

FREE!! Community Health Champion Led Walks

Ring 01274 321911 or email champions@bdct.nhs.uk for more information.

Please be aware that timings do change, therefore please contact us to check dates/times.

Walkers set off promptly at the times stated, so please arrive early.

BRADFORD AREAS		
Friends of Bowling Park with Barbara Pitts	Bowling Park - Meet at the hut near the tennis courts off Burras Road	Tuesdays 9.30am - 10.30am
Girlington Walk(Men Only) with Maqsood Hussain & Mohammed Nazir	Girlington Community Centre, Girlington Road, BD8 9NN	Wednesdays & Sundays 10.30am - 11.30am
Haworth Road with David and Sharon Bass	St Martins Church, Haworth Road, meet at the community room entrance at the back of the church	Thursdays 10.00am - 11.00am
Holmewood Walks with Barbara Wainwright	Holmewood Library, Broadstone Way	Mondays 9.45am - 12.00noon
St Oswalds Walk Francis Holgate	Main entrance of West End Community Centre, Christophers Street, BD5 9DH	Thursdays 10.00am - 11.30am
VIP Walks (for people with visual impairments) With Howard England, Peter Kierman, David McCormack and others	Walks vary each month (usually rotating between Low Moor, Lister Park and Saltaire)	1st Monday of the month 10.00am - 12.00 Please speak to Sarah Bayles before referring to this walk
SHIPLEY & SURROUNDING AREAS		
Baildon with Peter & Yvonne Kierman and Howard Lloyd	Corner of Westgate and Springfield Road, Baildon	Wednesdays 10.45am - 11.45am
Bingley Walkers with Brenda Hare & Ralph Harding	Bingley Arts Centre, Main Street, Bingley, BD16 2LZ	Tuesdays 2.00pm- 3.00pm
Bingley 2 Hour Walk with Ronda Christensen & Ralph Harding	Meeting point varies. Contact Ronda on 07929 898503 for details	Thursdays 12.30pm - 2.30 pm
Bolton Wanderers, Eccleshill with Anne Smith	Bus stop opposite Kent's fitness, below Eccleshill library	2nd & 4th Tuesdays of the month 9.45am Up to 2 hours, slow paced, they tend to get the bus to explore new areas.
Cullingworth Walkers with Peter Rye, Judith Bentley, Andrew Bond, Kathleen James, Philip Lanfranchi and Ron Thompson.	Methodist Church, Dellside Fold, Cullingworth	Thursdays 9.15am -10.15am
Cullingworth Walkers - Flatter walk with Gordon Dean	Methodist Church, Dellside Fold, Cullingworth	Thursdays 9.15 am - 10.15am

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Cullingworth Walkers - Shorter, slower walk with Rae Harvey	Methodist Church, Dellside Fold, Cullingworth	Thursdays 9.15am - 10.15am
Eccleshill Slow Walk with Edna O'Hara	In the entrance of Eccleshill Swimming Pool, Harrogate Road, Bradford	Fridays 11.00am - 12.00noon Slow paced, frequent stops, level
ShIPLEY Footsteps with Maureen Myers and Dave Malyon	ShIPLEY Town Hall, meet at the side, by the bench	Fridays 11.00am -12.00noon
Wilsden Walkers with Philip Lanfranchi, Gill Smith, Judith Bentley, Andrew Bond, Kathleen James and Ron Thompson.	Wilsden Village Hall	Mondays 9.15am - 10.45 am £1 donation for the walk
Wilsden Walkers - Flatter walk (medium paced) with Sheila Furness, Judith Bentley and Bryan Walkden	Wilsden Village Hall	Mondays 9.15am - 10.15am £1 donation for the walk
Wilsden Walkers - Shorter, slower walk with Sheila Nurse	Wilsden Village Hall	Mondays 9.15am -10.15am £1 donation for the walk
KEIGHLEY & SURROUNDING AREAS		
Burley in Wharfedale with Anne Nuttall, Jenny Fisher & Elaine Shankland	Outside the front door of Burley Library	Tuesdays 10.00am - 11.00am
East Riddlesden Walkers with Sheila Furness, Judith Bentley and Bryan Walkden	Outside Airedale Barn, first building on the left in East Riddlesden Hall	Tuesdays 2.00pm - 3.00pm
Family Pushchair Walk	Cliffe Castle, Keighley	Starting Wednesday 10 Feb 2016 at 10.00 am - 11.00 am
Health Walk for All	St Ives Estate, Bingley (meet at the first car park on the right from the entrance gates)	Saturdays 10.30 am - 12.00 noon
Ilkley 2 hour Walk with Ronda Christensen & Richard Bunce	Starts from the Bandstand Opposite Bettys Tea Room, and route will vary	1st & 3rd Friday of the month 10.00am - 12.00 noon Terrain can be variable with uneven ground people need to be reasonably physically fit.