



Leeds Health Walks November / December 2009

**In Association with Health for All,
Walking For Health & Natural England**



**WE CAN E-MAIL UPDATES TO YOU IF YOU SEND A MAIL TO:: lhw@zoomshare.com
we will add you to the mailing list or visit: Website: (www.lhw.zoomshare.com)**

MONDAY 2nd November:

COOKRIDGE TO GOLDEN ACRE PARK

Leader: Kevin O'Connor; Assistant Leader: John Ward
Depart at: 10:30am from: Junction of Cookridge Lane & Green Lane, Cookridge, Leeds.

THURSDAY 5th November:

THE CHEVIN, DANEFIELD & CALEY CRAGS

Leader: Henry Hamer; Assistant Leader: Kevin O'Connor
Depart at: 10:30am from: Public Car Park at the top of the Chevin (opposite the Royalty pub), off Yorkgate. LS21 3DG

MONDAY 9th November:

FAIRBURN INGS & LEDSHAM 5 MILES

Leader: Harry Bratley; Assistant Leader: Ian McNichol
Depart at: 10:30am from: RSPB Car Park, Fairburn Ings, Near Castleford. WF10 2BH

THURSDAY 12th November:

WELCOME TO SUNNY SEACROFT

Leader: Peter Nothard; Assistant Leader: Barbara Haig
Depart at: 10:30am from: Fernvill Leisure Centre Car Park, Oakwood Lane, Leeds. LS8 3LF

MONDAY 16th November:

METHLEY TO BOTTOM BOAT

Leader: Kevin O'Connor; Assistant Leader: Henry Hamer
Depart at: 10:30am from: Hungate Lane, off Newmarket Lane, by the Motorway LS26 9DS

THURSDAY 19th November:

BUSHY CLIFFE WOOD

Leader: Henry Hamer; Assistant Leader: Harry Bratley
Depart at: 10:30am from: Springhead Park (near café), Rothwell. LS26 0DY

MONDAY 23rd November :

BIRKBY HILL, ELTOFTS & FISHPONDS

Leader: Belinda Swift; Assistant Leader: Barbara Haig
Depart at: 10:30am from: Mexborough Arms Main St Thorner. LS14 3DX

THURSDAY 26th November:

NEW FARNLEY, COCKERSDALE & GILDERSOME

Leader: Henry Hamer; Assistant Leader: Peter Nothard
Depart at 10:30am from: Farnely Hall Park Car Park, Top of Butt Lane, Farnley. LS12 5HA

MONDAY 30th November:

MEANWOOD PARK

Leader: Peter Nothard; Assistant Leader: John Ward
Depart at 10:30am from: Homebase Car Park, Moor Allerton, Leeds. LS17 5NY

THURSDAY 3rd December:

4.5 MILES

GREAT PRESTON & LITTLE PRESTON RAMBLE

Leader: Harry Bratley; Assistant Leader: Peter Nothard
Depart at: 10:30am from: Kippax Leisure Centre, Station Road, Kippax. LS25 7LQ

MONDAY 7th December:

WOODLESFORD LOCK

Leader: Peter Nothard; Assistant Leader: Henry Hamer
Depart at 10:30am from: Rothwell Sports Centre, Wakefield Rd, Oulton. LS26 8EL.

THURSDAY 10th December:

TEMPLE NEWSAM & SKELTON LAKE

Leader: Kevin O'Connor; Assistant Leader: Peter Nothard
Depart at: 10:30am from: Home Farm Free Car Park, Temple Newsam – next to children's play area (take Colton entrance and turn left to Home Farm)

MONDAY 14th December:

BRAMHAM & OGGLETHORPE HILLS 4.5 MILES

Leader: Harry Bratley; Assistant Leader: Ian McNichol
Depart at 10:30am from: Opposite Bramham Post Office, Front Street, Bramham. LS23 6RD

THURSDAY 17th December:

River Wharfe & Flint Mill

Leader: Henry Hamer; Assistant Leader: Harry Bratley
Depart at: 10:30am from: Wetherby Leisure Centre & Pool (left before river bridge into Wetherby) LS22 5HA

MONDAY 21st December:

CELEBRATION OF WALKERS CHRISTMAS PARTY!

Clean walks followed by lunch, dancing and entertainment etc.
Leave at 10.45am (for 1.5 hour walk) or 11:00 (for 1 hour walk)
from: Edward 7th WM Club, Leeds Road, Allerton Bywater. WF10 2HE

(SEE SEPARATE INVITATION) – £3.00 per person

**ADVANCE BOOKING IS ESSENTIAL
TO PARTICIPATE ON THIS EVENT.**

THURSDAY 24th December:

CHRISTMAS EVE – LEADERS DAY OFF

MERRY CHRISTMAS TO EVERYONE!

MONDAY 28th December:

SWILLINGTON WALKABOUT

Leader: Peter Nothard; Assistant Leader: Kevin O'Connor
Depart at 10:30am from: Swillington Miners Welfare Club, Wakefield Road, Swillington, Leeds. LS26 8DT

THURSDAY 31st December:

NEW YEARS EVE – LEADERS DAY OFF

HAPPY NEW YEAR TO EVERYONE – SEE YOU IN 2010!

For further information, contact:

Henry Hamer 0113 268 4905 or 0758 8545336
Harry Bratley 0113 286 8073 or 0781 7722338
Kevin O'Connor 0113 368 9856 or 0790 3047140
Peter Nothard 0113 266 1548 or 0777 091 3363



All walks will be easy-going & approx 3.5 to 4 miles in length (Unless Stated). **Some may include off-road walking & involve the use of stiles.** Please wear suitable footwear & bring waterproof protection (raincoat or Umbrella). **Walks are free & no need to book just turn up**