



# Leeds Health Walks

Jan / Feb 2019

In Association with Health for All

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

**THURSDAY 3rd Jan :** 3.6 miles 1 stile No hills  
**MONK FRYSTON & HILLAM**

Leader : John Proberts : Assistant Leader : Liz Bairstow  
Depart at 10:30 am from: Common Lane. Follow A63 ( or on A1 to J42 ) towards Selby until Monk Fryston, follow houses on left then a wall to Hotel sign, then take next Left in to Common Lane, park on left. LS25 5ER.

**MONDAY 7th Jan** 4.25 miles 1 hill no stiles  
**KIRKSTALL CANAL & BRAMLEY FALL WOODS CIRCULAR**

Leader: John Martin : Assistant Leader : Sue Martin  
Depart at 10.30 am from : Morrisons Car Park , Kirkstall (petrol station end). Off Bridge Rd (B6157) LS5 3RP.

**THURSDAY 10th Jan:** 4.5 miles 1 stile, 2 hills  
**LINDALE HILL CIRCULAR.**

Leader : Jenny Sowden : Assistant Leader : John Sowden  
Depart 10:30 am : Wrenthorpe Pk, Wrenthorpe Rd WF2 0HR.

**MONDAY 14th Jan : 3.3 miles no stiles, slight hills some steps**  
**LEEDS HISTORY OF MEDICINE TRAIL.**

Leader : Hilary Asoko : Assistant Leader : John Proberts  
Depart 10:30 am : from Black Prince statue City Sq LS1 1PJ.

**THURSDAY 17th Jan :** 4.75 miles, 2 Stiles, 2 hills  
**HEADLEY Ln., OGGLETHORPE Ln. & HEYGATE LANE CIRC**

Leader : Belinda Swift : Assistant Leader : Ian McNichol  
Depart at 10:30 am from: near Bramham Post office. Main Street. On far side of road . Street parking. LS23 6RD.

**MONDAY 21st Jan :** 4.5 miles, 0 hills 5 Stiles ( close together )  
**BARLEYHILL, BARNBOW COMMON & BARROWBY IANE, CIRC.**

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

**THURSDAY 24th Jan :** 4 miles, 1 slight hill no stiles  
**METHLEY MILLENNIUM WALK ( CIRCULAR )**

Leader: Hilary Asoko : Assistant Leader : John Ward  
Depart at 10:30am from : Methley Cricket Club, Left off A639 on bend opposite Boundary House pub in Methley LS26 9EE.

**MONDAY 28th Jan** 5.9 miles no stiles or hills easy walk.  
**THE HARLAND WAY & EBOR WAY CIRCULAR**

Leader : John Scott : Assistant Leader : Marion Scott  
Depart at 10:30 am from: Thorpe Arch Retail Pk. Walton near Wetherby ( Meet at Bensons for Beds ) LS23 7FE.

**THURSDAY 31st Jan** 3.5 miles, 3 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 for refreshments after walk.

**MONDAY 4th Feb :** 3.5 miles No stiles 2 hills  
**SANDAL CASTLE & PUGNEYS WATER PARK**

Leader : Jenny Sowden : Assistant Leader : John Sowden  
Depart at 10:30 am from: Pugneys ( £ 2.50 for 4 hrs ) Leave M1 (J39) take A636 towards Wakefield at 2nd roundabout take 3rd exit for car park. Option of food after walk in cafe WF2 7BN.

**THURSDAY 7th Feb :** 4.2 miles 1 stile 2 hills  
**BARDSEY WALK SPEAR FIR & GATEON HOUSE**

Leader: Belinda Swift : Assistant Leader : Ian McNichol  
Depart 10.30 am : Bingley Arms, Church Lane Bardsey LS17 9DR. Option of food in pub after walk.

**MONDAY 11th Feb :** 3.8 miles 2 hills 1 stile  
**PUDSEY TO TYERSAL CIRCULAR**

Leader : John Proberts : Assistant Leader : Bob Marshall  
Depart at 10: 30am from : Fox & Grapes, Smalewell Rd. From Main Bradford Rd (A647) turn Left at first roundabout on to B6154 towards Pudsey in 1 mile turn right down Alexander Rd. cont almost straight on to Smalewell Rd – do not park in pub Car pk. Option of food after walk in pub ? LS28 8HU.

**THURSDAY 14th Feb:** 4 miles 2 stiles, 3 hills  
**HORSFORTH HALL PK TO BUBBLING WELL CIRC**

Leader : Jenny Sowden : Assistant Leader : John Sowden  
Depart 10.30 am : From A6120 turn up Fink Hill then left on to Hall Lane. Use second car park opposite Hunger Hills Avenue. (2nd left) Pk car pk, Hall Lane, Horsforth LS18 5JE

**MONDAY 18th Feb** 3.6 miles no stiles or hills easy walk.  
**HUNGATE LANE TO PINDERS GREEN CIRCULAR**

Leader : John Scott : Assistant Leader : Marion Scott  
Depart at 10:30 am from: Hungate Lane. From the M62 (J30) take A642 towards Wakefield, first left into Newmarket Ln then ( new sign ) FIRST LEFT to Methley, pass under motorway bridge, immediately left into Hungate Lane LS26 9DN.

**THURSDAY 21st Feb :** 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, LS12 5HA  
Optional visit to Cricket Club for refreshments after walk.

**MONDAY 25th Feb :** 4.6 miles no stiles 3 mod long hills  
**HAREWOOD ROUND**

Leader : John Martin: Assistant leader : Sue Martin.  
Depart at 10.30 am from : Opposite Harewood Arms Limited parking in Church Lane and Harewood Avenue . LS17 9LH.

**THURSDAY 28th Feb :** 4 Miles no stiles no hills  
**BOTTOM BOAT TO STANLEY FLASH CIRCULAR**

Leader : Hilary Asoko : Assistant leader : John Ward  
Depart at 10.30 am : Bottom Boat Road, turn off A642 ( the Aberford Rd.) on Left half a mile before Stanley. WF3 4AR.

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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