



Leeds Health Walks

May / Jun 2018

In Association with Health for All

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

THURSDAY 3rd May : 4.5 miles no stiles 1 hill easy walking
FERRYBRIDGE BYRAM SUTTON AND RIVER AIRE.
Leader: John Proberts: Assistant leader: John Ward
Depart 10.30 from : River bridge at Ferrybridge. Travelling south on old A1 from Leeds direction turn left into Ferrybridge turn left on B6136 go under old A1 turn first right into carpark. From M62 J 33 turn first left from roundabout on to old A1 going North turn left at sign for Ferrybridge cross B6136 turn right to park. WF11 8NG.

MONDAY 7th May
EARLY MAY BANK HOLIDAY NO WALK

THURSDAY 10th May : 5 miles 2 stiles, 2 hills .
WOOD HALL BR. Sicklinghall House & Padock Lane
Leader : Belinda Swift :Assistant Leader : John Proberts
Depart at 10:30 am : Harewood Ave A659 car pk at junction with Crabtree Lane (leading to East Keswick) . LS17 9HG.

MONDAY 14th May : 4 miles, 1 stile, 2 hills
TEMPLENEWSAM & BELL WOOD
Leader :John Scott : Assistant Leader : John Ward
Depart at 10:30 am from : Lower Farm/ Play area cpk. From Colton entrance Rd after 2 brick gatehouses fork left LS15 0AE.

THURSDAY 17th May : 4.3 miles, 0 Stiles, some slight hills
ADEL WOODS, SEVEN ARCHES & SLABBERING BABY SPRING
Leader : Hilary Asoko : Assistant Leader : Ian McNichol
Depart at 10:30 am from: Corner of Alderton Bank, opposite to Homebase car park, Moor Allerton Centre LS17 5NY.

MONDAY 21st May : 4.75 miles, 1 hill, 1 Stile
WHITE ROSE & SPRINGFIELD PARK MORLEY CIRCULAR
Leader :Jenny Sowden :Assistant Leader : John Sowden
Depart at 10:30am from : Meet at Bus Station end of White Rose Shopping Centre- optional cafe at end of walk LS11 8LU.

THURSDAY 24th May : 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, Hall Lane Farnley, LS12 5HA.
Optional visit to Cricket Club for refreshments after walk.

MONDAY 28th May
BANK HOLIDAY NO WALK

THURSDAY 31st May 1 stile 4 miles 2 Slopes & Wood Steps
HOLLINGHURST WOOD & FLEAKINGLEY BECK
Leader : Julie Lawn : Assistant Leader : Liz Bairstow
Depart at 10:30 am from: Lines Car Park, off Station Rd. On left just before old road bridge (½ mile past Kippax Leisure Centre) going towards Great Preston . LS25 7QH.

MONDAY 4 June : 4.1 miles No stiles 1 hill
OTLEY, GALLOWS HILL & RIVER WHARFE
Leader : Hilary Asoko : Assistant Leader : John Scott
Depart at 10:30 am from: Gallow Hill nature reserve Cpk. From Pool on A659 , just after Stephen Smiths Garden Centre turn R into Mill Way. Bear right into Gallows Hill for Cpk. LS21 1HL

THURSDAY 7th June : 3 miles No stiles 4 hills Wooden steps
LARAIN MCNICHOL WALK KIPPAX
Leader: Julie Lawn : Assistant Leader : Ian McNichol
Depart at 10.30 am from : Leisure Centre, Station Rd. Kippax.
We will spend time in the Wild Flower Meadow to share our memories of Laraine and celebrate her life. LS25 7LQ.

MONDAY 11th June : 1 slight hill 2 stiles 4 miles
COLLINGHAM TO WETHERBY CIRCULAR
Leader :John Martin :Assistant Leader : Sue Martin
Depart at 10: 30am from : Linton Road car park just before Linton Bridge.- from Leeds to Collingham rd turn on to A659 Harewood Road, shortly turn into Linton Road (by Lady Hastings School) Parking is 1 mile on right. LS22 6SD.

THURSDAY 14th June: 3 miles No stiles, 3 long slopes
STUTTON CIRCULAR (Note 11.00 am starting time)
Leader : John Scott :Assistant Leader : John Proberts
Depart at 11.00 am from : Hare & Hounds, Manor Road, Stutton, Nr Tadcaster. LS24 9BR.

MONDAY 18th June 4 miles No stiles 1 hill
CALVERLEY BRIDGE & CRAGG WOOD
Leader : Jenny Sowden : Assistant leader : John Sowden
Depart at 10.30 am from : Canal side at Calverly Bridge. Off Leeds Ring Rd , don't park in private / pub car parks. LS13 1NY.

THURSDAY 21st June : 3.5 Miles 2 stiles 2 hills
NEW FARNLEY & WOODS
Leader : Henry Hamer : Assistant leader : Liz Bairstow
Depart at 10.30 am from : Farnley Hall Park, Hall Lane, Farnley, LS12 5HA
Optional visit to Cricket Club for refreshments after walk.

MONDAY 25th June : 1 hill, no stiles 4 miles
STANLEY MARSH AND THE CANAL
Leader: John Proberts :Assistant Leader: John Scott
Depart 10:30 from car park on Lime Pit Lane take A643 towards Wakefield to Stanley turn right into Lime Pit Lane look out for car park on left Before café. WF3 4DF

THURSDAY 28th June : 4 Miles no stiles one hill
BARDSEY, ROWLEY GRANGE & HETCHELL WOOD CIRC
Leader : Belinda Swift : Assistant leader : Bob Marshall
Depart at 10.30 am from : New Inn Scarcroft, park outside in lane if not frequenting inn later. LS14 3AT.

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

For further information, contact:

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