



# Leeds Health Walks

## Sep / Oct 2019

In Association with Health for All

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

**MONDAY 2nd Sept :** 3.8 miles, 2 slopes, no Stiles  
**SPRINGS RETAIL PARK - GARFORTH CIRCULAR**  
Leader : John Scott : Assistant Leader : Marion Scott  
Depart at 10:30am from : Springs Retail Pk { Thorpe Pk } main  
Cpk at NORTH entrance end near TK Maxx. From South entrance  
pass Next and cont to other end of Cpk/ LS15 8GB.

**THURSDAY 5th Sept:** 4 miles, 2 stiles, 2 hills  
**YEADON TARN TO RAWDON BILLING HILL CIRCULAR**  
Leader : John Proberts: Assistant Leader : Ian McNichol  
Depart at 10:30 am from : Tarn Public Cpk in Cemetery Rd.  
From main A658 / A65 turn North to traffic lights at Murgatroids  
F & Chips, L cont to Cemetery Rd roundabout go round it now  
facing way you came and turn L into Cemetery Rd in about 1 mile  
turn R into Cpk LS19 7UR,

**MONDAY 9th Sept :** 4.5 miles, 8 stiles, 2 slopes  
**SOUTH BARWICK CIRCULAR**  
Leader : John Martin : Assistant Leader : Sue Martin  
Depart at 10:30 am from : New Inn Barwick, LS15 4JF

**THURSDAY 12th Sept :** 4 stiles 3.5 miles, 2 hills  
**FARNLEY & NEW FARNLEY**  
Leader : Henry Hamer : Assistant Leader : John Ward  
Depart at 10:30 am from : Farnley Hall Pk., LS12 5 HA.  
Optional visit for refreshments to Cricket Club after walk.

**MONDAY 16th Sept :** 4.5 miles 1 Stile several short hills  
**WHITE ROSE TO CHURWELL WOODS CIRCULAR**  
Leader : Jenny Sowden: Assistant Leader : John Sowden  
Depart at 10:30am from : White Rose Pk 3 LS11 8LU

**THURSDAY 19th Sept:** 4.1 miles 1 hill 0 stiles  
**OTLEY, GALLOWS HILL & RIVER WHARFE**  
Leader : Hilary Asoko : Assistant Leader : Bob Marshall  
Depart at 10:30 am from : From Gallows Hill Nature Reserve.  
From Pool on A659, just after Stephen Smiths Garden Centre  
turn Right into Mill Way, bear Right into Cpk. LS21 1HL

**MONDAY 23rd Sept:** 4.9 Miles, no stiles, flat walk  
**QUEENS MILL TO MILLENIUM VILLAGE**  
Leader: Julie Lawn : Assistant Leader : Liz Bairstow  
Depart at 10.30am from : Queens Mill free carpark. Castleford  
WF10 1JL At end of walk, optional lunch. (Mill tour £3). Pre  
book both with Julie 07866 786840

**THURSDAY 26th Sept :** 3.6 miles 2 steep hills, 1 stile  
**PUDSEY TONG BOUNDARY TRAIL**  
Leader : Jenny Sowden: Assistant Leader : Bob Marshall  
Depart at 10:30 am from : Smalewell Road, Pudsey. LS28 8HU.  
Near the Fox and Grapes Pub.

**MONDAY 30th Sept** 3.6 miles 3 hills, no stiles  
**MEANWOOD WOODS & MANSIONS CIRCULAR**  
Leader : Hilary Asoko : Assistant Leader : John Ward  
Depart at 10:30 am from : The Myrtle Tavern car park,  
Parkside Road, Meanwood, LS6 4NE

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 3rd October** Easy going 7 stiles 1 slope , 4 miles  
**GOLDEN ACRE TO LINEHAM FARM CIRCULAR**  
Leader : John Martin : Assistant Leader : Sue Martin  
Depart at 10.30am from : Otley Road Main pk. LS16 8BQ

**MONDAY 7th October:** 4.25 miles no stiles, 1 steady slope 1 hill  
**ROTHWELL COUNTRY PARK SUMIT & WOODLESFORD CANAL**  
Leader: Julie Lawn: Assistant Leader : Ian McNichol  
Depart at 10.30 am from : Bullough Lane near John O'Gaunts  
overhead traffic lights on A638.  
Can park on Styebank Lane. LS26 0JE

**THURSDAY 10th October :** 4 miles 2 stiles, 1 short hill.  
**BARDSEY ROWLEY GRANGE & HETCHELL WOOD**  
Leader : Belinda Swift : Assistant Leader : John Ward  
Depart at 10: 30am from : New Inn, Scarcroft, park outside if  
not visiting for a meal /drink after walk.

**MONDAY 14th October :** 4.5 miles 1 hill at end, 1 stile  
**TEMPLE NEWSAM TO SKELTON LAKE CIRCULAR**  
Leader : John Scott : Assistant Leader : Marion Scott  
Depart at 10.30am from : Lower Farm / Play Area Cpk.  
On Colton entrance Rd turn L at 2 brick gatehouses LS15 OAE

**THURSDAY 17th October:** 3.5 miles 4 stiles 2 hills  
**NEW FARNLEY WOODS CIRCULAR**  
Leader : Henry Hamer: Assistant leader ; Ian McNichol  
Depart at 10.30 am from : Farnley Hall Park, Optional  
refreshments at Cricket Club after Walk LS12 5HA.

**MONDAY 21st October :** 3.5 Miles one hill, 2 stiles  
**HORSFORTH CIRCULAR**  
Leader : Jenny Sowden : Assistant leader : John Sowden  
Depart at 10.30am from : Horsforth Hall , Pk or on Hall Lane  
itself. Cafes in Town Street, at end no cafe in Park. LS18 5LZ .

**THURSDAY 24th October :** 3.6 Miles 3 stiles 2 hills  
**HAIGH MOOR VIA DOGLOITCH WOOD**  
Leader : Hilary Asoko : Assistant leader ; Ian McNichol  
Depart at 10.30 am from : Ardsley Reservoir, Haigh Moor Rd.  
At Country Baskets turn down Westerton Rd at post office L  
into Haigh Moor Rd, then in ¼ mile left into car park WF3 1EE.

**MONDAY 28th October :** 4 Miles 2 gentle hills 1 stile  
**MICKLEFIELD & LEDSTON LODGE CIRCULAR**  
Leader : John Proberts : Assistant leader ; John Scott  
Depart at 10.30 am from : Pit Lane , If travelling from North go  
through Micklefield on Great North Rd. pass under railway Br  
turn R into Pit Lane, park on right when fpath starts. LS25 4DX.

**THURSDAY 31st October :** 3.5 miles 2 hills no Stiles  
**ROUNDHAY PARK LAKE & GORGE CIRC**  
Leader : Henry Hamer : Assistant Leader : John Ward  
Depart at 10.30am from : Princes Av. Main car pk. LS8 2EP

For further information, contact:

Henry Hamer	0791 4394485	John Proberts	0754 4341227
Belinda Swift	0113 2892946	Ian McNichol	0794 1985725
John Martin	0770 3568619	Julie Lawn	0786 6786840
Hilary Asoko	0791 0671675	Jenny Sowden	0755 1191874
John Scott	0113 2863656		
Liz Bairstow	0776 2123005		