



Leeds Health Walks

May / Jun 2019

In Association with Health for All

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

THURSDAY 2nd May : 4.7 Miles 2 hills, 3 stiles

HAREWOOD - HOLLIN HALL

Leader : Jenny Sowden : Assistant Leader : John Sowden
Depart at 10:30am from : Wike Lane End roadside Car Park.
Just off the main (A61) Leeds to Harrogate Road, one mile south before Harewood Village LS17 9NG.

MONDAY 6th May

BANK HOLIDAY NO WALK

THURSDAY 9th May: 5.2 Miles 2 hills 4 stiles

THORNER - MANGRILL LANE, KENNELS LANE

Leader: Belinda Swift : Assistant Leader : John Proberts
Depart at 10.30am from : Mexborough (Pub) Main St,
Thorner. LS14 3DX.

MONDAY 13th May : 3.5 miles 2 hills 3 stiles

WEETON & ROUGEMONT CARR

Leader : Hilary Asoko : Assistant leader : Bob Marshall
Depart at 10.30 am from : St Barnabas Church Cpk, Gallowgate Lane.
From A61 follow Weeton Lane through Village and turn left at sign for Church LS17 0AU.

THURSDAY 16th May : 4.5 miles flat but undulates!

NOTE Departs 09.30am Pre paid Ticket only

BEVERLEY AWAY DAY

Leader: John Scott : Assistant Leader: Marion Scott
Depart from: Garforth Working Mens Club Barley Hill Road,
Garforth LS25 1AU

MONDAY 20th May : 3.75 miles, 5 stiles, 2 hills 1 steep

HUNGAR HILLS & AIRPORT

Leader : John Proberts : Assistant Leader : Bob Marshall.
Depart at 10:30 am from : Horsforth Hall Pk. From Outer Ring Rd, (A6120) turn at traffic lights (by Toby Carvery pub) into Fink Hill, first left into Hall Lane in 400yds at black GAZI'S restaurant sign, go L to bottom of road into Car Pk LS18 5JY

THURSDAY 23rd May : 4 miles 2 Slopes & Wood Steps 1 stile

HOLLINHURST WOOD & FLEAKINGLEY BECK

Leader : Julie Lawn : Assistant leader : John Ward
Depart at 10.30 am from : The Lines Cpk, off Station Rd, Great Preston / Kippax. On the left just before road bridge going towards Gt. Preston (½ mile past Leisure Centre). LS25 7QH.

MONDAY 27th May

BANK HOLIDAY NO WALK

THURSDAY 30th May : 4 Miles 3 hills, 2 stiles

MIDDLETON WOODS

Leader : Jenny Sowden : Assistant Leader : John Sowden
Depart at 10:30am from : Middleton Park LS10 3SH.

MONDAY 3rd June : 4 miles, 1 stile, 2 hills

TEMPLENEWSAM & BELL WOOD

Leader : John Scott : Assistant Leader : Marion Scott
Depart at 10:30 am from : Lower Farm/ Play area cpk. From Colton entrance Rd after 2 brick gatehouses fork left LS15 0AE.

THURSDAY 6th June : 3 miles No stiles 4 hills Wooden steps
KIPPAX CIRCULAR

Leader: Julie Lawn : Assistant Leader : Ian McNichol
Depart at 10.30 am from : Leisure Centre, Station Rd. Kippax. LS25 7LQ.

MONDAY 10th June : 4.1 miles 1 stile no hills

GOLDEN ACRE PARK TO COOKRIDGE CIRCULAR

Leader : Hilary Asoko : Assistant Leader : John Ward
Depart at 10.30 a.m. Golden Acre main car park, Otley Road (A660) LS16 8BQ

THURSDAY 13th June: 3.5 miles 3 stiles 1 slight hill

TROYDALE - PUDSEY BECK

Leader : Henry Hamer : Assistant Leader : Bob Marshall
Depart at 10.30am from : Farnley Hall Pk LS12 5HA.
Optional visit to Cricket Club after walk for refreshments

MONDAY 17th June 4.5 miles 1 stile No hills

CHURCH FENTON - AIRFIELD

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 20th June : 3.5 miles flat walking

SPOFFORTH CASTLE TO SICKLINGHALL CIRCULAR

Leader: John Martin : Assistant Leader : Sue Martin
Depart at 10:30 am from : The Castle (on street parking) do not turn right on A661, but continue straight on the B road, into the Village, Castle 500 yds on left. HG3 1AR.

MONDAY 24th June : 4.2 miles 1 slight hill, 3 stiles

ABERFORD TO HAZELWOOD CASTLE CIRCULAR

Leader : John Proberts : Assistant Leader : John Ward
Depart at 10:30 am from : Aberford Black Horse Farm Take A64 to reach roundabout above AIM go round to 5th exit Aberford go down to 30 mph sign take next left under AIM turn Left then park on left on hill LS25 3AU.

THURSDAY 27th June : 4.8 miles 1 stile 1 steep slope

CLIFFORD, BOSTON SPA & RIVER WHARFE WALK

Leader : Belinda Swift : Assistant Leader : John Proberts
Depart at 10.30am from : St Lukes Clifford Cpk at bend on Bramham road south out of Village (flat top tower) LS23 6SL

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