



Leeds Health Walks

Mar / Apr 2019

In Association with Health for All

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

MONDAY 4th Mar 3.5 miles no stiles or hills
SHADWELL LANES
Leader : John Martin : Assistant Leader : Sue Martin
Depart at 10.30 from : Red Lion, Shadwell, Walkers not staying for a drink or meal after walk **MUST** park on street LS17 8HH..

THURSDAY 7th Mar: 4.6 miles No Hills no Stiles
SITE of GASCOIGNE MINE .
Leader : John Proberts :Assistant Leader : Bob Marshall
Depart 10:30 am :from New Lennerton Lane. From Sherburn in Elmet take Cawood road follow road past 2 roundabouts and past industrial buildings on the right to open fields (Sherburn Air field) take next right signed Gascoigne interchange on to New Lennerton Lane turn left at junction to pass farm and park on concrete apron on left. LS25 6JE..

MONDAY 11th Mar : 4 miles Flat no stiles
ABERFORD - LOTHERTON.
Leader : John Scott :Assistant Leader : Marion Scott
Depart 10:30 am : Great North road next to the Old Alms Houses, Aberford. LS25 3DF On street parking, in mark bay.

THURSDAY 14th Mar : 3.5 miles One moderate hill, 2 stiles
FARNLEY & NEW FARNLEY CIRCULAR
Leader : Henry Hamer : Assistant Leader : Bob Marshall
Depart 10:30 am: Farnley Hall Park LS12 5HA
Optional Visit to Cricket Club after walk.

MONDAY 18 Mar : 3.7 miles, 2 hills 1 Stile
TONG Garden CENTRE to RYECROFT
Leader : Jenny Sowden : Assistant Leader : John Sowden
Depart at 10:30 am : Tong Gdn. Centre, Tong Lane, BD4 0RY.
Please park away from the Garden Centre shop entrance.

THURSDAY 21st Mar : 4.9 miles, 0 stiles, 1 hill
WETHERBY CIRCULAR VIA FLINT MILL
Leader:Hilary Asoko :Assistant Leader : John Ward
Depart at 10:30am from : Old Station Car Park, Linton Road. Leaving Wetherby on A661, at mini-roundabout take first exit into Linton Road. After 200yds, at Station Gardens, turn right into car park. LS22 6YR.

MONDAY 25th Mar: 4.5 miles. No stiles, metal step bridge twice.
STANLEY FERRY AND ASHFIELDS
Leader : Julie Lawn : Assistant Leader : John Scott
Depart at 10:30 am from:Woody's Wood Yard field, canal side. From Ferry Lane cont' to bridge (with traffic lights) cross, then sharp R turn onto road in field. WF3 4JR but continue over bridge with lights.

THURSDAY 28th Mar 4.5 miles, 3 hills 2 stiles
TEMPLENEWSAM COLTON AND MANSION
Leader :Jenny Sowden :Assistant Leader : John Sowden
Depart at 10:30am from : lower Farm/ Play Area Cpk. From Colton entrance rd. at 2 brick gatehouses fork left LS15 0AE.

MONDAY 1st Apr : 4 miles No stiles no hills
ABERFORD FLYLINE
Leader : Jenny Sowden : Assistant Leader : Ian McNichol
Depart at 10:30 am 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 4th Apr : 3.5 miles no stiles (slight mud ?)
RODLEY RIVER & CANAL
Leader : John Martin : Assistant Leader : Sue Martin
Depart at 10.30 am from : Calverley Bridge off (A6120) Ring Rd, called Broadway. Do NOT park in Private Car Parks or pub LS13 1PY.

MONDAY 8th Apr : 3.6 miles Flat no hills
HEATH TO GOOSE HILL
Leader :John Scott :Assistant Leader : Marion Scott
Depart at 10: 30am from : Heath Commom car park Kirkthorpe Lane, Turn off A655 to Heath Village WF1 5SL

THURSDAY 11th Apr: 3.5 miles 2 hills 2 stiles
FARNLEY, NEW FARNLEY WOODS CIRCULAR
Leader : Henry Hamer : Assistant leader: John Proberts
Depart at 10.30 am from : Farnley Hall Park LS12 5HA.
Optional Visit to Cricket Club after walk.

MONDAY 15th Apr 4.2 miles 1 stile 2 hills
BRECKS FARM AND COLTON
Leader: John Proberts : Assistant Leader : John Ward
Depart 10.30 am : From Barleyhill Rec. At Miller & Carter pub was old george) on A63 take Wakefield road (A642) towards Aberford, take 3rd right into Barleyhill Road follow bend to left. Parking ground on left. LS25 1DX

THURSDAY 18th Apr : 3.5 Miles 2 stiles 2 hills
BUFFERS SCHOLES TO BARWICK
Leader : Julie Lawn : Assistant leader : John Scott
Depart at 10.30 am from : Buffers Car Park. From A64 York Road, turn R into Scholes Lane, go over bridge, immediately Left into Rakehill Road. Pub is 1st drive on Left. Optional food. LS15 4AL

MONDAY 22nd Apr Bank Holiday NO WALK

THURSDAY 25th Apr : 4.4 miles, 0 stiles, 2 hills
KIRKSTALL ARMLEY WOODS AND WATER.
Leader : Jenny Sowden: Assistant leader : John Sowden
Depart at 10.30 am : Morrisons Car Park , Kirkstall (petrol station end). Off Bridge Rd (B6157) LS5 3RP.

MONDAY 29th Apr : 4.3 miles, 0 stiles, 3 hills
GREAT AND LITTLE PRESTON CIRCULAR
Leader : Hilary Asoko: Assistant leader : Bob Marshall.
Depart at 10.30 am : from Lines car park, Station Road. Half a mile past Kippax Sports centre, on the left before the bridge. LS25 7QH.

For further information, contact:			
Henry Hamer	0791 4394485	John Proberts	0754 4341227
Belinda Swift	0113 2892946		
Pauline Ryan	0784 2008324	John Martin	0770 3568619
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John Scott	0113 2863656	Julie Lawn	0786 6786840
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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