

Leeds Health Walks

December 2025 & January 2026

In Association with Health for All
Visit our Website www.lhwalks.wixsite.com/home

MONDAY 1st Dec 1 hill 1 stile 4.3 miles RIVERSIDE TO METHLEY ESTATE

Leader : Martin Towers: Assist Leader : John Ward
Depart from : Methley cricket club car park, on A639,
opposite Boundary House pub LS26 9EE

THURSDAY 4th Dec. 2 hills, 1 stile 3.8 miles SCARCROFT, THORNER LANE, BARDSEY

Leader : Belinda Swift : Assist Leader : Ian McNichol
Depart from: Syke Lane outside the Inn at Scarcroft,
LS14 3AT

MONDAY 8th Dec. 1 stile 2 hills (1 steep 1 long) 4 mls CALVERLEY & RAVENSCLIFF WOODS

Leader : Jenny Sowden: Assistant Leader : Keith Harrison
Depart from Victoria St, Calverley near park back entrance
LS28 5PQ

THURSDAY 11th Dec. 2 hills, 6 stiles, 5 miles THORNER, ELOR & BIRKBY

Leader: Wendy Miller: Assistant Leader : John Ward
Depart from the Fox Inn, 37, Main St, Thorne LS14 3DX

MONDAY 15th Dec. 1 hill 3 stiles 4.1 miles SPRINGS TO MANOR HOUSE

Leader: Julie Lawn: Assistant Leader: Vicky Manley
Depart from The Springs retail car park, North entrance,
near to TK Max LS15 8GB

THURSDAY 18th Dec. 1 small hill, 1 stile 3.8 miles METHLEY – TRANSPENNINE TRAIL

Leader : Ian McNichol : Assist Leader : John Ward
Depart from: Methley Cricket Club CP off A639 –
opposite Boundary House, Methley, LS26 9EE

MONDAY 22nd Dec. NO WALK TODAY

THURSDAY 25th Dec. CHRISTMAS DAY – NO WALK

MONDAY 29th Dec. 2 hills, 0 stiles, 4.6miles ROUNDHAY WOODS TO SHADWELL

Leader : Hilary Asoko : Assistant leader : John Ward
Depart from Roundhay Park Old Lido car park, Wetherby
Rd, (opp. Elmete Av.)LS8 2LE – Parking charges apply or
park on road.

THURSDAY 1st Jan. NEW YEARS DAY – NO WALK

MONDAY 5th Jan. 2 hills, 3 stile 3.6 miles TEMPLE NEWSAM & CHARCOAL WOODS

Leader: Julie Lawn: Assistant Leader : Vicky Manley
Depart from Temple Newsam Road car park, LS15 0AE

THURSDAY 8th Jan. 0 hills, 0 stiles 3.9 miles ALLERTON BYWATER

Leader: Ian McNichol : Assistant Leader : John Ward
Depart from St Mary the Less, Allerton Bywater. Park
@ Vicars Terrace or opposite on Main St but NOT on
Station Road. WF10 2DJ

MONDAY 12th Jan. 4 stiles, 1 hill 4.2 miles LOST INDUSTRIES OF OULTON & WOODLESFORD

Leader: Martin Towers : Asst Leader : Brian Scholefield
Depart from Rothwell Leisure Centre car park,
Wakefield Road, Oulton LS26 8EL

THURSDAY 15th Jan. 1 stile 2 hills 4 miles HAREWOOD, STANK, STUB HSE. PLANTATION

Leader : Belinda Swift : Assist Leader : John Ward
Depart from: Muddy Boots café, (honesty box) Church
Lane, Harewood LS17 9LJ

MONDAY 19th Jan. 2 hills, 0 stiles, 4. miles CALVERLEY BRIDGE, RODLEY & CRAGG WOOD

Leader : Jenny Sowden : Assist Leader : Keith Harrison
Depart from Calverley Bridge, park by the canal but not
in Railway Inn cp. LS13 1NR

THURSDAY 22nd Jan. 0 stiles, 1 long hill 3.4 mls, LEEDS UNIVERSITY ARTS TRAIL – some steps

Leader : Hilary Asoko: Assistant leader : Ian McNichol
Depart from Leeds Art Gallery steps, The Headrow, Leeds
LS1 3AA

MONDAY 26th Jan. 2 hills 4 stiles 4 miles HEATH, GOOSE HILL & KIRKTHORPE

Leader: Ian McNichol : Assistant Leader : John Ward
Depart from: Car park at Heath Common WF1 5SF

THURSDAY 29th Jan. 2 hills, 0 stiles 4 mls XMAS TREE WALK, SICKLINGHALL & SPOFFORTH

Leader : Wendy Miller : Asst. Leader : John ward
Depart from: Scotts Arms car park, Main St.,
Sicklinghall LS22 4BD

For further information, contact:

Martin Towers	0789 6004995	Wendy Miller	0790 5501145
Vicky Manley	07535980081	Jenny Sowden	07555 382056
Harry Bratley	07817722338		
Belinda Swift	0113 2892946	Ian McNichol	0794 1985725
Julie Lawn	0786 6786840	Hilary Asoko	0791 0671675

All walks start at 10.30 am, unless otherwise stated - No need to book just turn up
Remember you walk at your own risk