



# Leeds Health Walks

## Jul / Aug 2017

In Association with Health for All

Visit our Website [www.lhwalks.wix.com/front-page](http://www.lhwalks.wix.com/front-page)

**MONDAY 3rd July :** 4.6 miles 2 hills No Stiles  
**FAIRBURN INGS & LEDSHAM CIRCULAR**

Leader : Julie Lawn : Assistant Leader : Ian Mc Nichol  
Depart 10:30am from : RSPB Visitors Centre, Newton Lane Car Park £3 but some roadside parking. Return will be before 1pm WF10 2BH. Bring optional pack up for end, Birthday Cake, Tea/Coffee provided.

**THURSDAY 6th July :** 4 miles, 12 stiles, No hills  
**BRAMHOPE TO COOKRIDGE CIRCULAR**

Leader : John Martin : Assistant Leader : Sue Martin  
Depart at 10:30 am from : Public Car Park in centre of Village , ( don't park in Fox & Hounds car pk ) LS16 9AX.

**MONDAY 10th July :** BBQ Walk 3 miles, 5 stiles, 2 hills  
**OAKLANDS MANOR, THE LAKE & ELTOFTS**  
**PREBOOK BBQ by 3rd July with Julie 0113 2869259**

Leader : Belinda Swift : Assistant Leader : Bob Marshall  
Depart at 10:30 am from : Main St, Thorner ( Mexborough )  
Don't forget food/chair & instructions LS14 3DX.

**THURSDAY 13th July :** Easy walking, no stiles 3.5 miles  
**GOLDEN ACRE PARK & PAUL'S POND**

Leader : Pauline Ryan : Assistant Leader : John Ward  
Depart at 10:30 am from: Otley Rd (A660) car pk LS16 8BQ.

**MONDAY 17th July :** 4 miles, Easy Walking, No Stiles  
**CALVERLEY/HORSFORTH/RAWDON BOUNDARY WALK**

Leader : Jenny Sowden : Assistant Leader : John Scott  
Depart at 10:30am from : Calverley Bridge on street parking.  
Don't park in private & Railway Pub pks LS13 1NR.

**THURSDAY 20th July :** 2 hills 2 stiles 3.5 miles  
**NEW FARNLEY & GILDERSOME CIRCULAR**

Leader : Henry Hamer : Assistant Leader : Bob Marshall  
Depart at 10:30 am from : Lawns Lane, From South Ring Rd (A6110) just before Ringways ( Ford Garage) branch left up Whitehall Rd (A58 )in 1 mile turn R at STYRIN MOTORS sign, park on R in Lawns Ln. LS12 5DU. Optional CC visit.

**MONDAY 24th July :** 5 miles no stiles med hill at end  
**ROTHWELL COUNTRY PK. & NEW BRIDGE to SKELTON LAKE**

Leader: Kevin O'Connor : Assistant Leader : Liz Bairstow  
Depart at 10.30am from :Styebank Ln. at John O'Gaunts traffic lights (extra lights above) A638 Leeds Rd, pk on street LS26 0JE.

**THURSDAY 27th July** 4.9 miles no stiles 4 slight hills  
**SICKLINGHALL CIRCULAR via FOX HEADS**

Leader : Hilary Asoko : Assistant Leader : John Ward  
Depart at 10:30 am from: Scotts Arms Cpk, Main St LS22 4BD

**MONDAY 31st July** 4 miles 1 stile 2 gentle hills  
**MICKLEFIELD & LEDSTON LODGE**

Leader : John Proberts : Assistant Leader : John Scott  
Depart at 10:30am from : Pit Lane., If travelling from North go through Micklefield on Great North Rd until you reach the Railway Bridge, go under railway and immediately turn R into Pit Lane. Park on R when footpath starts ( LS25 4DX approx )

Some walks may include off-road walking & involve the use of stiles. Please wear suitable footwear & bring waterproof protection (raincoat or Umbrella). **No need to book just turn up**

**Remember you walk at your own risk**

**THURSDAY 3rd August :** Easy going 2 hills 3.5 miles  
**ROUNDHAY PARK & GORGE**

Leader : Pauline Ryan : Assistant Leader : John Ward  
Depart at 10.30am from : Princes Avenue Main pk. LS8 2EP.

**MONDAY 7th August :** Easy walking No stiles, 4.2 miles  
**HUNGATE LANE TO BOTTOM BOAT CIRCULAR**

Leader: John Scott : Assistant Leader : Ian McNichol  
Depart 10.30 am from : Hungate Ln. From M62 (J 30) take A642 towards Wakefield, first left into Newmarket Lane then (new sign) **FIRST LEFT** to Methley pass under Motorway Br. Then **immediate left** into Hungate Lane ( B6135 ) LS26 9DN.

**THURSDAY 10th August** 2 hills No stiles 5 miles  
**ANGLERS COUNTRY PK & WATERTON TRAIL**

Leader : John Proberts : Assistant Leader : John Ward  
Depart at 10: 30am from : Centre, Haw Park Lane, Winterset WF4 2EB. From A638 Doncaster Rd turn down B6378 towards Crofton, straight ahead at roundabout into Harrison St then High St to New Crofton, at new flats cont right, crossing railway to Winterset, pass Anglers Retreat pub, next right into Haw Park Lane, Cpk down lane. ( you will not see lane names !)

**MONDAY 14th August** 1 slight hill 3 stiles 3.5 miles  
**WEETON & ROUGEMONT CARR**

Leader : Hilary Asoko : Assistant leader : John Scott  
Depart at 10.30 am from : St Barnabas Church Cpk, Gallowgate Lane. From A61 follow Weeton Lane through Village and turn left at sign for Church LS17 0AU.

**THURSDAY 17th August :** 3.5 Miles no stiles easy walk  
**BOSTON SPA RIVERSIDE WALK**

Leader : Liz Bairstow : Assistant leader : John Proberts  
Depart 10.30 am from : Deepdale Community Centre free Cpk, Left off High Street (A659) ¾ mile from Boston Spa LS23 6EW

**MONDAY 21st August :** 4 miles 1 stile no hills  
**HEATH TO GOOSE GREEN CIRCULAR**

Leader : Kevin O'Connor : Assistant leader : Jenny Sowden.  
Depart at 10.30 am from : Kirkthorpe Lane, Heath Village, Car Park. WF15SL.

**THURSDAY 24th August :** 4 Miles 2 stiles one hill  
**NEW FARNLEY & TONG VALLEY CIRCULAR**

Leader : Henry Hamer : Assistant leader : Bob Marshall  
Depart 10.30 am from : Lawns Lane, From South Ring Rd (A6110) just before Ringways ( Ford Garage) branch left up Whitehall Rd (A58 )in 1 mile turn R at STYRIN MOTORS sign, park on Right in Lawns Ln. LS12 5DU. Optional CC visit.

**MONDAY 28th August :** No Walk Bank Holiday

**THURSDAY 31st August :** No stiles 3.5 miles 2 hills  
**ROUNDHAY PARK & LAKES CIRCULAR**

Leader : Liz Bairstow : Assistant Leader : John Proberts  
Depart 10:30am from : Princes Avenue Main Cpk, LS8 2EP.

For further information, contact:

Henry Hamer	0791 4394485	John Proberts	0113 2733889
Kevin O'Connor	0790 3047140	Belinda Swift	0775 4882518
Pauline Ryan	0784 2008324	John Martin	0770 3568619
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John Scott	0113 2863656	Julie Lawn	0786 6786840
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