best stay promise we wanted to include our own recommendations, promote local produce, businesses and lifestyle to enable you to get a unique Bedford stay. We are an eco-conscious company who cares about our guests, our community and the planet.

Being eco is important to us. We aim to provide quality and a luxurious experience that is designed around you in a sustainable way.



About us

Scotty and Jackie Hodson have proudly designed Free Range Stays to meet your needs and the modern day demand for flexible lifestyles, whilst looking after our community and planet.

They understand what you need; as they too were the discerning professional that wanted a premium and affordable accommodation that inspires and invigorates them;

Scotty and Jax genuinely want you to feel amazing and that is why all the personal little details have been designed just to give you that edge you need.

Whether this is your first visit, or you have been a guest many times, we want your experience to be excellent and we appreciate your support. With your help we can help more people and help the planet.

Your Booking Manager is always available to help with any questions or concerns you may have just call them on (01234) 230 215.

