



Leeds Health Walks

Nov / Dec 2017

In Association with Health for All

Visit our Website www.lhwalks.wix.com/front-page

THURSDAY 2nd Nov : 3.5 Miles 1 stile 2 hills
FARNLEY & NAN WHINS WOOD
Leader : Henry Hamer : Assistant Leader : John Ward
Depart at 10:30am from: Lawns Lane, New Farnley. From Leeds Southern Ring Road (A6110) at the roundabout just before Ringways (large Ford Garage) turn left up Whitehall Rd (A58) in one mile turn right before large garage sign for Styrin Motors into Village. LS12 5DF Optional visit to C Club after.

MONDAY 6th Nov : 4.5 Miles Mod hill at end no Stiles
TEMPLE NEWSAM TO SKELTON LAKE CIRCULAR
Leader : John Scott : Assistant Leader : Ian Mc Nichol
Depart at 10:30 am from : Lower Farm / Play Area Cpk. From Colton entrance rd, at 2 brick gatehouses fork left LS15 0AE.

THURSDAY 9th Nov : 4.5 Miles one hill no stiles
MICKLEFIELD TO NEWTHORPE CIRCULAR
Leader :John Proberts : Assistant Leader : Bob Marshall
Depart at 10:30am from: Blands Arms, Great North Rd, Micklefield LS25 4AQ.

MONDAY 13th Nov : 3.5 Miles no stiles, few inclines
MIDDLETON PARK CIRCULAR
Leader: Liz Bairstow : Assistant Leader : Bob Marshall
Depart 10:30am : Main Cpk off Town St near Cafe LS10 3SH

THURSDAY 16th Nov : 4.5 miles, 3 stiles, mod hill at end
ECCUP RESERVOIR CIRCULAR
Leader: Jenny Sowden: Assistant Leader : John Proberts
Depart at 10:30 am from :Lakeland Drive off Alwoodley Lane, 1 mile up from H'gate Rd /Wigton Ln. traffic lights. LS17 7PJ.

MONDAY 20th Nov 4.7 Miles 2 hills 2 stiles
Exercise field !
HAYGATE & BAR LN. TO WINDMILL HILL CIRC
Leader : Belinda Swift : Assistant Leader : John Ward.
Depart at 10:30am : Bramham Main St. nr Garage LS23 6RD.

THURSDAY 23rd Nov 4 miles one hill no stiles
RODLEY CANAL & CALVERLEY WOODS
Leader : John Martin ; Assistant Leader : Sue Martin
Depart at 10:30am from : Canal side Calverley Bridge off A6120 ring road on street parking.
Do NOT park in private Cpks or pub LS13 IPY.

MONDAY 27th Nov 5 miles 1 slight hill no stiles
FLY LINE WALKING TOWARDS ABERFORD
Leader : Jenny Sowden : Assistant Leader : John Scott
Depart at 10.30am from : Car park by skate park almost opposite sports centre, Ninelands Lane, Garforth. LS25 1NX.

THURSDAY 30th Nov : 4.3 miles, no stiles, 3 hills Poss mud
GREAT & LITTLE PRESTON CIRCULAR
Leader: Hilary Asoko: Assistant Leader : John Proberts
Depart at 10:30 am from : Lines car Park, Station Rd, 1/2 miles past Kippax Sports Centre on left before bridge LS25 7QH

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

MONDAY 4th Dec : 5 miles mod walk some inclines, poss mud
FAIRBURN & LEDSHAM CIRCULAR
Leader :Liz Bairstow : Assistant Leader : John Ward
Depart at 10:30am from: RSPB Fairburn Ings, WF10 2BH.

THURSDAY 7th Dec : 2 hills no stiles 4.6 miles
HAREWOOD DOWN to STANK & HIGH WEARDLY CIRC.
Leader : Belinda Swift : Assistant Leader : Liz Bairstow
Depart at 10:30 am from : Muddy Boots Cafe, Church Ln Harewood- optional visit to cafe after walk . LS17 9LJ.

MONDAY 11th Dec : 4 miles no hills , some steps
LEEDS WATERFRONT & HOLBECK URBAN VILLAGE
Leader : Hilary Asoko : Assistant Leader : John Proberts
Depart at 10:30am from : Black Prince Statue, City Sq LS1 1PJ.

Tuesday 12th Dec:
CHRISTMAS Celebration Milford Hotel.
Tickets (£14.50) from Julie Lawn 07866786840

THURSDAY 14th Dec 4 miles 3 hills 4 stiles
WOOD LANE NEW FARNLEY CIRCULAR
Leader : Henry Hamer: Assistant Leader : Bob Marshall
Depart at 10.30 am : Lawns Lane, New Farnley. From Leeds Southern Ring Road (A6110) at the roundabout just before Ringways (large Ford Garage) turn left up Whitehall Rd (A58) in one mile turn right before large garage sign for Styrin Motors into Village. LS12 5DF Optional visit to C Club after.

MONDAY 18th Dec 4 miles no stiles (slight mud ?)
CHURCH FENTON via AIRFIELD
Leader : Jenny Sowden : Assistant Leader : John Scott
Depart at 10.30 am from : Sandwath Lane (on street near top parking). Driving from Barkston Ash, road rises up to cross railway, but just before crossing bridge turn sharp L into Sandwath Ln. LS24 9QT.

THURSDAY 21st Dec : 1 hill no stiles 4.1 miles
SPOFFORTH XMAS TREE WALK
Leader : John Martin : Assistant Leader : Sue Martin.
Depart at 10.30am from : Spofforth Castle. On A661 from Wetherby don't turn right, but continue straight on through Village on B road, the Castle is 500 yds on left. HG3 1BQ.

MONDAY 25th Dec BANK HOLIDAY NO WALK

THURSDAY 28th Dec : 4.7 miles, 2 hills no stiles
WALK IN PARK TO SWITHENS FARM CIRCULAR
Leader : John Proberts : Assistant Leader : John Ward
Depart at 10:30am from: Springhead Car Park near cafe/tennis courts. Oulton Lane (just outside Rothwell) LS26 0EA.

For further information, contact:

Henry Hamer	0791 4394485	John Proberts	0754 4341227
Belinda Swift	0775 4882518		
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Hilary Asoko	0791 0671675	Ian McNichol	0794 1985725
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