Leeds Health Walks

Jan / Feb 2016

In Association with Health for All

Visit our Website www.lhwalks.wix.com/front-page

MONDAY 4th Jan ***Easy walking no stiles***
SHADWELL LANES & FIELDS
Leader : John Martin : Assistant Leader :Sue Martin
Depart at 10:30am from:Red Lion, Main St Shadwell LS17 8HH

THURSDAY 7th Jan ***Long slight hill no stiles***
ROUNDHAY PARK THE GORGE & LAKES
Leader : Pauline Ryan : Assistant Leader : John Ward
Depart at 10:30am from : The Main public car park, just off Princes Avenue (old tram poles) LS8 2EP.

MONDAY 11th Jan ***Easy walking***
LATCHMIRE PASTURE, LEDSTON & NEWTON INGS.
Leader : Kevin O'Connor : Assistant Leader : John Scott
Depart at 10:30am from : The Boat (pub) Turn off Leeds Road into Main St. Allerton Bywater WF10 2BX

THURSDAY 14th Jan **one stile one hill**
ABERFORD, BECCA BANKS & PARLINGTON CIRCULAR
Leader : Harry Bratley : Assistant Leader : Ian McNichol
Depart at 10:30am from :Corner of Main St. & Cattle Lane, Aberford LS25 3AA – Cattle Ln. is road to Barwick in Elmet Please don't park on Cock Beck Bridge

MONDAY 18th Jan ***4.4 miles, 1 hill, no stiles, some steps***
ROUNDHAY WOODS & GINNELS.
Leader:Hilary Asoko : Assistant Leader :Veronica Ward
Depart at 10:30am from :Lakeside Cafe, Roundhay Park, At lake end of Park Avenue from Oakwood LS8 2JL

THURSDAY 21st Jan **no stiles 2 moderate hills**
PERMISSIVE PATH, LEEDS COUNTRY WAY via STANK CIRC.
Leader:Henry Hamer : Assistant Leader : Laraine McNichol
Depart at 10:30am from : Bus Shelter opposite Harewood Arms. Park at Village Hall (honesty box) or Harewood Ave LS17 9LH

MONDAY 25th Jan ***easy walking no stiles***
BARWICK IN ELMET TO SCHOLES CIRCULAR
Leader : Kevin O'Connor : Assistant Leader : John Scott
Depart 10.30am from : Pub / shops Main St. Courtesy please don't park in front of shops- use road behind shops LS15 4JQ

THURSDAY 28th Jan - **no stiles one mild hill**
FARNLEY HALL PARK & FARNLEY RESERVOIR
Leader : Henry Hamer : Assistant Leader : John Ward
Depart at 10:30am from : Farnley Hall - from Leeds South Ring Rd (A6110) at traffic lights (Sainsbury's Local on left) turn left into Tong Rd (B6154) at next lights turn Left into Butt Lane, cont up hill to T junction turn right Park entrance is on left. LS12 5HA (After the walk option to purchase refreshments at Cricket Club)

MONDAY 1st Feb : ***Easy Walking 4.2 Miles one stile***
HUNGATE TO BOTTOM BOAT CIRCULAR
Leader : John Scott : Assistant Leader : Laraine McNichol
Depart at 10.30 from : Hungate Lane at the side of M62. From M62 (J 30) take A642 towards Wakefield, take first left into Newmarket lane in one mile turn left after passing under the motorway bridge into Hungate lane B6135 - LS26 9DN.

THURSDAY 4th Feb **2 hills and no stiles**
MEANWOOD VALLEY & HOLLIES
Leader: Henry Hamer : Assistant Leader : John Ward
Depart at 10.30am from : Corner Alderton Bank. Opposite Homebase CP entrance, Moor Allerton LS17 5NY

MONDAY 8th Feb ***Easy Walking some steps***
BILLY WOOD & KIPPAX COMMON CIRCULAR
Leader :Ian McNichol : Assistant Leader : Laraine McNichol
Depart at 10.30 from : Kippax Leisure Centre, Station Rd LS25 7LQ

THURSDAY 11th Feb **Two Moderate hills no stiles.**
EAST KESWICK, EBOR WAY & PADOCK HOUSE LANE
Leader : Belinda Swift ; Assistant Leader : Henry Hamer
Depart at 10.30 from : Small car park at junction of East Keswick Rd with Harewood Av (A659) LS17 9HG

MONDAY 15th Feb ***4.4 miles no stiles & 2 hills***
WOODHOUSE RIDGE & SUGARWELL HILL
Leader : Hilary Asoko: Assistant Leader : John Ward
Depart at 10.30 from : Meanwood Park Car Park, Green Road. Continue past Meanwood C of E Primary School to car park on left, or park on Green Road. LS6 4LD

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THURSDAY 18th Feb ***no stiles or big hills***
ROTHWELL HAIGH & JOHN O'GAUNTS
Leader : Harry Bratley: Assistant Leader : Ian McNichol.
Depart at 10.30 from Car park opposite Trinity Church, Church St., Rothwell LS26 0QL

MONDAY 22nd Feb ***one stile easy walking***
NEWMILLER DAM & CHAPELTHORPE.CIRCULAR
Leader:Kevin O'Connor : Assistant Leader : John Scott
Depart at 10:30am from :Pay & Display car park at far side of dam (some parking at start of dam ?)From 2nd roundabout on A636 right (Asdale Rd) bypass Pugneys, pass Asda on left ,at lights right into Barnsley Road Cp ¾ miles A61 WF2 6QQ

THURSDAY 25th Feb **Easy walking slight hill**
KIRKSTALL CANAL & WOODS
Leader : John Martin : Assistant Leader :Sue Martin
Depart at 10:30am from:Morrisons (petrol station end) LS5 3RP

MONDAY 29th Feb - ***Easy walking but medium hill at end***
TEMPLE NEWSAM PARK CIRCULAR
Leader: Pauline Ryan :Assistant Leader :Veronica Ward
Depart at :10.30am from : Farm / Play Area Cp -From Colton entrance 2 brick gatehouses fork left down to car park LS15 0AE

For further information, contact:

Henry Hamer	*0113 268 4905 or 0786 1734840*
Harry Bratley	*0113 286 8073 or 0781 7722338*
Kevin O'Connor	*0113 368 9856 or 0790 3047140*
Belinda Swift	*0113 2892946 or 0775 4882518*
Pauline Ryan	*0113 2888592 or 0754 8748854*
John Martin	*0113 2931904 or 0770 3568619*
Hilary Asoko	*0113 2931655 or 0791 0671675*
John Scott	*0113 2863656*

All walks will be easy-going & approx 3.5 to 4 miles in length (Unless Stated). Some 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