03 February 2025





Well Together Service

FREE!! Volunteer Led Walks



For More information on our service follow this link to Well Together service | BDCT











@BDCFT_WTS

Please be aware that timings do change, therefore contact to check dates and times.

BRADFORD AREAS					
All Rounders Walking Group Barbara Wainwright Annie McKay Eileen Widdop	This medium paced walk covers local landmarks in the East Bierley/ Holmewood area - bordering to Tyersal Beck and Black Carr Woods (Pudsey). At times the group walk along the canal at Apperley Bridge. Fields and green spaces woven in for interest.	Meet at St Christopher's church (car park) Holmewood Road Holmewood BD4 9EJ	Mondays 9.45am - 12.00pm		
Eccleshill Health Walkers Ian Stow Susan Knox	A medium paced walk around the area, followed by a drink at the Mechanics Institute.	Meet at Eccleshill Mechanics Institute Stone Hall Road Bradford BD2 2EW	Tuesdays Every 2 weeks 9.45am - 10.45am 4 February 18 February		
Friends Of Bowling Park Barbara Pitts David Topham Shirley Carlin	A slow-paced walk around this beautiful park with a drink in the café afterwards. Suitable for Pram/wheelchair users.	Bowling Park Meet at the Lodge Opposite Lister Avenue Bowling Hall Road Bradford BD4 7TL	Tuesdays 10.00am - 11.00am TERM TIME ONLY		
Harold Park Walk Margaret and Bernard Tetley	A 30-45 minute slow-paced walk around Harold Park. Dogs on leads welcome.	Harold Park Meet at the main gate Park Road Bradford BD12 0EW	Fridays 11.00am - 11.45am		
Horton Bank Top Walk Harjit Panesar	Length of walk varies depending on walking ability. Up to 2.5 hours walking and one hour taken for bus travel - you will be back by 1.30pm	Meet on the opposite side of the road to Horton Bank Top surgery Great Horton Road Bradford BD7 4PL	Mondays Meet at 10.00am		
Manningham Library Women's Walking Group Jaspreet Kullar Safia Rozeen Habiba Bashir Shabana Aziz	This is a relaxed paced walk for women of all ages, and lasts for approximately 1 hour. Followed by refreshments after the walk in the library so you can relax and socialize.	Manningham Library Meet outside the main entrance Carlisle Road Bradford BD8 8BB	Wednesdays 9.45am - 10.45am This group is supported by the Bradford Active Travel social prescribing project.		

X: @BDCFT

Myra Shay Walkers Dinara HusainovaMeet us for a gentle stroll around this lovely green space and make time for some relaxation, gentle exercise and a friendly chat. Prams/pushchairs welcome.Myra Shay Park Meet by the top entrance to the park (below Lapage Primary School)ThursdaysPeel Park Walk Maureen Gamble Mary IllingworthA gentle walk around Peel Park, returning to the park gates. The walkers then sit back and catch-up over a cuppa in the Peelers' Café. Suitable for Pram and wheelchair users.Peel Park Meet at Peel Park Meet at Peel Park Cliffe Road entrance Bradford BD3 0LTThursdays 10.00am - 11.00amThe Ridge Walkers Michael Whyte Tim GrunwellA gentle walk around Horton Park. Suitable for pram and wheelchair users.Horton Park Meet at the top gates of Horton Park, by the Ridge Medical Practice Cousen Road Bradford BD7 3JXThursdays 11.00am - 12.00pmTickles Walking Group Jeneen SherringtonCome and join us for a brisk walk and talk.Meet outside Ginger Goose Pub 71 Market Street opposite Town Hall Bradford BD7 2RJThursdays Every 2 weeks 11.30am - 12.30pmWalk For Wellbeing Jobeda AliWalk For Wellbeing walking group on alternate weeks and take in the sights of Scholemoor. Great Horton, Horton Park and Clayton at medium pace. Some uphill walking due to location. Carers welcomeMeet at Tomoton Primary SchoolTuesdays 10.30am - 12.30pmWalking Back to Happiness Rodney KenchVaried, medium paced walk exploring the beautiful surrounding of Thornton Village. Everyone is welcome.Meet at Thornton Road Bradford BD7 2RJTuesdays 10.30am -
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Wibsey Walkers A gentle walk around Wibsey Meet at Mondays
Tim Grunwell park. Beacon Road entrance 11.00am - 12.00pm
Betty Stothers Suitable for pram and to Wibsey Park
wheelchair users. Bradford BD6 3EY
Wyke Nooks And This is a medium paced walk, Meet at Mondays
Crannies Walkers taking in the nooks and crannies The Veterans Hut 9.30am - 10.45am
Tony Green around the Wyke area, passing by by the bowling green
Stan Clay allotments, fields and green Wyke Park
Lynda Sweeby spaces. Bradford BD12 9PN
You'll Never Walk Alone Vou'll Never Walk Alone walking Meet at Mondays
Michael Whyte group joins up with Walk For Park gates on Horton 11.00am - 12.00pm
Jobeda Ali Wellbeing Walking group on Park Avenue
alternate weeks and take in the opposite Horton Park
sights of Scholemoor, Great Medical Centre
Horton, Horton Park and Clayton Bradford BD7 3WG
at medium pace. Some uphill
walking due to location.

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	SHIPLEY & SURROUN	DING AREAS				
Baildon Jubilee Walkers Howard and Christine Lloyd	Varied, medium-paced walks making use of the snickets, moorland and green spaces.	Meet at Cecil Avenue Off West Lane Baildon BD17 5LH	Wednesdays 2.00pm - 3.00pm			
Bingley Walkers Sheila Furness Christine Bondarenko Ralph Harding	Bingley walkers walk different one-hour circuits starting outside Bingley Arts Centre. Some walks are reasonably flat, but they also will walk uphill to the Twines, up Beckfoot Lane, past Canalside into the estate. Come along and try it!	Meet at Bingley Arts Centre Main Street Bingley BD16 2LZ	Tuesdays 2.00pm - 3.00pm			
Bingley 2 Hour Walk Christine Bondarenko Ian Barker James Muff Dennis Palframan	This is a moderately strenuous 'medium-paced' walk. There will be some uphill gradients, suitable footwear is necessary. For months with 5 weeks, walkers are going slightly further afield for the 5th week only.	Meeting point varies: 6,13,20,27 February: Cullingworth Opposite St John's Parish Church	Thursdays 1.00pm - 3.00pm			
Cullingworth Walkers John Hudson Pam Dobson Kathleen James Suzanne Trewartha Bryan Walkden Raja Nair Geoffrey Jones Diana Joy Wright	A and B Walks The group meet back at the church after the walk for refreshments, £1.00 donation for refreshments. No dogs allowed.	Meet at Methodist Church Dellside Fold Cullingworth BD13 5EX	Thursdays Meet at 9.15am, for a prompt start at 9.30am. Finishes at 11.00am / 11.30am			
Wilsden Walkers Sheila Dickerson Kath James Bryan Walkden Christina Watkinson Wilma Nichol Diana Wright Raja Nair Geoffrey Jones Christine Dufton Gill Holmes Rae Harvey John Hudson	A and B Walks £1 donation for refreshments. No dogs allowed.	Meet at Wilsden Village Hall Townfield Wilsden BD15 0HT	Mondays (Except Bank Holidays) A:9.15am - 10.45am B:9.15am - 10.15am			
KEIGHLEY & SURROUNDING AREAS						
Addingham Walk Brenda Jones Marina Davies Steph Morris	Short walks lasting approximately 1/1.5 hour. There will be some gradients and uneven ground. Appropriate footwear and clothing are necessary. Followed by optional tea/coffee at the Addingham Hub. No dogs allowed.	Meet at Addingham War Memorial adjacent to the car park by Addingham Memorial Hall Main Street Addingham Ilkley LS29 0LZ	Tuesdays 10.00am - 11.00am / 11.30am			

Aire & Worth Valley Wanderers Richard Pemberton Suzanne Trewartha Stewart Towers Hannah Mulholland	Meet new friends, explore the hidden gems of the Aire & Worth valley and learn about the local & natural history of the walks. The walks are aimed at people who have reasonably good mobility & some of the walks will include hill climbing (up & down) and will go over uneven surfaces.	For further information please contact Richard Pemberton on; rjpmolly@gmail.com 07770 792586	Thursdays 1.30pm - 3.00pm
Clarke Foley Circular Walk Jill Finnerty	Join us for our friendly walk starting from the Clarke Foley Centre. This is a fairly gentle walk lasting approximately 1 hour. The walk will be circular starting and finishing at Clarke Foley. There may be some gradients and uneven ground. Suitable footwear and clothing are required. Dog friendly – must be on lead at all times and well behaved.	Meet at The Clarke Foley Centre Cunliffe Road Ilkley LS29 9DZ	Fridays 10.00am - 11.00am NEW WALK Starting January 2025
Haworth Walk Annie Williams Debra Butler Jennifer Clark	This is a walk through the beautiful countryside around the historic town of Haworth. It is suitable for anyone who can walk a couple of miles, there may be some uneven ground. Suitable footwear and clothing should be worn.	Meet at West Lane Baptist Church Haworth BD22 8EN	Mondays (Except Bank Holidays) 11.00am - 12.00pm
Ilkley 2 Hour Walk Julia Clayton-Stead Sue Tupling Helen Hack Anne Parker Sarah Haines Sheena Pickersgill	Routes will vary. Terrain can be variable with uneven ground people need to be reasonably physically fit. There is another option to do a shorter walk for those who would struggle to walk for the full time/distance. No dogs allowed.	Starts from The Bandstand Opposite Bettys Tea Room The Grove Ilkley LS29 9EE	Fridays 10.00am - 12.00pm
Roshni Ghar Ladies Walk Amber Norman Shazia Kauser	The walk lasts up to 1 hour and is led by what the ladies feel they want to do on that day, but Cliffe Castle and its grounds play a big part in providing therapeutic wellbeing walks for South Asian ladies. CLOSED GROUP	Keighley Library North Street Keighley BD21 3SX *Time and place of the walk can vary so can be subject to change*	Last Monday of each month 1.00pm (If the date falls on a Bank Holiday, the walk will take place the following week)
Wheel And Walk Jaspreet Kullar Louise Soothill	The walk is catered for all abilities, including wheelchair users.	Meet outside The Leisure Centre Hard Ings Road Victoria Park View Keighley BD21 3JN	First Tuesday of each month 1.30pm ON HOLD

X: @BDCFT