



Leeds Health Walks

May / Jun 2017

In Association with Health for All

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MONDAY 1st May : *Early May Bank Holiday* **NO WALK**

THURSDAY 4th May : **3.75 miles, 5 stiles, 2 hills 1 steep**
HUNGAR HILLS & AIRPORT

Leader : John Proberts : Assistant Leader : Ian McNichol.
Depart at 10:30 am from : Horsforth Hall Pk. From Outer Ring Rd, (A6120) turn at traffic lights (by Toby Carvery pub) into Fink Hill, first left into Hall Lane in 400yds at black GAZI'S restaurant sign, go L to bottom of road into Car Pk LS18 5JY.

MONDAY 8th May : **3.5 Miles, No Stiles, slight hill**
RODLEY CANAL & RIVER

Leader : John Martin : Assistant Leader : Sue Martin
Depart at 10:30 am from : Canal side Calverley Bridge. Turn off Ring Rd at small road down to bridge. On street parking Do not park in Railway Pub or any private car parks LS13 1PY

THURSDAY 11th May : **3.5 miles 3 stiles 1 long uphill**
HAIGH MOOR & DOGLOITCH WOOD

Leader : Hilary Asoko : Assistant Leader : John Ward
Depart at 10:30 am from : Ardsley Reservoir Car Pk. Turn off A650 into Westerton Road, after half mile at Post Office, turn left into Haigh Moor Rd. ¼ mile left into Car Pk. WF3 1EE.

MONDAY 15th May : **5 miles no stiles BRING Packed lunch**
FEWSTON RESERVOIR CIRCULAR - Starting FROM SWINSTY

Leader : Kevin O'Connor : Assistant Leader : John Scott
Depart at 10:30am from : SWINSTY Reservoir public picnic area. From A59 Skipton to Harrogate Rd, left to Fewston Village HG3 1SU Church cont south to Car park half way down Swinsty Reservoir. Do not go to either of 2 Fewston Pks

THURSDAY 18th May **1 moderate hill, 2 stiles 3.5 miles**
FARNLEY & POST HILL CIRCULAR

Leader : Henry Hamer : Assistant Leader : John Ward
Depart at 10:30 am from : Farnley Hall Park- From Leeds South Ring Rd (A6110 going to Bradford) at traffic lights (Sainsbury's Local on left) turn left into Tong Road B6154 at next lights turn left into Butt Lane, at T junction turn R then left to Park. Optional refreshments at Cricket Club LS12 5HA.

MONDAY 22 May : **4 stiles 4 miles, long medium hill**
PUDSEY BECK TO TONG VILLAGE CIRCULAR

Leader : Jenny Sowden : Assistant Leader : Bob Marshall
Depart at 10:30 am from : Corner of Roker Lane & Tong Road. Turn up Tong Rd (see above) but then keep straight on for 1.5 miles, at bottom of hill Roker Ln. is on right LS28 9LE

THURSDAY 25th May : **5.3 Miles 2 short hills 1 stile**
MANGRILL LANE & NORWOOD BOTTOM (BLUEBELLS ?).

Leader: Belinda Swift : Assistant Leader : Bob Marshall
Depart at 10.30am from : Mexborough (Pub) Main St, Thorner. LS14 3DX.

MONDAY 29th May **Spring Bank Holiday** **NO WALK.**

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
Hilary Asoko	0791 0671675	Ian McNichol	0794 1985725
John Scott	0113 2863656	Julie Lawn	0113 2869259
Liz Bairstow	07762123005	Jenny Sowden	07551191874

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 1st June : **no stiles 1 hill 4 miles**
TEMPLE NEWSAM GARDENS & ENVIRONS

Leader : Pauline Ryan : Assistant Leader : Bob Marshall
Depart at 10.30am from : Home Farm / Childrens play area car park. From Colton road entrance to Park, at brick lodges fork left down hill to car park. LS15 0AE.

MONDAY 5th June : **No stiles 4 miles 1 hill**
NEW CROFTON TO NOSTEL PRIORY CIRCULAR

Leader: Kevin O'Connor : Assistant Leader : Ian McNichol
Depart at 10.30 am from : New Crofton Community Club, Middle Lane, is at far end of Village on bend. WF4 1LD.

THURSDAY 8th June **2 hills 3 stiles 3.9 miles**
TONG VALLEY & WOODS

Leader : Henry Hamer : Assistant Leader : John Ward
Depart at 10: 30am from : Farnley Hall Park see details on 18th May LS12 5HA. Optional Cricket Club visit .

MONDAY 12th June **1 gradual hill 4 miles + return 2 miles**
INCINERATOR WALK Pre Booking for tour to Julie essential

Leader : Julie Lawn : Assistant leader : Liz Bairstow
Depart at 10.30 am from : Temple Newsam (near running track) on Temple Newsam Road from Halton. Bring a PACKED LUNCH, (free drinks) and a carrier for own boots LS15 0AE.

THURSDAY 15th June **4.6 Miles 2 medium hills no stiles**
RIVER BRIDGE, SICKLING HALL HOUSE, PADOCK LN. CIR

Leader : Belinda Swift: Assistant leader ; Ian McNichol
Depart at 10.30 am from : Car park at junction of Harewood Av A659 and road to East Keswick (Crabtree Lane) LS17 9HG.

MONDAY 19th June : **3.5 miles easy going no stiles 1 hill**
CROOKED BILLET & SAXTON CIRCULAR

Leader : John Scott: Assistant leader : Bob Marshall.
Depart at 10.30 am from : The Crooked Billet, Wakefield Rd, Saxton, Tadcaster LS24 9QN.

THURSDAY 22nd June **5 miles no stiles one hill**
WETHERBY CIRCULAR VIA FLINT MILL

Leader : Hilary Asoko : Assistant leader ; Liz Bairstow
Depart at 10.30 am from : Old Station car park, Linton Rd. Leave Wetherby on A661, at mini-roundabout take first exit into Linton Rd, after 200 yds at Station Gardens turn right to enter car park LS22 6YR.

MONDAY 26th June : **1 moderate hill, 2 stiles 3.5 miles**
POTTERTON & COCK BECK

Leader : John Martin : Assistant Leader : Sue Martin
Depart at 10:30 am from : Potterton Lane End, Directions from Barwick, turn R at Maypole and then L on to Potterton Ln going towards A64. At T junction turn right (no through rd.) bearing left to dead end next to A64. Arriving from A64 direction, turn right before the Fox & Grapes into Kiddal Ln, at junction carry straight forward, don't turn right to Barwick LS15 5NJ

THURSDAY 29th June **One slight hill, 3 stiles 4.2 miles**
ABERFORD TO HAZELWOOD CASTLE CIRCULAR

Leader : John Proberts : Assistant Leader : Henry Hamer
Depart at 10:30 am from : Aberford Black Horse Farm Take A64 to reach roundabout above A1M go round to 5th exit Aberford go down to 30 mph sign take next left under A1M turn L then park on left on hill LS25 3AU.