



# Leeds Health Walks

## Jul / Aug 2018

In Association with Health for All

Visit our Website [www.lhwalks.wixsite.com/home](http://www.lhwalks.wixsite.com/home)

**MONDAY 2nd July** *Easy walking, no stiles 3.4 miles*  
**NEW CROFTON - SHARLSTON**

Leader : John Scott : Assistant Leader : John Ward  
Depart at 10:30 am from : Community Centre, Middle Lane (at the bend of Main St at old Slipper pub). New Crofton WF4 1LD

**THURSDAY 5th July :** *3 easy hills 9 stiles 4 miles*  
**ARDSLEY RESERVOIR CIRCULAR WALK**

Leader : Jenny Sowden : Assistant Leader : John Sowden  
Depart at 10:30 am from : Ardsley Reservoir -- at Country Baskets (Large brick factory), turn off Bradford Rd (A650) into Westerton Rd, after 1/2 mile left at Post Office turn into Haigh Moor Rd, entrance to Cpk is 1/4 mile on left. WF3 1EF.

**MONDAY 9th July :** *2 hills 4 miles 4 Stiles -close together*  
**THE BUFFERS to HALL TOWER HILL CIRCULAR**

Leader : Julie Lawn : Assistant Leader : John Scott  
Depart at 10:30am : Buffers, Rakehill Rd, Scholes. LS15 4AL  
**PREPAID LHW BBQ AFTER WALK - Julie 07866786840**

**THURSDAY 12th July :4.5 m .5 stiles, undulating -no bad hills**  
**THORNER CIRCULAR** via Fish ponds, Bayhorse Ln & Eltofts

Leader : Belinda Swift : Assistant Leader : Ian McNichol  
Depart at 10:30 am from : Mexborough Pub, park in Main Street, Thorne LS14 3DX. ( dont park in Pub )

**MONDAY 16th July :** *4.5 Miles 2 stiles 1 hill*  
**HORSFORTH CIRCULAR**

Leader: Jenny Sowden : Assistant Leader : John Sowden  
Depart at 10.30am from : Horsforth Hall Park, Hall Lane, LS18 5JE

**THURSDAY 19th July** *2 hills, 1 stiles 4.5 miles*  
**TONG Garden CENTRE to SCHOLEBROOK FARM CIRC**

Leader : Jenny Sowden : Assistant Leader : John Sowden  
Depart at 10:30 am : Tong Gdn. Centre, Tong Lane, BD4 0RY.  
Please park away from the Garden Centre shop entrance.

**MONDAY 23th July :** *3.8 mile 9 stiles 3 hills*  
**OAKWELL HALL TO DRIGLINGTON CIRCULAR**

Leader : John Proberts : Assistant Leader : Liz Bairstow  
Depart at 10:30am from : Cpk NEXT to Hall /visitor Centre. Take M621 West to just before it joins M62,take exit, go round first roundabout to go under motorway to second roundabout turn second left on to A650. Take first left into Birstal after one mile as road bends slightly left turn into Nova Lane – follow this round up hill to Hall – Cpk entrance on right WF17 9LG.

**THURSDAY 26th July** *One moderate hill, 2 stiles 3.5 miles*  
**FARNLEY & NEW FARNLEY CIRCULAR**

Leader : Henry Hamer : Assistant Leader : John Ward  
Depart 10:30 am: Farnley Hall Park LS12 5HA  
Optional Visit to Cricket Club after walk.

**MONDAY 30th July** *2 slight hills 3.6 miles 2 stiles*  
**HAIGH MOOR & DOGLOITCH WOOD CIRCULAR**

Leader : Hilary Asoko : Assistant leader : Bob Marshall  
Depart at 10.30 am from : Ardsley Reservoir car park, Haigh Moor Road. Turn off A650 into Westerton Road. After half mile, at Post Office, turn left into Haigh Moor Road, then 1/4 mile to car park on left. WF3 1EE

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 2nd August :** *2 steep hills 3miles 1 stile*  
**PUDSEY TONG BOUNDARY TRAIL**

Leader : Jenny Sowden : Assistant Leader : John Sowden  
Depart at 10.30am from : Fox & Grapes ( pub ) Smalewell Rd Pudsey. From Dawsons Corner ( Leeds Outer Ring Rd ), take Bradford Rd (A647) at next roundabout L on to B6154 in 1.5 miles right into Occupation Lane, bearing left near end and cross into Smalewell Rd. Do NOT park in pub Cpk . LS28 8HU

**MONDAY 6th August :** *Easy walking No stiles 3.6 miles*  
**DESIGNER OUTLET to CLIFFORD TOWER YORK**

Leader:John Scott : Asistant Leader : Henry Hamer  
Depart at 10.30 am from : York Designer Outlet (Mc Arthur Glenn) South Cpk **RED Zone** . Leave A64 onto A19 follow signs to “ Designer Outlet “, on entry keep to left hand lane for the South Entrance Car park.  
Bring concessionary bus pass for return YO19 4TA

**THURSDAY 9th August** *2 hills 2 stiles 3.9 miles*  
**RSPB FAIRBURN INGS TO LEDSHAM CIRCULAR**

Leader : Julie Lawn : Assistant Leader : John Ward  
Depart at 10: 30am from : RSPB Cpk, Newton Ln. (small parking fee, very limited free outside parking )WF10 2BH

**MONDAY 13th August** *long gradual hill short steps 3.5 miles*  
**TRAIN AWAY DAY – TO SKIPTON & SKIPTON CASTLE WOODS**

Leader : Henry Hamer : Assistant leader : John Scott  
Depart at 10.30 am from : Leeds City Station 10.17 am Arrive Skipton 11.09. Walk by Canal shortly up into Woods – hard paths no stiles. Lunch at Devonshire ( Wetherspoons) or various Cafes.Trains depart Skipton 14.17 or 14.47 on Old time table !!

**THURSDAY 16th August** *4.2 miles no stiles 2 hill*  
**SUGARWELL HILLS & WOODHOUSE RIDGE**

Leader : Hilary Asoko : Assistant leader : Liz Bairstow  
Depart at 10.30am from : Meanwood Park Car Park, Green Road. Pass the primary school, car park on left. If full, park carefully on Green Road. LS6 4LD

**MONDAY 20th August:** *3.8 Miles no stiles easy walking*  
**LEDSTON LUCK NATURE RESERVE & KIPPAX.**

Leader : John Proberts : Assistant leader : Ian McNichol  
Depart at 10.30 am from : Ledston Luck Cpk. Follow A63 towards Selby, at roundabout turn R to Castleford after 1/2 mile turn Left at Cafe and Enterprise Park sign and park. LS25 7BF.

**THURSDAY 23rd August** *3.5 miles 2 hills 2 stiles*  
**FARNLEY, NEW FARNLEY WOODS CIRCULAR**

Leader : Henry Hamer : Assistant leader: Bob Marshall  
Depart at 10.30 am from : Farnley Hall Park LS12 5HA.  
Optional Visit to Cricket Club after walk.

**MONDAY 27th August :** No Walk **AUGUST BANK HOLIDAY**

**THURSDAY 30th August** *Easy walking 4 miles 2 Stiles*  
**BARWICK IN ELMET CIRCULAR**

Leader : John Martin : Assistant Leader : Sue Martin  
Depart at 10:30am : New Inn, Main St. Long Lane, LS15 4JF.

For further information, contact:

Henry Hamer	0791 4394485	John Proberts	0754 4341227
Belinda Swift	0113 2892946		
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