

Leeds Health Walks

October & November 2025

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

THURSDAY 2nd Oct. 1 long hill 5 stiles 4.8 miles
COLLINGHAM, COMPTON & WATTLE SYKE
 Leader: Belinda Swift: Assistant Leader: John Ward
 Depart from Beck Wood CP, Linton Rd, just before bridge over river LS22 5DR

MONDAY 6th Oct. 1 hill, 2 stiles 4.1 miles
SWILLINGTON HALL CIRCULAR.
 Leader : Martin Towers : Assist Leader : John Ward
 Depart from: Fleet Lane CP, over the canal at Lemonroyds Lock, opposite old Bayford Oil storage depot, LS26 8HF

THURSDAY 9th Oct. 0 stiles 1 hill 4 miles
LOWTHER LAKE CIRCULAR
 Leader : Harry Bratley: Assistant Leader : Ian McNichol
 Depart from Linesway CP, Station Rd/Berry Lane, Great Preston LS26 8AX

MONDAY 13th Oct. 0 stiles 0 hills 3.5 miles
STONEGATE CIRCULAR
 Leader: Ian McNichol: Assistant Leader: John Ward
 Depart from : Alderton Bank near Black Moor Road crossroads opposite Moor Allerton Homebase. Park on Alderton Bank LS17 5NY

THURSDAY 16th Oct. 3 hills 0 stiles 3.5 miles
MIDDLETON PARK
 Leader: Jenny Sowden: Assistant Leader: Keith Harrison
 Depart from Middleton Park CP, off Town St, Middleton LS10 3SH

MONDAY 20th Oct. 2 slopes, 0 stiles 2, 3, 4 or 5 miles
STANLEY FERRY
 Leader: Julie Lawn: Assistant Leader: Vicky Manley
 Depart from Stanley Ferry pub lower CP WF3 4LT – option of refreshments/meal after walk

THURSDAY 23rd Oct. 3 hills, 5 stiles, 5 miles
THORNER, SCARCROFT & BARDSEY
 Leader : Wendy Miller : Assistant leader : John Ward
 Depart from the The Fox pub CP, 37 Main St., Thorner LS14 3DX

MONDAY 27th Oct. 2 hills, 1 stile, 3.6 miles
BRECKS FARM & LITTLE PRESTON
 Leader : Vicky Manley : Assistant leader : Ian McNichol
 Depart from the lay-by next to Holiday Inn, Garforth LS25 1LH (more parking at the rear of hotel if lay-by full)

THURSDAY 30th Oct. 4 small hills, 0 stiles, 4.1 miles
ADEL WOODS TO ADEL CRAG VIA 7 ARCHES
 Leader : Hilary Asoko : Assistant leader : John Ward
 Depart from the corner of Alderton Bank, opposite old Homebase car park, Moor Allerton, LS17 5NY

MONDAY 3rd Nov. 1 stiles, 3 hills, 3.5 miles
PUDSEY TONG BOUNDARY
 Leader : Jenny Sowden: Assistant Leader : Keith Harrison
 Depart from : Smalewell Road, Pudsey, LS28 8HU

THURSDAY 6th Nov. 1 stile 2 hills 4.2 miles
BARDSEY, SPEAR FIR & GATEON HOUSE LANE
 Leader: Belinda Swift : Assistant Leader: Wendy Miller
 Depart from Bingley Arms CP, Church Lane, Bardsey LS17 9DR

MONDAY 10th Nov. 2 hills, 2 stiles 4.9 miles
LEDSHAM & FAIRBURN INGS
 Leader : Julie Lawn : Assist Leader : John Ward
 Depart from roadside outside Chequers Pub LS25 5LP (only park in pub CP if visiting pub for meal etc after walk)

THURSDAY 13th Nov 1 avoidable hill, 0 stiles 3.5 mls
LOWTHER LAKE CIRCULAR
 Leader: Ian McNichol: Assistant Leader: Keith Harrison
 Depart from Linesway CP, Station Rd/Berry Lane, Great Preston LS26 8AX

MONDAY 17th Nov. 1 longish hill 3 stiles 4.3 miles
SCARCROFT HALL CIRCULAR
 Leader: Martin Towers: Assistant Leader: John Ward
 Depart from outside Mexborough Arms, Main St., Thorner LS14 3DX

THURSDAY 20th Nov. 3 hills, 0 stiles 4.3 miles
ROTHWELL HAIGH CIRCULAR
 Leader : Hilary Asoko : Assist Leader : Brian Scholefield
 Depart from: Springhead CP, Oulton Lane, Rothwell, near café/tennis courts LS26 0EA

MONDAY 24th Nov. 3 stiles, 4 hills 4.5 mls,
LAWNS LANE TO SPRINGFIELD PARK
 Leader : Jenny Sowden: Assistant leader : Keith Harrison
 Depart from Lawns Lane, Whitehall Road end, LS12 5EZ

THURSDAY 27th Nov. 0 stiles 2 hills 4 miles
BOSTON SPA & THORPE ARCH
 Leader : Wendy Miller: Assistant leader : John Ward
 Depart from CP next to St Mary the Virgin Church, High St., Boston Spa LS23 6DR

For further information, contact:

Martin Towers 0789 6004995	Wendy Milller 0790 5501145
Vicky Manley 07535980081	Jenny Sowden 07555 382056
Harry Bratley 07817722338	
Belinda Swift 07754 882518	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