



**Leeds Health Walks**  
**In Association with Health for All ,**  
**Walking the Way to Health & Natural England**  
Website: ([www.lhw.zoomshare.com](http://www.lhw.zoomshare.com))



## One Hour Walks

These walks are aimed at those wishing to start walking in a group or wanting to return to walking at a leisurely pace.

The walks will be flat, easy walking, no stiles or obstructions and led by trained Volunteer Walk Leaders.

The walks are free of charge and there is no need to book in advance just turn up on the day at the start point.

The walks will be in different areas and will be led by Pat Ainley assisted by Barbara Haig and Pauline Ryan, all trained volunteers.

The leader will be wearing a **high visibility Tabard** and so will be easy to spot.

**Wednesday the 26th Aug 2009 TEMPLE NEWSAM.**

***Starting at 2pm from the Home Farm Free Car Park, Temple Newsam. From the Whitkirk entrance turn left to the bottom of the car park at the entrance to the farm at the wrought iron gates***

**Wednesday the 30th Sept 2009 GOLDEN ACRE PARK.**

***Starting at 2pm from the Golden Acre main car park on the Otley Road***

**Wednesday the 28th Oct 2009 KIRKSTALL ABBEY.**

***Starting at 1:30pm from the Kirkstall Museum Car Park (opposite to Kirkstall Abbey main entrance)***

**Wednesday the 25th Nov 2009 Oakwood .**

***Starting at 1:30pm from the Oakwood Clock Car Park, Roundhay Road.***

**Monday the 21st Dec 2009 Allerton Bywater (followed by Christmas Party).**

***Starting at 11:15 am from the King Edward VIII Club, Allerton Bywater, 65 Leeds Road, WF10 2HE***

**Wednesday the 30th Dec 2009 Festive Oakwood.**

***Starting at 2 pm from the Oakwood Clock Car Park, Roundhay Road.***

Please Bring your Leeds Card for Free Entrance and Discounts (If the weather is bad)

For further information please contact:

Pat Ainley 0113 286 1871

or

Peter Nothard 0777 091 3363