

# Leeds Health Walks

## August & September 2025

In Association with Health for All  
Visit our Website [www.lhwalks.wixsite.com/home](http://www.lhwalks.wixsite.com/home)

### **MONDAY 4<sup>th</sup> Aug. 1 hill 0 stiles 3 miles** **LAWNS VILLAGE**

Leader: Jenny Sowden: Assistant Leader: Keith Harrison  
Depart from Old Bradford Road, outside Carr Gate  
Garden Centre WF2 0SY  
Refreshments available in Garden Centre

### **THURSDAY 7<sup>th</sup> Aug. 2 short hills, 0 stiles 4 miles** **GREAT PRESTON TO ST AIDANS CIRC.**

Leader : Harry Bratley : Assist Leader : John Ward  
Depart from: Linesway CP, Station Rd/Berry Lane,  
Great Preston LS26 8AX

### **MONDAY 11<sup>th</sup> Aug. 0 stiles 2 hills 4.4 miles** **NORTH GARFORTH COUNTRYSIDE**

Leader : Julie Lawn: Assistant Leader : Vicky Manley  
Depart from top of Barrowby Lane, Garforth, LS25 1NG

### **THURSDAY 14<sup>th</sup> Aug. 2 hills, 6 stiles, 4.4 miles** **BRAMHOPE TO CALEY DEER PARK**

Leader: Hilary Asoko : Assistant Leader : John Ward  
Depart from Bramhope village public car park, Old Lane,  
LS16 9EG (opposite Old Forge Mews)

### **MONDAY 18<sup>th</sup> Aug. 1 hill 1 stile 4.3 miles** **ST AIDENS & THE LINES**

Leader: Martin Towers: Assistant Leader: Ian McNichol  
Depart from Linesway CP, Station Rd/Berry Lane, Great  
Preston LS26 8AX

### **THURSDAY 21<sup>st</sup> Aug. 3 hills 2 stiles 4 miles** **FARNLEY HALL & POST HILL**

Leader: Jenny Sowden: Assistant Leader: Keith Harrison  
Depart from Farnley Hall CP or Hall Lane LS12 5HA  
Refreshments available at New Farnley Cricket Club

### **MONDAY 25<sup>th</sup> Aug.** **BANK HOLIDAY – NO WALK**

### **THURSDAY 28<sup>th</sup> Aug. 3 hills, 0 stiles, 4.3 miles** **GREAT & LITTLE PRESTON**

Leader : Ian McNichol : Assistant leader : John Ward  
Depart from the Linesway car park, Station Rd/Berry Lane,  
Great Preston LS26 8AX

### **MONDAY 1<sup>st</sup> Sept. 0 stiles, 1 hill, 3.6 miles** **WOODLESFORD CANAL & SKELTON LAKE**

Leader : Julie Lawn: Assistant Leader : Vicky Manley  
Depart from : junction of First Ave. and Temple Ave, John  
O'Gaunts LS26 0JX – (option of refreshments at Skelton  
Lake Services half way)

### **THURSDAY 4<sup>th</sup> Sept. 0 stiles 1 hills 4 miles** **KILLINGBECK FIELDS & PRIMROSE VALLEY**

Leader: Ian McNichol : Assistant Leader: Keith Harrison  
Depart from Asda Killingbeck, off York Road. Park ar East  
Corner, away from main shop. LS14 6UF

### **MONDAY 8<sup>th</sup> Sept. 2 hills, 0 stiles 3.9 miles** **GARFORTH & KIPPAX**

Leader : Ian McNichol : Assist Leader : John Ward  
Depart from Garforth Garden Centre, Garforth cliff,  
LS25 2AQ – park near Winfields (now closed)

### **THURSDAY 11<sup>th</sup> Sept. 0 stiles, 0 hills 3.8 miles** **LOFTHOUSE COLLIERY NATURE PARK**

Leader: Hilary Asoko : Assistant Leader : John Ward  
Depart from Old Bradford Road, outside Carr Gate  
Garden Centre WF2 0SY

### **MONDAY 15<sup>th</sup> Sept. 1 hill 0 stiles 4 miles** **GOLDEN ACRE TO COOKRIDGE**

Leader: Jenny Sowden: Assistant Leader: Keith Harrison  
Depart from Golden Acre Park CP on Otley Road, LS16  
8BQ – Parking charges apply, blue badge holders free,  
refreshments in cafe

### **THURSDAY 18<sup>th</sup> Sept. 4 hills, 1 stile 3.5 miles** **SAXTON CIRCULAR**

Leader : Vicky Manley : Assist Leader : John Ward  
Depart from: Crooked Billet car park on the B1217.  
LS24 9QN

### **MONDAY 22<sup>nd</sup> Sept. 3 stiles, 2 hills 5 mls,** **JUBILEE BRIDGE, KENNELS LANE**

Leader : Belinda Swift: Assistant leader : Ian McNichol  
Depart from Main Street, Thorner, outside Mexborough  
pub LS14 3DX

### **THURSDAY 25<sup>th</sup> Sept. 2 stiles 2 hills 4 miles** **NEW FARNLEY TO WOOD END**

Leader : Jenny Sowden: Assistant leader : John Ward  
Depart from Lawns Lane, off Whitehall Rd LS12 5DD  
Refreshments available at New Farnley Cricket Club

### **MONDAY 29<sup>th</sup> Sept. 0 hills, 0 stiles 4.3 miles** **THWAITE WATERMILL TO LEEDS DOCK**

Leader : Wendy Miller : Ass. Leader : John Ward  
Depart from: car park at Thwaite Mills, Thwaite Lane,  
LS10 1RP

*For further information, contact:*

Martin Towers 0789 6004995	Wendy Miller 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**