



KEIGHLEY WALKING FESTIVAL 2024

BROCHURE OF GUIDED WALKS



KEIGHLEY
TOWN COUNCIL



Keighley Walking Festival 2024

Keighley Walking Festival 2024 is a partnership between Keighley Town Council, Keighley Social Enterprise Town and CNet Bradford & District.

There are over 40 guided walks taking place over the festival period led by fantastic local community groups and organisations.

Walking is a fun, accessible and healthy way to enjoy the beauty and history of Keighley and its surroundings.

For information about individual walks, please contact the walk leader.

**www.keighley.gov.uk
www.keighleyset.co.uk
www.cnet.org.uk**

Important information

- **Please be aware that all walks are undertaken at own risk**
- **Always choose a walk which suits your walking ability**
- **Bring along any first aid supplies which may be appropriate to you as walk leaders will not be routinely carrying first aid kits and are not expected to administer first aid**
- **Wear sensible footwear and weather appropriate clothing and bring your own water and a snack**
- **Make sure you arrive at least 10 minutes before the walk start time**
 - **If you have any questions about a particular walk, please contact the walk leader using the details provided**
 - **No booking necessary on most walks unless otherwise stated**
- **Walks are first come first served and walk leaders reserve the right to limit numbers at their discretion, so it is advised you arrive in good time**
 - **If you have booked onto a walk which requires you to do so and can no longer attend, please ensure that you cancel**
- **Although accessibility and transport information has been provided in some cases as a guide, it is advised that routes are checked in advance of the walks**
- **Children must be accompanied by a responsible adult**

Difficulty rating key:

1 - Walks for everyone, including people with wheelchairs and pushchairs, using easy access paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections, please contact the group running the walk for details.

2 - Walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.

3 - Walks for reasonably fit people with at least a little walking experience. May include unsurfaced and / or uneven paths. Walking at leisurely pace. Walking boots and warm, waterproof clothing are recommended.

4 - Walks for people with walking experience and a good level of fitness. May include some steep uneven paths and open country and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.

5 - Walks for experienced walkers with good fitness level. May include hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness should contact the organiser or leader in advance.

Key

**Circular Walk - Start and End at same point
Boot Key as per 1-5 rating above**



**East Morton Circular via Sunnydale
9th September @ 12:00pm
CNET**



4 miles / 6.4KM

Meeting location - Meet at Keighley Bus station and catch 12.08pm* K4 Cullingworth bus or meet outside the Busfield Arms in East Morton at 12.35pm.*

**Walk leader - Muppett
muppett@cnet.org.uk**

The walk involves some hill climbing. It goes through both woodland and farmland, so is both uneven and muddy in places. Then takes in the picturesque village of East Morton and the Sunnydale woods, good views up onto Ilkley Moor and across the Aire Valley.

***Bus times are correct as of May 22nd check the times nearer the walk as they may change.**



Keighley Town Centre - Now and Then
9th September @ 1:00pm
Keighley & District Local History Society



1.5 miles / 2.4KM

Meeting location - Town Hall Square
End Location - Keighley Parish Church
Walk leaders - Joyce and Tim

A walk guided around the centre of Keighley with Keighley and District Local History Society. See how the town used to look, find out more about the buildings and town. You could be surprised! You will enjoy it more if you bring your phone or a tablet. Persons under 16 MUST be accompanied by an Adult

<http://www.keighleyhistory.org.uk/>



**Keighley Borough Three Peaks Challenge Walk 1 -
Stanbury circular via Little Wolf Stones
10th September @ 10:25am**

CNET



8 miles / 12.8KM

**Meeting location - Meet at Keighley Bus Station and
catch the 10.25am* B1 Stanbury Bus or meet at the
Stanbury Bus terminus on Hob Lane.**

**Walk leader - Muppett
muppett@cnet.org.uk**

**The walk takes in the wild moorland that inspired
several of the Bronte sisters novels, as well as a
number of little out of the way farming hamlets.**

***Bus times are correct as of May 22nd check the
times nearer the walk as they may change.
Complete all 3 challenge walks to receive a
certificate**



Urban Walk
10th September @ 1:00pm
Active Travel Social Prescribing



2.2 miles / 3.5KM
50 minutes

**Meeting location - Keighley Town Hall, Bow St,
Keighley BD21 3RY**

End Location - Church Green

Walk leaders - Jaspreet Kullar and Christine Bradley

07890 971328

activetravel@bradford.gov.uk

**A quirky walk incorporating cobbled paths of
Keighley and River Worth.**

Hainworth Bridge to Haworth

11th September @ 10:00am

CNET



4.5 miles / 7.2KM

Meeting location - Meet at the traffic lights at the junction of South Street and Woodhouse Rd. (a few yards away from the Hope & Anchor Pub) @ 10am

End Location - Haworth

Walk leader - Muppett

muppett@cnet.org.uk

The walk covers a range of terrains including woodland, packhorse tracks, roadside, moorland & riverbanks and finishes in the historic village of Haworth in time to enjoy a cuppa and have a look round.

Please note this is a linear walk, so bring money, a travel pass or make arrangements to get back.



**East Riddlesden Hall Walk
11th September @ 1:15pm
Get Out More CIC**



1 mile / 1.6KM 45 minutes

Meeting location - (Circular) East Riddlesden Hall

Walk Leader - Sam Colman

07842 013546 / Sam@getoutmorecic.co.uk

A gentle walk around East Riddlesden Hall with a nature-based activity.

All ages welcome - Some uneven ground, so not pram or wheelchair friendly.



**Keighley Green Space Vision
11th September @ 6:00pm
Transition Town Keighley**

**Walk Leader - Pippa Chapman
07704 178585 / thoseplantpeople@gmail.com**

**Starting at Church green finishing at Cliffe Castle
approx. 1 mile**

On this walk around the centre of Keighley, we will discuss the possible way the landscape of Keighley would change if it became a net zero town.

**Which areas could be transformed into community food growing gardens? Could some streets become pedestrianised to allow safe spaces for outdoor play?
Where could we put solar panels?**

The walk will start at Church green, go along to the Town Hall Square then up Highfield Lane to Devonshire Park and across the road to Cliffe Castle where we can discuss how the landscape of the park and surroundings could be reimagined.

Men's Wellbeing Saltaire to Gilstead Circular
11th September @ 6:00pm
True North Collective



3.4 Mile / 5.4KM

Meeting location - (Circular) Keighley train Station
Walk Leader - Andrew Birkinshaw
07708 319909 / info@truenorthcollective.co.uk

Meet at Keighley train Station. We will depart for
Saltaire where we will follow the Walking in the Aire
Walk.



**Keighley Railway Station to Bingley Railway Station
via Park Wood, Long Lee, Marley and the River Aire**

12th September @ 10:30am

CNET



4 miles / 6.4KM

**Meeting location - Meet at Keighley Railway Station
@ 10.30am**

End Location - Bingley Railway Station

Walk leader - Muppett

muppett@cnet.org.uk

The first mile of this walk involves an uphill climb through Park Woods, which is steep in places, it then goes through a series of fields with panoramic views across the Aire and Worth Valley and with distant glimpses of Ingleborough on a clear day. The path then descends through woodland and meadows, via uneven paths and tracks to the valley bottom and follows the River Aire into Bingley, if we're lucky we might spot a family of Fallow deer (those that look like Bambi that roam around here).

Please note this is a linear walk, so bring money, a travel pass or make arrangements to get back.



Walk and Draw in Cliffe Castle Park

13th September @ 10:00am

Louise Garrett Artist



1 mile / 1.6KM 2 hours

**Meeting location - (Circular) Steps by the dome in
Cliffe Castle Park**

Walk Leader - Louise Garrett

louise@louisegarrettartist.com

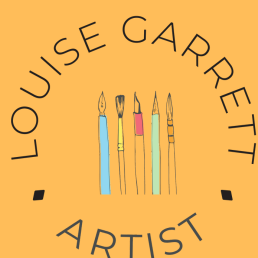
**Walkers will be provided with a little booklet,
drawing tools and a clip board and with Louise's help
and encouragement will follow a gentle route around
the park to spot interesting features and make a
sketch of what catches our eye.**

**Adults and children accompanied by adults. Limited
parking in Cliffe Castle Car Park, some on road
parking.**

**Buses to Skipton Road and walk through the park to
the café**

**903 Transdev request drop off on Spring Gardens
Lane for Cliffe Castle**

All sketching materials provided



**Low Wood Bat Walk
13th September @ 7:00pm
Yorgreen CIC**



0.5 mile / 0.8 KM

**Meeting location - (Circular) Elam Wood Rd,
Riddlesden, Silsden, Keighley BD20 5QL**

Walk Leader - Ian Butterfield

07814 673631 / hello@yorgreencic.org.uk

Ian Butterfield of Yorgreen CIC will introduce you to the fascinating world of bats and then take you into Shipley Glen in search of them using bat detectors.

**Uneven ground. Unmade paths. Grass paths
All ages welcome**



**Dockroyd History Makers Walk
14th September @ 10:30am
Dockroyd Graveyard Trust**



0.5 mile / 0.8 KM

**Meeting location - (Circular) Dockroyd Graveyard
Entrance, Chapel Lane, Oakworth, Keighley BD22 7HY
Walk Leader - Andrew Heaton & Jean Sugden
07860611237 / secretary@dgt.org.uk**

**Guided tour of Dockroyd Graveyard. Talk about the
history of the graveyard, its recent restoration;
explanation of headstone symbols; stories about the
Dockroyd families who by acts, ideas or existence
have modified the course of history.**

Wheelchair accessible.

**The “Dockroyd history Makers” book will be available
on the day (£10 cash). For more information visit
their website:**

www.dockroydgraveyardtrust.org.uk



**Keighley Borough Three Peaks Challenge Walk 2 -
Morton Lane Swing Bridge to Riddlesden Bar Lane
Swing Bridge via Ashlar Chair
14th September @ 10:30am**

CNET



8 miles / 12.8KM

**Meeting location - (Circular) Meet at Morton Lane
Swing Bridge over the Leeds / Liverpool Canal at
10.30am**

**Walk leader - Muppett
muppett@cnet.org.uk**

**The walk takes in a range of terrain from wooded
valleys, paths through meadow land to open
moorland and it offers some fantastic views across
the Aire Valley.**

**Complete all 3 challenge walks to receive a
certificate**



**Trees for Wellbeing
14th September @ 1:00pm
Truly Essential**



2 hours

**Meeting location - (Circular) Meet at the steps to the
Pavilion Café in Cliffe Castle Park**

Walk Leader - Val Preston

07813 662625 / valpreston@live.com

Which is your favourite tree?

**There are plenty along this walking route around
Cliffe Castle Park, using the Cliffe Castle Field Studies
Course Tree Guide we will learn how to identify
broadleaf trees and the wonderful benefits trees
contribute to our environment.**

**Dress for the weather and wear sensible walking
shoes/boots.**

**Adults and children accompanied by adults
Mostly on paths, and flat grassed areas. Some uphill.**



Kirkby Stephen Wander
14th September @ Starts: 11:05
Return train to Leeds: 17:15
Friends of the Settle-Carlisle Line



10 miles / 16 km – Full day walk

Meeting location - (Circular) Kirkby Stephen Train Station

Walk Leader - Russ Smith
guidedwalks@settle-carlisle.com

An opportunity to discover some wonderful trails in the environs of Kirkby Stephen.

Adults and older children. Not accessible due to uneven terrain. Car free walk – entirely accessible by public transport from Keighley



**Heritage Walk on Ilkley Moor: Archaeology
14th September @ 2:00pm
The Friends of Ilkley Moor**



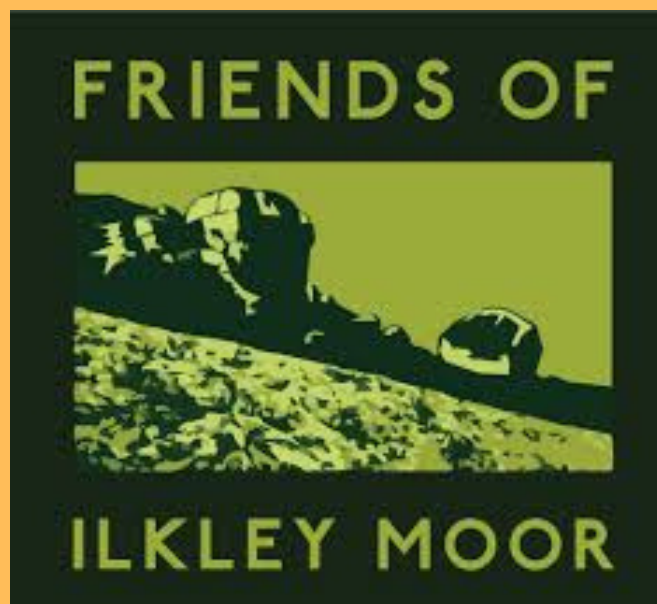
2.5 hours

**Meeting location - (Circular) Cow and Calf Rocks car
park**

**Walk Leader - Gavin Edwards and Tracey Gray
tracy@ilkleymoor.org**

**A walk to the Green Crag Slack area of Ilkley Moor,
where there is the greatest concentration of
archaeological features on the moor.**

**All welcome, but young people must be accompanied
by an adult. Not accessible for wheelchairs or push
chairs.**



**Skipton's Canal and Woods
14th September @ 2:00pm
Skipton Town Council**



**3.5 miles / 5.6KM 1.5
2 hours**

**Meeting location - (Circular) Entrance to Aireville
Park (Gawflat Swing Bridge)**

**Walk Leader - Tobias Garbutt and Teegan Thompson
07885 909715 / toby@skiptontowncouncil.gov.uk**

**Walk along the famous Leeds & Liverpool Canal into
Skipton Woods, with views of Skipton Castle. With a
stop at The Castle Pub.**

**All ages welcome. Not suitable for wheelchair and
prams along the fields. Skipton Train Station is
opposite the meeting point.**



**Skipton
Town Council**

Rivers, Brooks, Reservoirs and Witches, A walk Through The Washburn Valley

15th September @ 9:25am

CNET



8 miles / 12.8KM

Meeting location - Board the 9.25am, 821 Dalesbus to Pateley Bridge / Scar house via Otley from Keighley Bus Station or 9.30am from Granby Lane, Riddlesden. The Walk Leader (Muppett) will join the bus at Otley

Ending Location - Blubberhouses Church

Walk leader - Muppett

muppett@cnet.org.uk

A walking pole / stick would be useful as some of the paths are overgrown. There is also an uneven stretch of path and a stream crossing. The walk starts at the viaduct of Lindley Woods Reservoir. From here we'll follow the riverside path up the valley. After a couple of miles or so we then leave the riverside path and follow Timble Gill beck for half a mile or so and then we head up the hill to the pretty hamlet of Timble. From here we strike across the meadows and down through a plantation before coming out into the meadows again. We will then make our way along a path to the car park of Fewston Reservoir. The walk finishes here and we'll catch the bus a few yards away, outside Blubberhouse's Church.



**Foraging Walk
15th September @ 9:30am
Within The Wood**



**Meeting location - (Circular) Ponden Mill Camp Site,
Ponden Lane, Stanbury, BD22 0HR**

**Walk Leader - Joe Drury
07508 181406**

A seasonal foraging walk through the woods and over the moors where we'll stop for lunch at the Alcomden Stones. We will walk back past the Faerie Cave, round the Ponden Horseshoe until we are back at the mill where our walk will finish.

This walk has some particularly advanced sections along the route and may not be suitable with anyone with mobility issues. Please feel welcome to contact Joe for any route related questions.

Please car share where possible due to limited space. Bring plenty of drinking water, lunch, snacks, good sturdy shoes, wear weather suitable clothing, suncream, midge repellent.



**BOOKING ESSENTIAL
SCAN QR CODE TO BOOK**



Family friendly Photography Walk

15th September @ 10:00am

Photo Hub North CIC



1 mile / 1.6KM

Meeting location - (Circular) East Riddlesden Hall

Walk Leader - Lisa Holmes

07904 528803 / photohubnorth@gmail.com

Join our free photo walk at East Riddlesden Hall to gain knowledge and experience about tips and tricks of photography from professional photographer Lisa Holmes. During this family-friendly photography walk, Lisa will teach you how to get the best out of your camera or smart device. We will also learn how to be more creative with our everyday photography, while throwing some photo games in for the kids.

The walk is aimed at all levels of photography. Whether you want to just want to entertain the kids for a few hours while enjoying nature or improve your current photography skills or simply want to take better pictures on your mobile phone, we've got it covered. Unmade footpaths.



**Tewitt Lane Canadian War Memorial
15th September @ 12:30pm
Men of Worth**



1 mile / 1.6KM each way

Meeting location - (Circular) Outside Golden Fleece public house, Oakworth

Walk Leader - Andy Wade

07792 665336 / andy@menofworth.org.uk

For no more than thirty people.

This is a 30 minute walk from Oakworth to the war memorial for the Canadian aircrew, at the crash site. There will be a 30 minute talk on site about the crash, with stories of the events and about the crew members. Then a 30 minute walk back down to Oakworth.

Children under 13 must be accompanied by a responsible adult.

Sunday buses from Keighley arrive at Windsor Road two mins walk to Golden Fleece in Oakworth, at 12 minutes past the hour.

Walking boots or similar required. Being dressed for inclement weather is essential. Information handouts supplied. <https://www.menofworth.org.uk/archives/war-memorials/tewitt-lane-canadian-memorial/>

**MEN
OF
WORTH**

**Hidden Stars of the River Worth
15th September @ 10:00am
Bradford Outdoor Environmental Education**



1 mile / 1.6KM

Meeting location - Ingrow West Railway Station

End Location - Keighley Town Centre

Walk Leader - John Dallas

07890 916844 / johndallas.bradford@gmail.com



**Keighley Borough Three Peaks Challenge Walk 3 -
Laycock Circular via Sutton Stoop & Goose Eye
16th September @ 10:00am**

CNET



7 miles / 11.2KM

**Meeting location - (Circular) Meet at Keighley Bus
Station and catch the 10.00 am* K1 Laycock Bus or
meet on Chapel Lane Laycock at 10.10am**

**Walk leader - Muppett
muppett@cnet.org.uk**

**The walk takes in the picturesque villages of Laycock
and Goose Eye, as well as wild open moorland.**

***Bus times are correct as of May 22nd. Check the
times nearer the walk as they may change.
Complete all 3 challenge walks to receive a
certificate**



Haworth Walk
16th September @ 11:00am
Bradford District Care Trust



Meeting location - West Lane Baptist Church
BD228EN

Walk Leader - Sarah Bayles
07764 926225 / Sarah.bayles@bdct.nhs.uk

A walk through the beautiful countryside around the historic town of Haworth. It is suitable for anyone who can walk a couple of miles and will involve uphill and downhill walking. There may be some uneven ground. Suitable footwear and clothing should be worn. Meeting at West Lane Baptist Church, West Lane, BD22 8EN

This is a regular weekly walk 11am-12 noon which folk can continue with after the festival if they wish!



**Introduction to Park Wood
16th September @ 1:00pm
Friends of Park Wood**



1 mile / 1.6KM

**Meeting location - (Circular) Kendal St
Walk Leader - Liz Fisher
info@park-wood.co.uk**

**Gentle guided walk introducing participants to the
plants, trees and birds and wildlife in Park Wood and
the history of the site.**

**Adults and accompanied children. Steps and
downhill paths.**



Friends of Park Wood

**Men's Wellbeing Riddlesden to Bingley
16th September @ 6:00pm
True North Collective**



3.4 Mile / 5.4KM

**Meeting location - (Circular) Marquis of Granby
Walk Leader - Andrew Birkinshaw
07708 319909 / info@truenorthcollective.co.uk**

**Meet at the Marquis of Granby. We will walk along
the Leeds Liverpool Canal and complete the
Riddlesden to Bingley 5 Rise locks Circular.**



Railway Children Walk & Penistone Hill

17th September @ 10:00am

Aire & Worth Valley Wanderers



5 miles / 8KM 3 hours

Meeting location - Haworth Railway Station

End Location - Main Street Haworth

Walk Leader - Richard Pemberton

07770 792586 / rjpmolly@gmail.com

A walk following Bridgehouse Beck then up to Marsh Top (past 3 chimneys) from Marsh Top up to Penistone Hill, passing the trig point and back into Haworth.

Adults (18+ only). A walk for reasonably fit people with at least a little walking experience. May include unsurfaced and / or uneven paths. Walking at leisurely pace. Walking boots and warm, waterproof clothing are recommended.



**Morton Circular via Bury Lane
17th September @ 6:00PM
CNET**



4.5 miles / 7.2KM

**Meeting location - (Circular) Meet at Morton Rd.
canal swing bridge @ 6pm
Walk leader - Muppett
muppett@cnet.org.uk**

We follow the path alongside Morton Beck up to Morton Village, then follow a series of tracks and footpaths through fields, with panoramic views of the Aire Valley. We then head down Bury Lane, an ancient byway onto Swine Lane, then finish by walking back to Morton Bridge along the towpath.

Caution is needed as it can be slippery when wet. There are sections where the paths are overgrown. A walking pole or stick would help.



**Care Bears Parent & Toddler Picnic at the Rec
18th September @ 10:00am
Hainworth Wood Community Centre**



0.5 mile / 0.8 KM

**Meeting location - Hainworth Wood Community
centre, Keighley, BD20 5NG**

Walk Leader - Claire Denby

07802 306373

hello@hainworthwoodcommunitycentre.org.uk

**Meet at Hainworth Wood Community Centre and
pick up your picnic & blanket. We will then head off
on a half mile walk to Hainworth Rec where we will
enjoy our picnic!**

All ages welcome.



**Oakworth/Haworth Circular
18th September @ 10:30am
Keighley Ramblers**



6 miles / 9.6KM 3.5 hours

**Meeting location - (Circular) Wide Lane, Oakworth,
BD22 0RJ**

**Walk Leader - Tony White
07941 045498 / demayli@zoho.com**

**A circular walk treading some of the lesser known
paths between Oakworth & Keighley with a nice mix
of scenery.**

**Adults and children over 10 years old. No car parks
but plenty of space on Wide Lane. There is a bus stop
for the K7 bus on Farley Crescent/Cure Hill which is
close to the starting point. Please bring a packed
lunch and a drink. No dogs. Max. of 25 people.**



RAMBLERS

Keighley

**Keighley Railway Station circular via St. Ives &
Harden Moor**

18th September @ 1:30PM

CNET



6.5 miles / 10.4KM

**Meeting location - (Circular) Meet outside Keighley
Railway station @ 1.30pm**

**Walk leader - Muppett
muppett@cnet.org.uk**

The walk takes in Park Wood as well as the meadows above the Aire and Worth Valley which enjoys some fantastic panoramic views. After visiting Lady Blantyre's Rock and the Ferrand's Monument, the route then crosses Harden Moor and back along a series of farm tracks, before dropping down to Long Lee and then heading through Park Woods again and back to the railway station. Be aware the first couple of miles involves a series of steady climbs.



**Plants and their usefulness
18th September @ 6:00pm
Transition Town Keighley**

**Walk Leader - Pippa Chapman
07704 178585 / thoseplantpeople@gmail.com**

**Utley cemetery, Cliffe Castle park, Devonshire park
and back to the cemetery
Approx 2 miles**

**We will look at both wild and cultivated plants in
some of Keighley's green spaces.**

**Plants have many uses such as for weaving,
medicine, dye plants and as a source of food. During
the walk you will learn how to identify plants as well
as what they may be used for.**

Cullingworth Walkers

**19th September @ meet at 9.15am for a 9.30am start
Bradford District Care Trust**



**Meeting location - Cullingworth Methodist Church
Dell Side Fold, Cullingworth**

Walk Leader - Sarah Bayles

07764 926225 / Sarah.bayles@bdct.nhs.uk

The route will start from Cullingworth Methodist Church, meeting at 09:15 for 09:30 start. We will follow the Great Northern Trail (the old railway line) on to Doll Lane and up through East Manywells Farm. We overlook Hewenden Reservoir then follow Milking Hole beck up to the A629. After a few hundred yards we turn down to Coldspring Mill, cross Haworth road and return to the Church via the fields of Manor Farm.

This is a regular weekly walk that folk can attend ongoing after the festival if they wish. We also have a programme of walks right across the district and people can attend as many of our walks as they like!



**Light up the Night Walk
19th September @ 6:00pm
Keighley Town Council**



2 mile / 3.2km

**Meeting location - (Circular) Keighley Creative, 3-7
Cooke St, Airedale Centre, Keighley BD21 3PF**

**Walk Leader - Louise Soothill
louise.soothill@keighley.gov.uk**

**A walk with light up batons through the town centre
where walking alone does not always feel safe.**

**Children must be accompanied by a responsible
adult. Keighley Creative's base is a 2 min walk away
from Keighley Bus Station and an 8 min walk from
Keighley Train Station.**

**Join a free Keighley Creative artist workshop and
make a light up baton to carry with you on the walk
15th September 11:00am-3:00pm
Drop in**



**KEIGHLEY
TOWN COUNCIL**



Walk and Draw in Cliffe Castle Park

20th September @ 10:00am

Louise Garrett Artist



1 mile / 1.6KM 2 hours

**Meeting location - (Circular) Steps by the dome in
Cliffe Castle Park**

Walk Leader - Louise Garrett

louise@louisegarrettartist.com

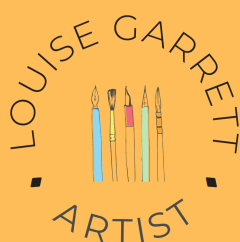
**Walkers will be provided with a little booklet,
drawing tools and a clip board and with Louise's help
and encouragement will follow a gentle route
around the park to spot interesting features and
make a sketch of what catches our eye.**

**Adults and children accompanied by adults. Limited
parking in Cliffe Castle Car Park, some on road
parking.**

**Buses to Skipton Road and walk through the park to
the café**

**903 Transdev request drop off on Spring Gardens
Lane for Cliffe Castle**

All sketching materials provided



**Introduction to Park Wood
20th September @ 5:30pm
Friends of Park Wood**



1 mile / 1.6KM

**Meeting location - (Circular) Kendal St
Walk Leader - Liz Fisher
info@park-wood.co.uk.**

**Gentle guided walk introducing participants to the
plants, trees and birds and wildlife in Park Wood and
the history of the site.**

**Adults and accompanied children. Steps and
downhill paths.**



Friends of Park Wood

Introduction to Nordic Walking - £10

21st September @ 10:00am

Discover Nordic Walking



Meeting location - (Circular) Kendal St

Walk Leader - Helen Parsons

info@discovernordicwalking.uk

Nordic walking is a fantastic full-body exercise that combines walking with the use of specialised poles. Originally developed as summer training for cross-country skiers, it has become a popular low-impact workout for all ages and fitness levels.

In this one-hour session, we'll cover the basics like how to choose and properly size poles, the core Nordic walking techniques, and some simple exercises to get you started.

Adults Only. We can accommodate some health conditions and mobility problems, so please get in contact for more information.

**BOOKING ESSENTIAL FOR SUBSIDISED
RATE OF £10 SCAN QR CODE TO BOOK**



**Dockroyd History Makers Walk
21st September @ 10:30am
Dockroyd Graveyard Trust**



0.5 mile / 0.8 KM

**Meeting location - (Circular) Dockroyd Graveyard
Entrance, Chapel Lane, Oakworth, Keighley BD22 7HY
Walk Leader - Andrew Heaton & Jean Sugden
07860611237 / secretary@dgt.org.uk**

**Guided tour of Dockroyd Graveyard. Talk about
history of the graveyard, its recent restoration;
explanation of headstone symbols; stories about the
Dockroyd families who by acts, ideas or existence
have modified the course of history.**

Wheelchair accessible.

**The “Dockroyd history Makers” book will be available
on the day (£10 cash). For more information visit our
website:**

www.dockroydgraveyardtrust.org.uk



Langwathby Circular

**21st September @ Starts: 10:01 Return train to Leeds:
16:46**

Friends of the Settle-Carlisle Line



11 miles / 17.7 km – full day walk

**Meeting location - (Circular) Langwathby Train
Station**

**Walk Leader - Russ Smith
guidedwalks@settle-carlisle.com**

**A chance to visit Long Meg and Her Daughters stone
circle on this walk exploring the area around
Langwathby.**

**Adults and older children. Not accessible due to
uneven terrain, Car free walk – entirely accessible by
public transport from Keighley**



Wellbeing Walk
21st September @ 12:30pm
Missing Peace Wellbeing Support



Meeting location - Keighley Church Green / Lund Park, main entrance

Walk Leader - Emma Gibson

07711 271596 / missingpeacews@gmail.com

Join our Wellbeing Walk where we will walk to Lund Park for a gentle stroll taking in the nature around us and the option of some wellbeing activities along the way. Weather permitting, we will find somewhere to sit and have a picnic together with hopefully some chat, fun and laughter! Please bring your own picnic and picnic blanket with you. Meeting points: Church Green 12.30pm or Lund Park main entrance: 1pm



Missing Peace
Wellbeing + Support

**Bronte Waterfall Circular
22nd September @ 10:00am
Keighley Ramblers**



5 miles / 8km 2.5 hours

**Meeting location - (Circular) Church Steps, Main
Street, Haworth**

**Walk Leader - Chris Lee
leecn60@gmail.com**

A fairly easy walk on tracks & road returning.

**Adults and children over 10 years old. No dogs, walk
limited to 25 people.**



RAMBLERS

Keighley

**Community Lund Park Walk
22nd September @ 12:00pm
Lund Park Community Group**



45 Minutes

**Meeting location - (Circular) Lund Park front gate
Walk Leader - Cllr Abdul Shohid
07712 222213 / Sufi.shohid@gmail.com**

A walk around Lund Park using the footpath.

**Any age welcome. Some pathways uneven near the
entrance to the park. Street parking outside the
park.**



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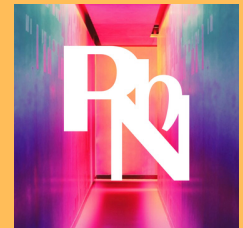
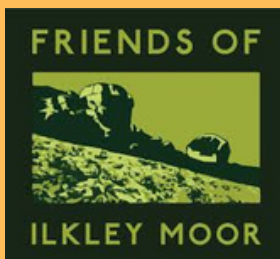


KEIGHLEY
TOWN COUNCIL

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Huge thank you to all the walk leaders!



Friends of Park Wood



Missing Peace
Wellbeing + Support



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