

SELBY HEALTH WALKS

Walks Programme Jan - Mar 2020



All Distances Are Approximate

DAY	DATE	TIME	MEET AT	STILES	HILLS	DISTANCE	LEADER	CEF AREA
Thurs	2 Jan	11:00	Selby Leisure Centre – Staff organised starter walks every Thursday (Walking for Health Scheme)			2 miles		
Thurs	2 Jan	10:30am	A Holiday Special – The Selby Horseshoe route (part 1: Selby to Thorpe Willoughby) – starting from Selby Abbey (West Entrance) – bus service connections are available			5 miles	CN	
Thurs	2 Jan	12:45pm approx.	The Selby Horseshoe route (part 2: Thorpe Willoughby to Selby) – starting on the green (opposite The Fox Inn), Fox Lane, Thorpe Willoughby – bus service connections are available			3½ miles	CN/SP	
Mon	6 Jan	10:00am	Cross Keys (PH), Hillam Lane, Hillam - car park			5 miles	CN	Western
Fri	10 Jan	1:30pm	Barlow Common Nature Reserve - car park			4 miles	SP	Eastern
Thurs	16 Jan	11:00am	Old SDC Civic Centre, Portholme Road, Selby			3½ miles	DS	Central
Tues	21 Jan	1:30pm	Regen Centre, Landing Lane, Riccall – car park			3½ miles	DW	Eastern
Sun	26 Jan	12:30pm	Owl Hotel, Main Street, Hambleton - please park to rear of Annex			3½ miles	BJ	Southern
Fri	31 Jan	11:00am	Brayton Farm Shop, Mill Lane, Brayton – overflow car park			4 miles	SM	Central
Fri	7 Feb	1:30pm	Pollington Social Centre (Village Hall), Main Street, Pollington – car park			4½ miles	SP	
Wed	12 Feb	10:30am	Annual General Meeting, to be held at the Library, 52 Micklegate, Selby – All are welcome to attend					
Thurs	13 Feb	11:00am	Cross Keys (PH), Hillam Lane, Hillam - car park			3 miles	DS	Western
Tues	18 Feb	1:30pm	Skipwith Common (Western approach from A19) – King Rudding Lane car park			4 miles	DW	Eastern
Sun	23 Feb	1:30pm	Village Hall, Jubilee Road, Wistow - car park			4 miles	BJ	Eastern
Fri	28 Feb	10:30am	Shoulder of Mutton (PH), Kirk Smeaton (for Brockadale Walk) – car park (a 3½ mile optional addition is proposed)			5½ miles	CN	Southern
Fri	6 Mar	10:30am	Cusworth Hall and the River Don – please ring Carol on 07753695951 for parking details			6 miles	CN	
Wed	11 Mar	1:30pm	Drax Sports and Social Club - car park			4 miles	DW	Southern
Thurs	19 Mar	1:30pm	Brayton Bridge car park, Brayton Lane, Brayton			4 miles	SM	Central
Sat	21 Mar	1:30pm	Snaith Railway Station, George Street, Snaith – car park			5 miles	BJ	
Mon	23 Mar	1:30pm	Village Green, Gateforth - please park to rear of green			3½ miles	SP	Western
Thurs	26 Mar	11:00am	St Helen's Church, Main Street, Skipwith – on street parking			3½ miles	DS	Eastern

Please check our website's "latest news" page before you leave home for the venue, as there are no substitute walk leaders for some of the longer walks and, rarely, cancellation at short notice may result in no-one being present at the start point.

Additional walks may be offered. These may be advised by email, on our web page, and in the Selby Times.

PLEASE HELP US TO START OUR WALKS PROMPTLY BY ARRIVING NO LATER THAN 15 MINUTES BEFORE THE PUBLISHED START TIME TO ALLOW FOR SIGN IN AND THE PRE-WALK BRIEFING.

Remember – Wear comfortable clothing and strong, suitable footwear • **Dogs should be kept on a lead** • Don't forget to take a drink • **Don't leave valuables in your car**
SELBY HEALTH WALKS For further information: **telephone: 07922 002025** • **www.shw23.btck.co.uk** • **email: selbyhealthwalks@googlemail.com**

Please consider entering emergency contacts in your mobile phone address book under the name 'ICE'