**WEST LEEDS WALKING GROUP**

Our Walking Group was formed over XX years ago and its many regular walkers range in ages from pre retirement to mid 90’s.

We have walks suitable for all ages and abilities ranging from 2/3 miles on Tuesdays, Wednesdays, Thursdays and Fridays. There is an additional slower pace Thursday Health Walk for the less able. These walks are mainly centered in the West Leeds area.

On Mondays we have varied walks, which with a few exceptions, start from Leeds City Centre and may be pleasant leafy suburban or scenic countryside. These walks are usually 3/5 miles and may finish at the pub or café for lunch.

All walks use public transport either bus or train so a car is not necessary.

Our walks are guided by qualified walk leaders so we are in safe hands

On the second Wednesday of the month we “Wander” further afield into the Yorkshire countryside or coast, or beyond, by coach or train and sometimes bus.

We recommend sensible walking shoes or boots and waterproof clothing for inclement Yorkshire weather.

Our group is a friendly bunch and we welcome any new walkers

If you would enjoy being out and about in good company, whilst keeping active in body and mind, why not give us a try and join one of our walks.

Have a look at our walks programme.

We look forward to meeting you.