



# Leeds Health Walks

Mar / Apr 2018

In Association with Health for All

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

**THURSDAY 1st March :** 4.5 Miles 3 stiles 1 hill  
**ELLERKER LANE SAW WOOD & OLD RAILWAY TRACK**  
Leader : Belinda Swift : Assistant Leader : Ian McNichol  
Depart at 10:30am from: Mexborough, ( Pub ) Main St, Thorner LS14 3DX.

**MONDAY 5th March :** 4.2 Miles 2 long slopes  
**HAWKS NEST WOOD , LILYPIT COTTAGE & THE ELMS**  
Leader : Julie Lawn : Assistant Leader : John Ward  
Depart at 10:30 am from : Barleyhill Recreation Ground. At Miller & Carter pub ( Old George A63 ) roundabout, take Wakefield Rd towards Aberford (A642) take 3rd right into Barleyhill Rd follow bend to left, ground is on left LS25 1DX.

**THURSDAY 8th March :** 3.5 Miles 2 hills 2 stiles  
**FARNLEY TO POST HILL CIRCULAR**  
Leader : Henry Hamer : Assistant Leader : Liz Bairstow  
Depart at 10:30am from: Farnley Hall Pk. From Leeds South Ring Rd (A610 ) at traffic lights ( Sainsbury's Local on L ) turn L into Tong Rd shortly at next lights L into Butt Ln, Cont up hill to T junction, turn R entrance is shortly on Left. Optional visit to Cricket Club after walk. LS12 5HA.

**MONDAY 12th March :** 3.5 Miles no stiles, no hills  
**CHURCH FENTON & BARKSTONE ASH CIRCULAR**  
Leader: Jenny Sowden : Assistant Leader : John Sowden  
Depart at 10:30am : Sandwath Ln, Church Fenton. Turn L off the Barkston Ash to Church Fenton rd just before crossing the railway bridge, don't park too far down lane. LS24 9QT.

**THURSDAY 15th March :** 4.4 miles, no stiles, 2 hills  
**NORTH FEATHERSTONE & PONTEFRAC T PARK**  
Leader: John Proberts : Assistant Leader : John Ward  
Depart at 10:30 am from : Junction 32 Village car park, from M62 leave at J 32 ( follow brown signs to Outlet Village ) Take right hand turn at next two roundabouts into Car Pk – follow road round edge to park near Harvester pub. WF10 4FR.

**MONDAY 19th March** 3.7 Miles no hills 1 stile  
**SHADWELL LANES CIRCULAR**  
Leader : John Martin : Assistant Leader : Sue Martin  
Depart at 10:30am : Red Lion, Shadwell – only park in pub Cpk if staying for refreshments otherwise Street parking. LS17 8HH.

**THURSDAY 22nd March** 3.5 miles one hill no stiles  
**BARDSEY & POMPOCALI**  
Leader : Jenny Sowden ; Assistant Leader : John Sowden  
Depart at 10:30am from : ONLY park in Bingley Arms if staying for refreshments, otherwise outside – park with care LS17 9DR.

**MONDAY 26th March :** 3.6 miles easy going no stiles or hills  
**HUNGATE LANE TO PINDERS GREEN CIRCULAR**  
Leader : John Scott : Assistant Leader : Bob Marshall  
Depart at 10.30am from : Hungate Ln. From M62 (J30) take A642 towards Wakefield, first left into Newmarket Ln then (new sign ) FIRST LEFT to Methley, pass under motorway Bridge, next left into Hungate Lane (B6135 ) LS26 9DN.

**THURSDAY 29th March :** 4 miles, 5 stiles, 3 hills  
**SICKLINGHALL TO WOODHALL CIRCULAR**  
Leader: Hilary Asoko : Assistant Leader : Ian McNichol  
Depart at 10:30am from : Scotts Arms, Sicklinghall LS22 4BD.

**MONDAY 2nd April :**  
**EASTER MONDAY BANK HOLIDAY** NO WALK

**THURSDAY 5th April :** 5 Miles 2 hills 6 stiles  
**COMPTON PONDS CIRCULAR.**  
Leader : John Proberts : Assistant Leader : Bob Marshall  
Depart at 10:30 am from : Linton Rd, Riverside Car Pk. Turn from A58 in Collingham towards Harewood (A659), shortly at Lady Hastings School sign turn right into Linton Rd in ½ mile turn right into car park., before Linton Bridge. LS22 5BS.

**MONDAY 9th April** 3.5 miles no stiles ( slight mud ? )  
**RODLEY RIVER & CANAL**  
Leader : John Martin : Assistant Leader : Sue Martin  
Depart at 10.30 am from : Calverley Bridge off (A6120 ) Ring Rd, called Broadway. Do NOT park in Private C Pks or pub LS13 1PY.

**THURSDAY 12th April :** 3.4 Miles 1 long hill 4 stiles  
**HAREWOOD & RIVER WHARFE**  
Leader : Hilary Asoko : Assistant Leader : Liz Bairstow  
Depart at 10:30am from : Village Hall, Church Lane, Park at Hall (honesty box) or on Harewood Avenue - avoid yellow lines. LS17 9LJ.

**MONDAY 16th April** 4.5 miles 2 hills no stiles  
**TEMPLE NEWSAM & COLTON**  
Leader : Jenny Sowden: Assistant Leader : John Sowden  
Depart at 10:30 am from: Childrens Play area / Farm car Pk. From Colton entrance, fork L after 2 brick Lodges LS15 0AE.

**THURSDAY 19th April :** 4.2 Miles 1 hill 4 stiles  
**BUFFERS pub SCHOLES TO PENDAS FIELDS**  
Leader : Julie Lawn : Assistant Leader : Ian McNichol.  
Depart at 10.30am from : Buffers Car Pk, From A64 York Rd turn R into Scholes Lane go over bridge, immediately L into Rakehill Rd- Pub is 1st drive on L Optional food LS15 4AL

**MONDAY 23rd April** 5 Miles 1 gentle hill & 1 steeper hill 1 stile  
**EAST KESWICK RIVER WHARFE & EBOR WAY**  
Leader : Belinda Swift : Assistant Leader : Bob Marshall  
Depart at 10:30am : Small car park at junction of Harewood Av & road down to East Keswick. LS17 9HG.

**THURSDAY 26th April** 3.5 miles 2 hills 2 stiles  
**NEW FARNLEY & NAN WHINS WOOD**  
Leader : Henry Hamer : Assistant Leader : John Ward  
Depart at 10:30am : Farnley Hall Park. From Leeds South Ring Rd (A610 ) at traffic lights ( Sainsbury's Local on L ) turn L into Tong Rd shortly at next lights L into Butt Ln, Cont up hill to T junction, turn R entrance is shortly on Left. Optional visit to Cricket Club after walk. LS12 5HA.

**MONDAY 30th April** 5 Miles no hills 1 stile  
**ALLERTON BYWATER – WOODEND CIRCULAR**  
Leader : John Scott : Assistant Leader : Liz Bairstow  
Depart at 10:30am : Boat Inn, Main St ( by river ). Main St is small road leading off at the junction of Leeds Rd / Station Rd not far from traffic lights on A656 . WF10 2BX.

For further information, contact:

Henry Hamer	0791 4394485	John Proberts	0754 4341227
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**