



Leeds Health Walks

Sep / Oct 2018

In Association with Health for All

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

MONDAY 3rd Sept : *Easy walk 4.9 miles No Stiles.*
QUEENS MILL (CASTLEFORD) TO MILLENIUM VILLAGE
 Leader : Julie Lawn : Assistant Leader : Bob Marshall
 Depart at 10:30 am from : Parking at Queens Mill otherwise pay parking opposite. Pre book with Julie on 07866 786840 for optional food/Tour after walk (Tour £3) WF10 1JL.

THURSDAY 6th Sept: *3.5 miles no stiles, 2 hills.*
A STROLL IN ROUNDHAY PARK & MONET GARDENS
 Leader : Pauline Ryan : Assistant Leader : Henry Hamer
 Depart at 10.30am : Main Cpk (Old tram poles). LS8 2EP.

MONDAY 10th Sept : *3.5 miles, 2 stiles, 1 slight hill*
GOLDEN ACRE TO LINEHAM FARM CIRCULAR
 Leader : John Martin : Assistant Leader : Sue Martin
 Depart at 10.30am from : Main Cpk (Otley Road). LS16 8BQ.

THURSDAY 13th Sept : *5.2 miles no stiles 2 hills*
HEATH TO WOODHOUSE MOOR
 Leader : John Proberts : Assistant Leader : John Ward
 Depart at 10:30 am from : Kirkthorpe Lane, Heath Village car park WF1 5SL .

MONDAY 17th Sept : *3.5 miles, easy going 1 hill, No Stiles*
CROOKED BILLET & SAXTON CIRCULAR
 Leader : John Scott : Assistant Leader : Liz Bairstow
 Depart at 10:30am from : The Crooked Billet (pub), Wakefield Road, Saxton, Nr. Tadcaster, LS24 9QN.

THURSDAY 20th Sept : *3.5 miles, 2 hills 2 stiles*
FARNLEY HALL PARK TO POST HILL CIRCULAR
 Leader : Henry Hamer : Assistant Leader : Bob Marshall
 Depart at 10:30am from : Farnley Hall Park LS12 5HA.
 Optional visit to Cricket Club after walk for refreshments.

MONDAY 24th Sept : *4.75 miles 1 stile No hills*
CHURCH FENTON BOUNDARY WALK
 Leader : Jenny Sowden : Assistant Leader : John Sowden
 Depart at 10.30am : Sandwath Ln, Left off Barkston Ash road on railway br. just before crossing it to Church Fenton LS24 9QT.

THURSDAY 27th Sept *2 stiles 4.5 miles Linear easy walk*
THORNER TO BRAMHAM * Bring Bus pass for return bus. *
 Leader : Belinda Swift : Assistant Leader : John Ward
 Depart at 10.30am : Mexborough, Main St, Thorne LS14 3DX.

MONDAY 1st October *4 miles 1 stile 3/4 hills*
CALVERLEY – WOODHALL HILLS
 Leader : Jenny Sowden: Assistant leader : John Sowden
 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 Victoria street on right. LS28 5PQ.

THURSDAY 4th October : *2 hills 3.5 miles 4 stiles*
FARNLEY HALL PARK & UPPER MOORSIDE CIRC
 Leader : Henry Hamer : Assistant Leader : Ian McNichol
 Depart at 10.30am from : Farnley Hall Pk LS12 5HA.
 Optional visit to Cricket Club after walk for refreshments.

MONDAY 8th October : *4.9 miles 4 slight hills No stiles*
SICKLINGHALL CIRCULAR VIA FOXHEADS
 Leader : Hilary Asoko : Assistant leader : John Scott
 Depart at 10.30 am from : Scotts Arms car park, Main Street, Sicklinghall. LS22 4BD.

THURSDAY 11th October *2 stiles 4.6 miles 1 medium hill*
ECCUP RESERVOIR CIRCULAR
 Leader : Jenny Sowden : Assistant Leader : John Sowden
 Depart at 10: 30am from : Lakeland Drive, right off Alwoodley Lane just before The Drive. 1 mile up from A61 LS17 7PJ.

MONDAY 15th October *4.5 miles mod hill at end 1 stile*
TEMPLE NEWSAM TO SKELTON LAKE CIRCULAR
 Leader: John Scott: Assistant Leader : Bob Marshall
 Depart at 10.30 am from : lower Farm/ Play Area Cpk. From Colton entrance rd. at 2 brick gatehouses fork left LS15 0AE

THURSDAY 18th October : *4 Miles 7 stiles 1 hill*
PUDSEY BECK & TONG VILLAGE CIRCULAR
 Leader : Jenny Sowden : Assistant leader : John Sowden
 Depart at 10.30 am from : On Ring Rd turn off left at Sainsburys to Tong Road. Park on Roker lane on right half mile past The Beulah LS28 9LE.

MONDAY 22nd October : *3.6 miles No stiles 2 hills*
MEANWOOD LEEDS 'AGINCOURT TREE' WALK
 Leader : Hilary Asoko : Assistant leader : Jenny Sowden
 Depart at 10.30 am from : Alderton Bank, (off Ring Road) opposite Homebase Car park entrance Moor Allerton Centre LS17 5NY.

THURSDAY 25th October : *3.5 miles no stiles 3 big hills*
HORSFORTH WOODSIDE, CRAG HILL & CLAYTON WOODS
 Leader : John Proberts : Assistant Leader : John Ward
 Depart at 10:30 am from : Low Lane . On Leeds Outer Ring Rd (A6120) driving west from West Park (roundabout) carry on to bottom of hill, under railway bridge , at next roundabout R with Miller & Carter (pub) on right. On street parking past zebra crossing LS18 4DD.

MONDAY 29th October : *4.3 mile no stiles metal steps bridge*
STANLEY FERRY TO HALF MOON LAKE
 Leader : Julie Lawn : Assistant leader : Bob Marshall
 Depart at 10.30 am from : Field car park , off Ferry Lane just after large metal bridge with Traffic Lights, turn sharp right back into field WF3 4JR.

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

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