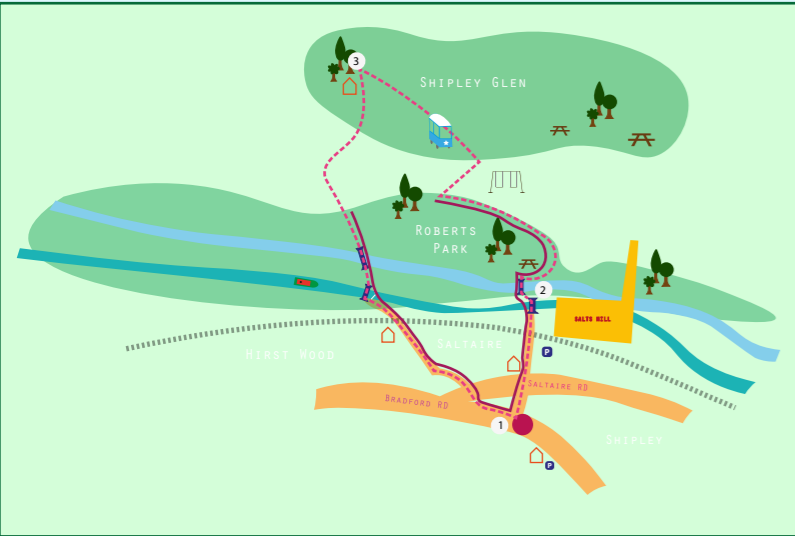


## Walk 1 - A Slice Of Saltaire - START SALTAIRE MEDICAL PRACTICE 3.5 miles approx



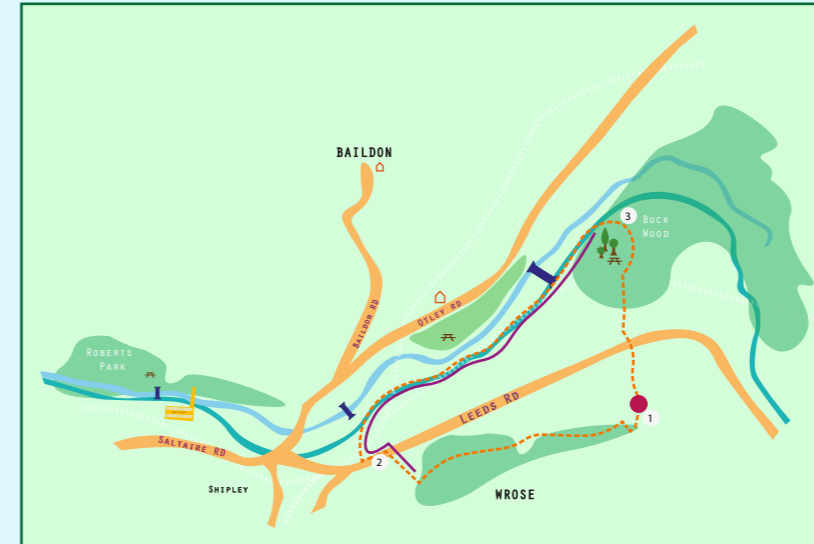
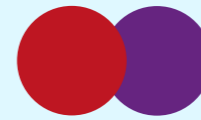
Pleasant walk with mostly tarmac paths with one steep section and some woodland walking.

1. Start at Saltaire Medical Practice then head down and continue straight down Victoria Road until you meet the canal. You will cross over a crossing and pass Salts Mill on your way down. This is worth a visit! Take a left down towards the canal then turn right and cross over the bridge over the River Aire into Roberts Park. Go past the Sandstone Lodge and shelter on your right and walk along the edge of Roberts Park close to the railings. Then turn out of the park after the second shelter with benches. You will also see the Bandstand opposite the gate you exit from.

2. Turn right onto Higher Coach Road and cross the road onto the first field you see and head up the path towards Shipley Glen Tramway which is in the corner of the field. Head up the steep hill and at the top continue onto Prod Lane until you see the Old Glen House Pub and Tearooms. Stop and explore Shipley Glen for a while if you wish to!

3. Just after the Glen Tearooms take a left on the Public Bridleway down a sandy path in the woods. Take the path through the woods and at the bottom of the track, turn left and follow the path. At the end of this path take another right until you meet Higher Coach Road. Turn left and cross the road towards the bus stop and carry on straight until you meet a bridge over the river. Cross over the bridge and carry on straight on a small path up to a hole in the wall which leads onto the canal. Turn right to Hirst Lock where you can stop at the cafe if you wish! Then cross the bridge over the canal and head up Hirst Lane until you reach Bradford Road and then take a left back to the Saltaire Medical Centre.

## Walk 3 - A view from the top - START IDLE MEDICAL PRACTICE 5.5 miles approx



Explore the canal and buck woods! Challenging in some parts with uneven terrain through the woodlands.

1. Start at Idle Medical Centre and head opposite along Back Lane past cottages across the zebra crossing. Continue through and then turn left onto Westfield Lane past the Idle Upper Chapel and cemetery. You will pass fields and a cricket club and then turn right down High Busy Lane. Continue straight through and the road turns into a footpath. Continue left on to West Royd Drive then onto another footpath and then down Wrose Brow Road to Leeds Road.

2. Carry on along Wrose road until you meet Leeds Road. Cross the road and turn left down Leeds Road and then right down Dockfield Road until you meet canal. Go over the canal bridge and turn right. Continue along the canal until you see a bridge and a sign posted Thackley 15 minutes. Turn right over this bridge. Walk up the cobbles and take the stone steps up on your first left. Head straight up and forward until you see a sign to the left saying permissive path/bridleway. You might see a gate and road in the distance, the signpost is before this.

3. Take this path. Be careful of the uneven terrain. Follow close to the wall on your right until the wall ends at a corner point. Bear right and you'll see a sign saying stick to permissive bridleway, follow this until you see an obvious track ahead. Then turn right on the obvious path up. Stick to main path and avoid diverting paths. You are now in Buck Woods. Continue on the path until you meet Ainsbury Avenue. Take a right on this Road straight on to Thackley Road up hill. At Leeds Road take the crossing to your right and continue onto Town Lane until you are back at the Medical Centre.

## Walk 2 - A Bingley Circular - START COTTINGLEY MEDICAL CENTRE 5.5 Miles Approx



Walk is very challenging but fun and beautiful views! Some uneven rough terrain and steep in some parts.

2. You come to a fork in the path and continue straight, not left. Come to a cross road turn left on the big open path encased with tall pines. Bear right to keep on the path past Black Hills. You come to a fork in the path, turn down the curved path down the hill onto Millennium Way. Continue all the way down this path to the bottom. There is a fork at the bottom and go left through kissing gate.

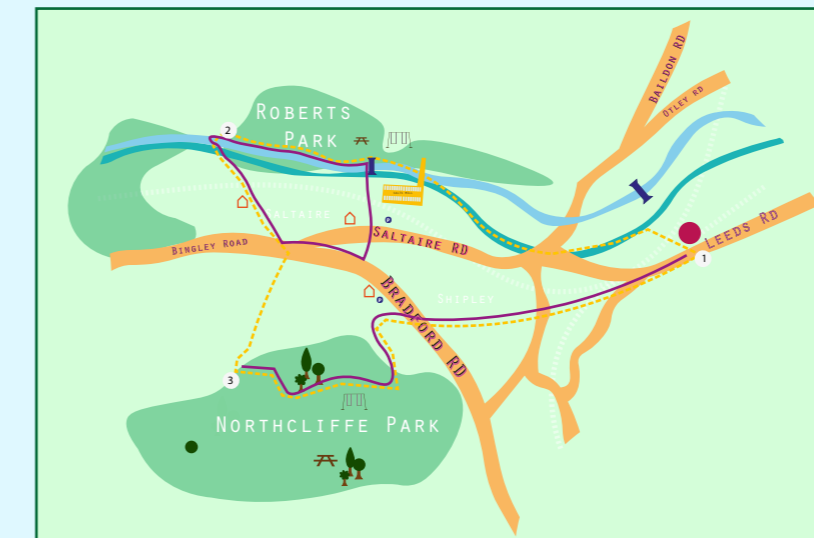
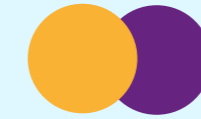
3. Continue on path through beautiful field. Over a stile to Shipley Golf Course. Follow the white waymark stones along the path to a stile. Cross over the beck and go up the stairs then right turn along the path. Go over the second bridge onto Beckfoot Lane and carry on Beckfoot Lane until you reach Bradford Road.

4. Opposite the end of Beckfoot Lane there is a footpath down stone steps along the river. Go down and continue forward keeping close to river. You will cross over a bridge and walk under the bypass. Then you will reach a tall stone wall snicket way continue until the wall ends on your left. Turn right, away from the river and towards open fields to the left, carry on straight until you meet Bankside Drive.

5. Turn right up the road until you meet Bradford Road. Cross the road and turn right and right again down New Close Road then the first right onto the main public footpath along the stream. Follow this path past the school all the way to Cottingley Cliffe Road. Cross the road and turn right, then left onto Manor Road. Walk straight through to the shops to Littlelands and left back to the Surgery.

1. Start at Cottingley Surgery, facing St Michaels And All Angels Church turn left and then left again on Littlelands. Turn right down Midway Avenue. Then turn right down Langlands Road. Then left onto Airedale Avenue. Left down Beckfield Road to the end where you will see a footpath. Go down the footpath into the woodland and turn right on the path and stick close to dry stone wall.

## Walk 4 - SIR NORMAN RAE - START WINDHILL MEDICAL PRACTICE 5 miles approx



Lovely walk, passing the canal, cafes and shops and Northcliffe woods. One steep hill to Northcliffe but all paths are on even surfaces or tarmac.

1. Start at Windhill Medical Centre and turn right down towards Shipley. Follow the road until you see Dockfield Road, take a right down this road until it meets the canal. Go over the bridge and take a left onto the canal towards Saltaire. When you reach Saltaire you can explore if you wish to or carry on going along the canal until you get to Hirst Lock.

2. Turn up Hirst Lane with Higher Ground Cafe on your right. From Hirst Lane, follow up onto Clarence Road and you will come up to Bingley Road. Here you can find shops and cafes to the left. Cross over Bingley Road and head up the hill on Moorhead Lane which turns into High Bank Lane. Continue up this steep hill until you see a park to your left.

3. This is Northcliffe Park, take the second left into the park and you should be at the top of the hill. Continue through on the tarmac path ahead of you. Take a moment to explore, there is much to see! Follow the path all the way until you come to big black iron gates at the other side of the park and onto Bradford Road. Turn left and then right down Otley Road walking past Shipley until you meet the big cross roads. Turn right on the A657 down the hill back towards Windhill Medical Centre!

### Wish way walks codes:



### Map Key:

