



# Leeds Health Walks

## Sep / Oct 2017

In Association with Health for All

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

**MONDAY 4th September :**  
**BRAMLEY FALL - RODLEY**

5 miles No Stiles, 2 hills

Leader : Jenny Sowden : Assistant Leader : John Scott  
Depart at 10:30am from : Bramley Fall car park, Leeds Bradford road (B6157) LS13 2PH

**THURSDAY 7th September: 3.5 miles No stiles, 1 slight hill**  
**OAKWOOD CLOCK TO GLEDHOW WOODS**

Leader :Pauline Ryan : Assistant Leader : John Proberts  
Depart at 10:30 am : park in Park Avenue Nr. Clock LS8 1SD

**MONDAY 11th September : 4.9 miles, no stiles, flat walk**  
**QUEENS MILL ( CASTLEFORD ) TO MILLENNIUM VILLAGE**

Leader :Julie Lawn : Assistant Leader : Veronica Ward  
Depart at 10:30 am from : Queen's Mill Free Car Park  
PATRONS ONLY 15 cars - suggest car share. (Payment parking opposite) Castleford WF10 1JL. At end of walk - optional mill tour £3/tea rooms pre -book with Julie Lawn 0113 2869259

**THURSDAY 14th September : 3.7 miles 3 stiles 3 hills**  
**YEADON TARN TO RAWDON BILLING HILL CIRCULAR**

Leader : John Proberts : Assistant Leader : John Ward  
Depart at 10:30 am from: Tanfield car pk. From A658,A65 junction go N to traffic lights by Murgatroids f & chips .Turn L into Yeadon High St.in ½ mile pass White Swan pub and take second R into road leading to Tarn car park . LS19 7TA.

**FRIDAY 15th Sept**

**First Aid Refresher**

**1-3pm Miners Welfare Hall, Garforth 56 Main St. LS25 1AA**  
**Pre book with Julie Lawn see 11th Sept**

**MONDAY 18th September : 3.5 miles, 2 hills, 2 Stiles**  
**FARNLEY HALL PARK TO POST HILL CIRCULAR**

Leader :Henry Hamer : Assistant Leader : Ian McNichol  
Depart at 10:30 am from : Farnley Hall Park- 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. No Cricket Club LS12 5HA.

**THURSDAY 21st September : 4 miles, No hills no stiles**  
**METHLEY MILLENNIUM WALK**

Leader : Hilary Asoko : Assistant Leader : Bob Marshall  
Depart at 10:30 am from : Methley Cricket Club. Turn Left off A639 on bend opposite Boundary House pub in Methley LS26 9EE

**MONDAY 25th September : 4.5 miles 2 stiles - Linear Walk**  
**THORNER TO BRAMHAM \* Bring Bus pass for return bus. \***

Leader : Belinda Swift : Assistant Leader : Henry Hamer  
Depart at 10.30am from: Mexborough pub, Main St, Thorne LS14 3DX.

**THURSDAY 28th September 2 stiles 3.5 miles Easy walk**  
**KIRKDEIGHTON & HARLAND WAY**

Leader : John Martin : Assistant Leader : Sue Martin  
Depart at 10:30 am from:Kirkdeighton, Main St. can also park in Mark Lane. LS22 4DZ.

**MONDAY 2nd October 3.5 miles 5 stiles 2 hills**  
**BULLERTHORPE LANE & WOODLAND WALK**

Leader: John Proberts : Assistant Leader : Bob Marshall  
Depart at 10:30 am from :Temple Newsam Farm Cpk LS15 0AE, From Colton Park entrance after 2 brick lodges fork left down to car park.

**THURSDAY 5th October : 3.5 miles 2 stiles no hills**  
**GOLDEN ACRE & LINEHAM FARM**

Leader : John Martin : Assistant Leader : Sue Martin.  
Depart at 10.30 am from : Main Cpk ( Otley Road ). LS16 8BQ

**MONDAY 9th October : 4 miles easy walking No stiles or hills**  
**BOTTOM BOAT TO STANLEY FLASH**

Leader: Hilary Asoko : Assistant Leader : John Scott  
Depart at 10.30 am from : Bottom Boat Road off A642 (Aberford Road ) from M62 J30 Half a mile before Stanley WF3 4AR.

**THURSDAY 12th October 4 miles No hills 2 stiles**  
**BARDSEY, ROWLEY GRANGE & HETCHEL WOOD**

Leader :Belinda Swift :Assistant Leader : Bob Marshall  
Depart at 10: 30am from : New Inn Scarcroft, Wetherby Rd (A58) Park on road if not staying for refreshments LS14 3AT

**MONDAY 16th October 4 miles 2 slopes 1 stile**  
**HOLLINHURST WOOD & FLEAKINGLEY BECK**

Leader : Julie Lawn : Assistant leader : John Ward  
Depart at 10.30 am from : The Lines Cpk, off Station Rd, Great Preston / Kippax. On the left just before road bridge going towards Gt. Preston (½ mile past Leisure Centre ). LS25 7QH.

**THURSDAY 19th October : 3.5 Miles no stiles easy walk**  
**OLD KIRKSTALL NATURE RESERVE**

Leader : Henry Hamer : Assistant leader : Liz Bairstow  
Depart at 10.30 am from : Morrisons Supermarket off Kirkstall Rd ( A65/ B6157 ) at Bridge Road ( meet at Petrol Station end of car park - on exit road side). LS5 3HP.

**MONDAY 23rd October : 4 miles 1 stile 3 mod long hills**  
**CALVERLEY - WOODHALL HILLS**

Leader : Jenny Sowden: Assistant leader : John Scott.  
Depart at 10.30 am from : Salisbury St. top side of Victoria Park. Cont on main A657 towards Park, but BEFORE passing Calverley Methodist Church on L turn up Chapel St to Salisbury St, on street parking on R by Park entrance path. LS28 5PQ.

**THURSDAY 26th October : 4 Miles no stiles one hill**  
**THE CANAL TO NEWLAY BRIDGE & KIRKSTALL ABBEY**

Leader : Henry Hamer : Assistant leader : Liz Bairstow  
Depart at 10.30 am from : Morrisons Supermarket off Kirkstall Rd ( A65/ B6157 ) at Bridge Road ( meet at Petrol Station end of car park - on exit road side). LS5 3HP.

**MONDAY 30th October : 3.5 mile no stiles 1 medium hill**  
**FARNLEY HALL PARK & WORTLEY BALANCE RESERVOIR**

Leader : Henry Hamer : Assistant leader : Jenny Sowden  
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. No Cricket Club LS12 5HA.

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	0786 6786840
Liz Bairstow	0776 2123005	Jenny Sowden	0755 1191874

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**