Country and Westerners
The people of Inner West Leeds and Outer West Leeds know the benefits of walking in the company of led group walks, around the West Leeds Country Park and Green Gateways. All the walks in this programme are between 2 miles and 4 miles.

What to wear?
Flat and comfortable footwear. Clothing for the time of year.

Walkers own risk assessment
Risk assessments are carried out on the routes and every possible care is taken by the Walk Leaders to ensure that you have a safe and enjoyable experience. However, Walk Leaders are not responsible for your individual safety. When crossing roads you are requested to observe the Highway Code at all times, crossing at the safest point and keeping to designated footpaths where possible. The walks are undertaken at your own risk.

Walking for Health
The government recommend 30 minutes of moderate physical activity on 5 or more days a week (this can be broken into 2 or 3 sessions). Walking is a safe form of moderate exercise that can be performed by most people of all ages, costs nothing and with a little effort can be fitted into a busy lifestyle.

Countryside Code
- Be safe - plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals and take your litter home.
- Keep dogs under close control.
- Consider other people.

Thank you to all our Walk Leaders, Volunteers, Walkers and the Ward Councillors for the Inner and Outer West Areas.

Chair: Richard Smith 0797 6744 358
Vice Chair: Richard Hall 0113 216 9563
Treasurer: Brenda Townsend 0113 279 9079
Secretary: Bill Stevens
Public Relations: Janice Campbell 0113 257 3741

Walk Leaders Committee
Cheryl Elsom 0113 279 3852
Jenny Smith 0772 630 1017
Derek Blackwell 0796 068 0417
Dennis Coulby 0113 268 4905
Kath Child 0113 257 3741
Betty Lomas 0113 279 2002
Brian Rhodes

Volunteer Sub-Committee
Armley Walkers
Margery Manson
Doreen Jackson
Betty Lomas
Brian Rhodes

Wortley Walkers
Stella Ashley
Audrey Hook
Tom Maynard
Iris Rose

Bramley Walkers
June Evans
Elaine Simpson

Farnley Walkers
Gladys Coop
Pauline Doherty

Farsley Walkers
Janet Maguire
Rene Van Heeswyk

For further information on ‘Walking For Health’...
visit the website: www.walkingforhealth.org.uk

West Leeds Walking Group
2014
Short, local group led walks

For further Details please contact:
Richard Smith,
Chair, West Leeds Walking Group
tel: 07976 744 358
email: richardsmith2@hardrockers.com
website: www.e-voice.org.uk/wlgw
West Leeds Walking Festival 2014

Launch Day...
Hanover Arms, Wortley, LS12
Monday 7th July
10.15am - 1.00pm

10.15am   Sign in.
10.45am   Official Opening
11.00am   Short Walk...
12.00pm
11.00am   Long Walk...
12.30pm
Free refreshments for the walkers

Festival Walks...

Tuesday 8th July - Owlcotes Hill
Farsley Walkers: Brenda Townsend.
10.20am   Bus to Pudsey Bus Station.
10.30am   Easy Walk: Uneven ground, could be muddy.
11.45am   Owlcotes Cafe, Pudsey Civic Centre.

Wednesday 9th July - Church Fenton
Festival Wander
10.15am   Meet Leeds Railway Station.
17.00pm   Return.

Thursday 10th July - Swinnow area
Bramley Walkers: Janice Campbell.
10.00am   Meet at Bramley Shopping Centre, Bramley.
12.00pm   Return.

Friday 11th July - Beeston Hill
Wortley Walkers: Richard Smith.
18.00pm   Meet at Asda Store, Oldfield Lane, Wortley.
20.00pm   Return.

Sunday 11th July - Farsley to Calverley
Farsley Walkers: Brenda Townsend.
10.00am   Meet at Memorial Garden, High Street, Farsley.
12.00pm   Return.

Events...

Wednesday 16th April:
10.00am   10th Anniversary Walk
          Meet at Armley Leisure Centre.
          Walk to events in Kirkstall.
          15.30pm   Arrive Armley Leisure Centre

Sunday 24th April:
9.51am   Save the Fly Line: Garforth to Aberford
        Leeds: Bus 19A - Depart from Boar Lane.
        10.25am   Arrive at Ash Lane, East Garforth.
        10.30am   Easy walk on old railway line.
        Lunch:    Arabion Horse, Aberford
        Aberford: Bus 64 - 50min past.
        Arrive:    Leeds 33min past
        Total time from 9.50am to 15.30pm

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2014 Charities...
West Leeds Walking Festival:
Wheatfields Hospice
**Group Walks...**

**Walk length:** Approximately 1 - 1.5 hours

**Mondays: Armley**

Meet at: Armley Leisure Centre
Time: 10.00am
Places visited: Throughout West Leeds and occasionally elsewhere in Leeds
Further info: Derek Blackwell: 0113 279 3852

**Tuesdays: Farsley**

Meet at: Memorial Garden
The High Street, Farsley
Time: 10.15am
Further Info: Brenda Townsend: 0113 279 9079

**Wednesdays: Farnley**

Meet at: Hillside Hall, Cross Lane, Farnley
The High Street, Farsley
Time: 10.15am
Places visited: Farnley Hall Park, Farnley Fish Pond, Post Hill, Sykes Wood and Farnley Balancing Reservoir.
Further Info: Henry Hamer: 0113 2684905

**Thursday: Bramley**

Meet at: Bramley Shopping Centre
Time: 10.00am
Further Info: Bjanice Campbell: 0113 257 3741

**Friday: Wortley**

Meet at: Asda Store, Oldfield Lane
Time: 10.00am
Further Info: Richard Smith: 07976 744358

**Monthly Wanders:**

**Walk times:** Approximately 10.15 to 11.15am

**Mondays: Armley**

Meet at: Armley Moor Health Centre, 95 Town Street, Armley, Leeds.
Further Info: Richard Hall: 0113 216 9563

**Tuesdays: Wortley**

Meet at: Wortley Beck Health Centre, Ring Road, Wortley, Leeds
Further Info: Brichard Gilbert: 07891 or 0113 279 2002

**Saturdays: Short Health Walks**

Meet at: Bramley Lawn, Leeds
From 10.15 to 12.15
4th October: Stanningley Park
1st November: Woodhall Lake
6th December: Armley Park

**Toilets**

Armley, Bramley, Farnley, Farsley and weekends:
At the start and the end of the walks.

Wortley:
At the coffee stop half way round the walk