

# Leeds Health Walks

February & March 2026

In Association with Health for All

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

**MONDAY 2<sup>nd</sup> Feb. 0 stiles 2 hills 4 mls**

## **ARMLEY PARKS & CANAL**

Leader : Jenny Sowden: Assistant Leader : Keith Harrison  
Depart from Gotts Park Mansion House car park, Armley  
Ridge Rd. LS12 2QX

**THURSDAY 5<sup>th</sup> Feb. 1 steep hill, 1 stile 4.8 miles**

## **CLIFFORD, BOSTON SPA & RIVER WHARFE**

Leader : Belinda Swift : Assist Leader : John Ward  
Depart from: car park at St Lukes church, Nunnery  
Way, off Bramham Road, LS23 6SL

**MONDAY 9<sup>th</sup> Feb. 3 hills 0 stiles 3.8 miles**

## **ROTHWELL COUNTRY PARK & WOODLESFORD CANAL**

Leader : Julie Lawn: Assist Leader : Vicky Manley  
Depart from lowest car park on Bullough Lane, Rothwell  
LS26 0JY – Julie's pop-up café after walk, weather  
permitting.

**THURSDAY 12<sup>th</sup> Feb. 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 16<sup>th</sup> Feb. 2 hills 3 stiles 4 miles**

## **SPRINGHEAD PARK TO CARLTON CIRCULAR**

Leader: Martin Towers: Assistant Leader: Ian McNichol  
Depart from Springhead Park CP, Oulton Lane, Rothwell  
LS26 0DY (free car park, but that may change)

**THURSDAY 19<sup>th</sup> Feb. 1 hill, 0 stiles 4.1 miles**

## **OTLEY, GALLOWS HILL & RIVER WHARFE**

Leader : Hilary Asoko : Assist Leader : John Ward  
Depart from: Gallows Hill Nature Reserve on A659  
from Pool, just after garden centre on left, turn right into  
Mill Way, then bear right to car park. LS21 1HL

**MONDAY 23<sup>rd</sup> Feb. 0 hills, 1 small stile 4.2miles**

## **RANGERS WALK**

Leader : Ian McNichol : Assist Leader : John Ward  
Depart from : narrow road (with 'NO HGV' sign)  
opposite Bengal Cottage takeaway on Great North  
Road, Micklefield LS25 4EH

**THURSDAY 26<sup>th</sup> Feb. 2 hills, 1 stile 4 miles**

## **ELTOFTS, MILK CHURN CAFÉ, SCARCROFT**

Leader: Belinda Swift : Assistant Leader : John Ward  
Depart from the Mexborough Arms car park, Main St.,  
Thorner LS14 3DX.

**MONDAY 2<sup>nd</sup> Mar. 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 5<sup>th</sup> Mar. 2 hills, 1 stile 3.5 miles**

## **EAST KESWICK, RIVER WHARFE, EBOR WAY**

Leader: Belinda Swift : Assistant Leader : John Ward  
Depart from car park at junction of Crabtree Lane &  
Harewood Ave. LS17 9HG

**MONDAY 9<sup>th</sup> Mar. 1 hill, 3 stiles some steps 4 mls**

## **WETHERBY, COLLINGHAM, LINTON**

Leader : Ian McNichol : Ass. Leader : Brian Scholefield  
Depart from: car park at Wetherby Leisure Centre,  
Lodge Lane. From South, turn left (off Boston Rd) just  
before bridge into Wetherby LS22 5FN

**THURSDAY 12<sup>th</sup> Mar. 2 hills, 3 stiles, 3.3 miles**

## **ELTOFTS, FISHPONDS & SCARCROFT HILL**

Leader: Harry Bratley: Assistant Leader : John Ward  
Depart from the Mexborough Arms car park, Main St.,  
Thorner LS14 3DX

**MONDAY 16<sup>th</sup> Mar. 0 hills, 0 stiles, 4. miles**

## **BOTTOM BOAT TO STANLEY FERRY**

Leader : Hilary Asoko : Assist Leader : John Ward  
Depart from Bottom Boat Road, (left off A642, 0.5 mls  
before Stanley WF3 4AR

**THURSDAY 19<sup>th</sup> Mar.**

**NO WALK TODAY**

**MONDAY 23<sup>rd</sup> Mar. 3 hills 0 stiles 4 miles**

## **TEMPLE NEWSAM & COLTON**

Leader: Jenny Sowden : Assistant Leader : Keith Harrison  
Depart from Temple Newsam Road LS15 0AE. (Park on  
road to avoid parking charge.)

**THURSDAY 26<sup>th</sup> Mar.**

**NO WALK TODAY**

**MONDAY 30<sup>th</sup> Mar. 2 hills, (1 long) 0 stiles 4.9 miles**

## **KIPPAX, LEDSTON & OWL WOOD**

Leader: Ian McNichol Assistant Leader: John Ward  
Depart from: Apple Tree Lane, off High St, then 1<sup>st</sup> left @  
Roger Fold (rough rd), park behind 'Auto Spares Kippax' or  
the Intake. (Do not park in Co-op CP) LS25 7AU

*For further information, contact:*

Martin Towers 0789 6004995	Wendy Milller 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**