

**FREE!! Community Health Champion Led Walks****Please ring 01274 321911 to find out exact timings and to self refer.****BRADFORD AREAS**

<b>Friends of Bowling Park</b> with Barbara Pitts	Bowling Park - at the hut near the tennis courts off Burras Road	Tuesdays (AM)
<b>Girlington Walk</b> with Maqsood Hussain & Mohammed Nazir	Girlington Community Centre, Girlington Road, BD8 9NN	Wednesdays & Sundays (AM)
<b>Haworth Road</b> with David and Sharon Bass	St Martins Church, Haworth Road, meet at the community room entrance at the back of the church	Thursdays (AM)
<b>Hilton Road Walk</b> with Rehana Kauser	Meeting at Hilton Road Masjid, Hilton Education & Community Centre, Hilton Road, Bradford BD7 2ED	Thursdays (AM)
<b>Holmewood Walks</b> with Barbara Wainwright	Holmewood Library, Broadstone Way	Mondays (AM)
<b>St Oswalds Walk</b> Francis Holgate	Main entrance of West End Community Centre, Christophers Street, BD5 9DH	Thursdays (AM)
<b>VIP Walks (for people with visual impairments)</b> 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 (AM)

**SHIPLEY & SURROUNDING AREAS**

<b>Baildon</b> with Peter & Yvonne Kierman and Howard Lloyd	Corner of Westgate and Springfield Road, Baildon	Wednesdays (AM)
<b>Bingley Walkers</b> with Brenda Hare & Ralph Harding	Bingley Arts Centre, Main Street, Bingley, BD16 2LZ	Tuesdays (PM)
<b>Bingley 2 Hour Walk</b> with Ronda Christensen & Ralph Harding	Meeting point varies. Contact Ronda on 07929 898503 for details	Thursdays (PM)
<b>Bolton Wanderers, Eccleshill</b> with Anne Smith	Bus stop opposite Kent's fitness, below Eccleshill library	2nd & 4th Tuesdays of the month (AM) Up to 2 hours, slow paced, they tend to get the bus to explore new areas.
<b>Cullingworth Walkers</b> with Peter Rye, Judith Bentley, Andrew Bond, Kathleen James, Philip Lanfranchi and Ron Thompson.	Methodist Church, Dellside Fold, Cullingworth	Thursdays (AM)
<b>Cullingworth Walkers - Flatter walk</b> with Gordon Dean	Methodist Church, Dellside Fold, Cullingworth	Thursdays (AM)

<b>Cullingworth Walkers - Shorter, slower walk</b> with Rae Harvey	Methodist Church, Dellside Fold, Cullingworth	Thursdays (AM)
<b>Eccleshill Slow Walk</b> with Edna O'Hara	In the entrance of Eccleshill Swimming Pool, Harrogate Road, Bradford	Fridays (AM) Slow paced, frequent stops, level walking
<b>ShIPLEY Footsteps</b> with Maureen Myers and Dave Malyon	ShIPLEY Town Hall, meet at the side, by the bench	Fridays (AM)
<b>Wilsden Walkers</b> with Philip Lanfranchi, Gill Smith, Judith Bentley, Andrew Bond, Kathleen James and Ron Thompson.	Wilsden Village Hall	Mondays (AM) £1 donation for the walk
<b>Wilsden Walkers - Flatter walk (medium paced)</b> with Gordon Dean	Wilsden Village Hall	Mondays (AM) £1 donation for the walk
<b>Wilsden Walkers - Shorter, slower walk</b> with Sheila Nurse	Wilsden Village Hall	Mondays (AM) £1 donation for the walk a slower paced walk
<b>KEIGHLEY &amp; SURROUNDING AREAS</b>		
<b>Burley in Wharfedale</b> with Anne Nuttall, Jenny Fisher & Elaine Shankland	Outside the front door of Burley Library	Tuesdays (AM) easy paced walk, ending with refreshments at a cafe in Burley
<b>East Riddlesden Walkers</b> with Steven Excell	Outside Airedale Barn, first building on the left in East Riddlesden Hall	Tuesdays (PM)
<b>Family Pushchair Walk</b> with Claire Bancroft	Meeting at Cliffe Castle, Keighley	Mondays (AM)
<b>Ilkley 2 hour Walk</b> with Ronda Christensen & Richard Bunce	Starts from the Bandstand Opposite Bettys Tea Room, and route will vary	1st & 3rd Fridays of the month (AM) terrain can be variable with uneven ground people need to be reasonably physically fit.

Contact Champions Show the Way on 01274 321911  
or email [champions@bdct.nhs.uk](mailto:champions@bdct.nhs.uk) to get more information