



# Leeds Health Walks

## Jan / Feb 2018

In Association with Health for All

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

**MONDAY 1st January : NEW YEAR BANK HOLIDAY**  
**No Walk**

**THURSDAY 4th Jan 3.0 miles 3 long slopes no stiles**  
**STUTTON CIRCULAR**

Leader : John Scott : Assistant Leader : John Proberts  
Depart at 10:30am from : Hare & Hounds, Manor Road,  
Stutton, Tadcaster , LS24 9BR.

**MONDAY 8th Jan 3.5 miles easy walking no stiles 1 slight hill**  
**BOSTON SPA CIRCULAR WALK**

Leader : Liz Bairstow : Assistant Leader : John Scott  
Depart at 10:30 from : Deepdale Community Centre free Cpk,  
Left off High St(A659) ¼ mile from Boston Spa LS23 6EW

**THURSDAY 11th Jan: 3.5 miles , one hill no stiles**  
**KIRKSTAL CANAL & BRAMLEY FALL WOODS**

Leader : John Martin : Assistant Leader : Sue Martin  
Depart at 10.30am from : Morrisons Supermarket off Kirkstall  
Rd (A65 / B6157 at Bridge Rd ( meet at petrol station end of car  
park on exit road side ) LS5 3RP

**MONDAY 15th Jan : 3.7 miles easy walking, no stiles 1 hill**  
**SAINT AIDAN'S NATURE RESERVE**

Leader : John Proberts : Assistant Leader : Belinda Swift  
Depart at 10:30am from : OUTSIDE the RSPB site (in Lay by)  
before the entrance, In Swillington turn down Astley Lane for 3  
miles to reach the entrance on R. near the "Dragline" LS26  
8AL

**THURSDAY 18th Jan: 3.4 miles, 0 stiles, long hill some steps**  
**LEEDS UNIVERSITY PUBLIC ARTS TRAIL**

Leader : Hilary Asoko : Assistant Leader : Liz Bairstow  
Depart at 10:30am from : The Leeds Art Gallery, The Headrow,  
LS1 3AA

**MONDAY 22nd Jan : 4.5 miles, 5 stiles ( close together )**  
**BARLEYHILL BARNBOW COMMON & BARROWBY Lane**

Leader : Julie Lawn : Assistant Leader : Bob Marshall  
Depart at 10:30am from : Barleyhill Rec. At Miller &  
Carter pub ( Old George A63 ) take Wakefield Rd  
towards Aberford ( A642 ) take 3rd right into Barleyhill  
Road, follow bend to left, ground is on left. LS25 1DX.

**THURSDAY 25th Jan 4 miles, 0 stile, 3 slight hills. No mud**  
**GILDERSOME & MOORSIDE CIRCULAR.**

Leader : Henry Hamer: Assistant Leader : John Ward  
Depart at 10:30am from : Farnley Hall Park . From Leeds  
South Ring Rd ( A6110 ) at traffic lights ( Sainsbury's Local on  
left) turn left into Tong Rd .shortly L at next traffic lights into  
Butt Lane, cont up hill, at T junction turn R, park entrance on  
left LS12 5HA . Option to buy refreshments at Cricket Club.

**MONDAY 29th Jan : 3.8 miles no stiles 1 mod long hill**  
**RODLEY & HORSFORTH CIRCULAR**

Leader : Jenny Sowden : Assistant Leader : Ian McNichol  
Depart at 10:30am from : Canal side Calverley Bridge. LS13 1NY  
Please do not park in the pub and other private car parks.

**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 1st Feb 4.2 miles 2 stiles 2hills**  
**ABERFORD TO HAYTON WOOD CIRCULAR**

Leader: John Proberts : Assistant Leader : Bob Marshall  
Depart at 10:30am from : Cattle Lane ( at Great North Road end ) on  
main road from Barwick( then called Aberford Rd ) LS25 3BH

**MONDAY 5th Feb 4.6 miles 3 moderate hills , no stiles, mud?**  
**HAREWOOD ROUND**

Leader : John Martin : Assistant Leader : Sue Martin  
Depart at 10:30am : Opp Harewood Arms, park in Church Ln  
(pay)or Harewood Av ( avoid yellow lines) LS17 9LH

**THURSDAY 8th Feb 3.5 miles 0 stiles 2 long slight hills No Mud**  
**LOWER WORTLEY & NEW FARNLEY CIRCULAR**

Leader : Henry Hamer: Assistant Leader : John Ward  
Depart at 10.30 from : Farnley Hall Park From Leeds South  
Ring Rd ( A6110 ) at traffic lights ( Sainsbury's Local on left)  
turn left into Tong Rd .shortly L at next traffic lights into Butt  
Lane, cont up hill, at T junction turn R, park entrance on left  
LS12 5HA . Option to buy refreshments at Cricket Club.

**MONDAY 12th Feb : 5 miles no stiles , couple of inclines**  
**SAXTON & TOWTON BATTLE FIELDS CIRCULAR**

Leader: Liz Bairstow: Assistant Leader : Jenny Sowden  
Depart at 10.30am from : Saxton Church LS24 9QF

**THURSDAY 15th Feb : 4.3 miles no hills or stiles, few steps**  
**LEEDS EAST FLOOD DEFENCE WALK**

Leader : Hilary Asoko : Assistant Leader : Ian McNichol  
Depart at 10.30am from : Thwaite Mill car park, Thwaite Lane,  
Stourton. (Off A639, 1/2 mile from J7, M621) LS10 1RP.

**MONDAY 19th Feb : 4 miles 2 hills , no stiles, clean walk**  
**CANAL SIDE TO ARMLEY PARK & ON TO GOTTS PARK**

Leader : Henry Hamer : Assistant Leader : John Scott  
Depart at 10:30am : Morrisons, Kirkstall. Rd (A65 / B6157 at  
Bridge Rd ( meet at petrol station end of car park on exit road  
side ) LS5 3RP

**THURSDAY 22nd Feb : 4.5 miles, 1 mod long hill no stiles**  
**TONG GARDEN CENTRE & SCHOLEBROOK FARM CIRC**

Leader : Jenny Sowden : Assistant leader : John Proberts  
Depart at 10.30 am from ; Tong Garden Centre. Please park  
away from front entrance, use the back Cpk BD4 0RY.  
Can purchase optional snacks after walk.

**MONDAY 26th Feb 5.5 miles no stiles or hills easy walk**  
**THE HARLAND & EBOR WAY**

Leader : John Scott : Assistant leader : Bob Marshall  
Depart at 10.30 am from ; Thorpe Arch Retail Park, Walton Nr.  
Wetherby ( Meet at Benson's for Beds ) LS23 7FE.

*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