

# Leeds Health Walks

## MAR / APR 2020

In Association with Health for All

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

**MONDAY 2nd March:** 2 hills 4 stiles 4.4 miles  
**TEMPLE NEWSAM & SWILLINGTON**

Leader : John Proberts: Assistant Leader : Ian McNichol  
Depart at 10:30 am from: Temple Newsam Farm car park from Whitkirk entrance, fork left after 2 brick Lodges to Childrens Play area car Park. LS15 0AE.

**THURSDAY 5th March:** 1 gentle & 1 steeper hill 1 stile 5 Miles  
**EAST KESWICK RIVER WHARFE & EBOR WAY**

Leader : Belinda Swift : Assistant Leader : John Ward  
Depart at 10:30am : Small car park at junction of Harewood Av & Crabtree Lane road down to East Keswick. LS17 9HG.

**MONDAY 9th March** No stiles 3 hills 4.5 miles  
**CALVERLEY BRIDGE & RAWDON CARRS**

Leader : Jenny Sowden : Assistant leader : John Sowden  
Depart at 10.30 am from : Canal side at Calverley Bridge. Off Leeds Ring Rd , don't park in private / pub car parks. LS13 1NF

**THURSDAY 12th March:** 1 hill 4 stiles 3.5 miles  
**FARNLEY, NEW FARNLEY WOODS CIRCULAR**

Leader : Henry Hamer : Assistant leader: Bob Marshall  
Depart at 10.30 am from : Farnley Hall Park LS12 5HA.  
Optional Visit to Cricket Club after walk.

**MONDAY 16th March:** 2 slopes 4 stiles 4.2 Miles  
**GARFORTH NORTH.**

Leader : Julie Lawn : Assistant Leader : John Ward  
Depart at 10:30 am from : Bottom of Barrowby lane, Garforth where road becomes a footpath. Park on right avoiding driveways LS25 1NG

**THURSDAY 19th March;** no stiles or hills 3.5 miles  
**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..

**MONDAY 23rd March** 2 hills no stiles, some steps 4.8 miles .  
**OAKWOOD WOODS & GINNELS**

Leader : Hilary Asoko : Assistant Leader : John Scott  
Depart at 10:30am from: Lakeside Cafe, Roundhay Park.  
LS8 2JL

**THURSDAY 26th March :** No stiles 1 hill 4.5 miles  
**ABERFORD FLYLINE**

Leader : Jenny Sowden : Assistant Leader : John Sowden  
Depart at 10:30 am from: Car park opposite Monkey Maize on Ninelands Lane, Garforth, LS25 1NT.

**MONDAY 30th March :** 1 hill 4 stiles 4.5 Miles  
**SCHOLES TO BARNBOW**

Leader : John Proberts : Assistant Leader : Ian McNichol.  
Depart at 10.30am from : Buffers Car Pk, From A64 York Rd turn R into Scholes Lane go over bridge, immediately L into Rakehill Rd- Pub is 1st drive on Left Optional food LS15 4AL

**Some walks may include off-road walking & involve the use of stiles. Please wear suitable footwear & bring waterproof protection (raincoat or Umbrella).**

**THURSDAY 2nd April** no stiles 3 hills 3.6 miles  
**OAKWELL HALL**

Leader : Jenny Sowden: Assistant Leader : John Proberts  
Depart at 10:30am from : Countryside Centre, Oakwell Hall Country Park- Continue along Nutter Lane PAST the Hall entrance to the Country Park Car Park on the right. WF17 9LG.

**MONDAY 6th April :** 1 Hill 3 stiles 3.9 Miles  
**BARROWBY LANE TO SITE of BARNBOW HALL**

Leader : Julie Lawn : Assistant Leader : John Scott  
Depart at 10:30 am from : Bottom of Barrowby lane, Garforth where road becomes a footpath. Park on right avoiding driveways LS25 1NG

**THURSDAY 9th April :** no stiles 3.5 miles  
**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 1NF.

**MONDAY 13th April** BANK HOLIDAY NO WALK

**THURSDAY 16th April:** 2 hills no stiles 3.5 miles  
**FARNLEY - WORTLEY BALANCE RESERVOIR**

Leader : Henry Hamer : Assistant leader: Bob Marshall  
Depart at 10.30 am from : Farnley Hall Park LS12 5HA.  
Optional Visit to Cricket Club after walk.

**Monday 20th April ;** 1 slight hill no stiles 3.9 miles  
**METHLEY MILLENNIUM WALK**

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

**THURSDAY 23rd April :** 2 hills 6 stiles 5 Miles  
**COMPTON PONDS CIRCULAR.**

Leader : John Proberts : Assistant Leader : John Ward  
Depart at 10:30 am from : Linton Rd, Riverside Car Pk. Turn from A58 in Collingham towards Harewood (A659), shortly at Lady Hastings School sign turn right into Linton Rd in ½ mile turn right into car park., before Linton Bridge. LS22 5BS

**MONDAY 27th April :** Flat no hills 3.6 miles  
**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 30th April :** 2 hills no Stiles 3.5 miles  
**ROUNDHAY PARK**

Leader : Henry Hamer : Assistant Leader : Bob Marshall  
Depart at 10.30am from : Princes Ave. Tram Park 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	

**No need to book just turn up**

**Remember you walk at your own risk**