

"Walking is the nearest activity to the perfect exercise"

All the below walks are inclusive and can be adapted to be suitable for all ability/fitness levels. Leeds Let's Get Active walking groups typically last between 30-60 minutes and are open to all community members. These walks offer a great chance to get active whilst socialising and meeting new people.



Activity	Day and Time	Dates	Meeting Point	Additional Info/Walk Leader Contact
Cross Gates Walking Group	Thursday 1-2pm	4/1/18 - on going	Cross Gates Library Farm Road Leeds LS15 7LB	Open session Rachel Atherton 07891275895
Middleton Park Walk and Talk	Wednesday 2-3pm	On going	Greggs on Middleton Park Circus Middleton Park Ave Leeds LS10 4HP	Open session James Beaston 07891276443
John Smeaton Buggy Walk	Monday 10-11am	5/2/18 - ongoing	John Smeaton Leisure Centre Smeaton Approach Leeds LS15 8TA	Open session aimed at parents with children in prams but open to all. James Beaston 07891276443
Burmantofts Walking Group	Monday 10.30-11.30am	22/1/18- ongoing	Bumantofts Health Centre Cromwell Mount Leeds LS9 7TA	Open Session Rachel Atherton 07891275895

If you would like any more information about any of our walks or if you are interested in starting a new walking group or becoming a qualified Walk Leader then please get in contact.

Email: James.Beaston @leeds.gov.uk

Phone: 01133785138 Mobile: 07891276443

