



Leeds Health Walks

Nov / Dec 2018

In Association with Health for All

Visit our Website www.lhwalks.wixsite.com/home

THURSDAY 1st Nov : 4.9 Miles 1 stile 1 long gradual hill
OULTON TO METHLEY CIRCULAR

Leader : John Proberts : Assistant Leader : Ian McNichol
Depart at 10:30am from: New Masons Arms – From Woodlesford follow Aberford Rd into Oulton, pass Shell Garage on Left take 2nd left into Aberford Rd. NOTE road here is one way park in bays on right. LS26 8JR

MONDAY 5th Nov : 4.2 Miles easy walking
St. AIDANS NATURE PK & ALLERTON BYWATER CIRC
Leader : Henry Hamer : Assistant Leader : John Ward
Depart at 10.30am from : Lines Car Pk. Station Rd 1/2 mile past Kippax Sports Centre, on left before bridge. LS25 7QH.

THURSDAY 8th Nov : 4.0 miles, 2 stiles, 2 hills
NEW FARNLEY & NAN WHINS WOOD CIRCULAR
Leader: Henry Hamer : Assistant Leader : John Ward
Depart at 10:30 am from : Farnley Hall Pk, from Leeds South Ring Rd. Turn L at Tong Rd lights (Sainsburys on L) v shortly L at next lights - R at top of hill Pk entrance on left.
Optional refreshments at Cricket Club after walk. LS12 5HA

MONDAY 12th Nov : 4.2 Miles no stiles, no hills
HUNGATE LANE TO BOTTOM BOAT CIRCULAR
Leader: John Scott : Assistant Leader : Marion Scott
Depart at 10:30am from: Hungate Lane-From M62 (J30) take A642 towards Wakefield , first Left into Newmarket Ln then (new sign) FIRST LEFT to Methley pass under Motorway Bridge then immediate left into Hungate Lane. LS26 9DN.

THURSDAY 15th Nov : 3.0 Miles 2 hills no stiles easy walk
LAWNS VILLAGE CIRCULAR
Leader :Jenny Sowden : Assistant Leader : John Sowden
Depart at 10:30am from:OUTSIDE Carr Gate Garden Center.
Refreshments / toilet at Garden Centre. WF2 0SY.

MONDAY 19th Nov 4.5 miles no hills 2 stile
NEWMILLER DAM & WOODS CIRCULAR
Leader : Jenny Sowden : Assistant Leader : Ian McNichol
Depart 10:30am : Pay&Display CPK at W end of Dam. WF2 6QQ

THURSDAY 22nd Nov 4.7 miles 3 slight hills 2 stiles
WETHERBY TO KIRKDEIGHTON CIRCULAR
Leader : Hilary Asoko ; Assistant Leader : Liz Bairstow
Depart at 10:30am from : Old Station Cpk off Linton Rd. From Wetherby at mini roundabout take first exit (LintonRd) in 200yds turn right at Station Gardens into Cpk. LS22 6YR.

MONDAY 26th Nov : 3.9 miles 8 stiles 3 hills
BARWICK IN ELMET TO SAW WOOD CIRCULAR
Leader : John Proberts : Assistant Leader : Bob Marshall
Depart at 10.30am from : Elmwood Ln.BEHIND the Gascoigne pub DO NOT PARK IN MAIN STREET LS15 4JQ.

THURSDAY 29th Nov : 4 miles, 2 stiles, Easy walking
KIRKDEIGHTON & HARLAND WAY CIRCULAR
Leader: John Martin: Assistant Leader : Sue Martin
Depart at 10:30am from :Kirkdeighton, Main St., can also park in Mark Lane . LS22 4DZ.

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 3rd Dec : 4.7 miles 1 long steady hill & no stiles
TONG & DRIFHLINGTON CIRCULAR

Leader : Jenny Sowden: Assistant Leader : John Scott
Depart at 10:30 am from: Tong Garden Centre (Please park away from shop entrance) BD4 0RY. Optional Cafe visit

THURSDAY 6th Dec : 4 Miles easy walking 4 stiles
LANGLANDS GARDEN CENTRE to BARWICK CIRC.
Leader : Julie Lawn : Assistant Leader : Bob Marshall
Depart at 10:30 am from : Langlands Garden Centre, Whinmoor, York Rd (A64) (Please park away from the main entrance) LS15 4NF . Optional Cafe visit after walk.

MONDAY 10th Dec : 3.8 Miles easy walking 1 stile
WATER HAIGH & ROTHWELL LOCKS CIRCULAR
Leader : John Scott : Assistant Leader : Marion Scott
Depart at 10.30 am from : Eshald Ln end. on Fleet Lane . In Oulton, half way down Village on Aberford Rd (A642) Turn down Fleet Ln, by wood seat near Lidl . LS26 9EU.

TUESDAY 11th Dec : BookingDetails available shortly
LEEDS HEALTH WALKS XMAS Lunch - Please prebook.

THURSDAY 13th Dec : 3.6 Miles 1 long medium hill 4 stiles
TROYDALE & PUDSEY BECK PATH New path
Leader : Henry Hamer: Assistant Leader : Liz Bairstow
Depart at 10:30am : Farnley Hall Pk, from Leeds South Ring Rd. Turn L at Tong Rd lights (Sainsburys on L) v shortly L at next lights - R at top of hill Pk entrance on left.
Optional refreshments at Cricket Club after walk. LS12 5HA

MONDAY 17th Dec : 4.2 miles 1 hill 2 stiles
ABERFORD TO HAYTON WOOD CIRCULAR
Leader : John Proberts: Assistant Leader : Bob Marshall
Depart at 10:30 am from: Cattle Ln. near end -just offAberford Main St. (Old Great North Rd A 1). Pk with care. LS25 3BH

THURSDAY 20th Dec : 4.5 Miles 1 hill no stiles mud ?
SPOFFORTH XMAS TREE WALK
Leader : John Martin: Assistant Leader : Sue Martin.
Depart at 10.30am from : On rd parking Spofforth Castle. On A661 from Wetherby don't turn R, but cont straight on (B road) through Village, the Castle is 500 yds on left . HG3 1BQ

MONDAY 24th Dec - NO WALK

THURSDAY 27th Dec 4.5 miles 4 hills 3 stiles
NEW FARNLEY TO SPRINGFIELD PK, MORLEY CIRC.
Leader : Jenny Sowden : Assistant Leader : John Sowden
Depart at 10:30am from: Lawns Lane New Farnley. Park at Whitehall Rd end. LS12 5DF
Optional refreshments at Cricket Club after walk.

MONDAY 31st Dec 4.4 miles 2 hills no stiles, some steps.
OAKWOOD WOODS & GINNELS
Leader : Hilary Asoko : Assistant Leader : John Ward
Depart at 10:30am from: Lakeside Cafe, Roundhay Park. LS8 2JL

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