



The  
**5th**

# Bingley

## **WALKING FESTIVAL**

**Monday 2nd May 2022**

**All welcome - First walk starts at 10am**



### **FREE EVENT**

This is a free event for all.  
All we will be asking for is voluntary donations  
to help us continue to hold events like this.

**Nordic  
Walking  
taster  
session**



[www.bingleywalkersarewelcome.org.uk](http://www.bingleywalkersarewelcome.org.uk)



Mon  
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# Bingley WALKING FESTIVAL The Walks



## 1 HARDEN MOOR AND MORE

Led by John Kata

On this challenging 8 mile walk, you will see some beautiful scenery and a bit of history. Starting with a steady climb up Altar Lane we will stop at Druid's Altar to admire the views of the Aire Valley. Then we'll make our way towards Harden Moor to find a prehistoric stone circle before walking through the lovely hamlet of Ryecroft. From there, we'll go down into the Harden Valley, have a stop at The Malt and then back towards Bingley via Bank Top, Black Hills and Beckfoot.

Meet John & Cedric at 10.00am in Market Square, Bingley.

## 2 BINGLEY HISTORY WALK

Led by Susan Hart

Where did John Wesley speak to the people of Bingley? Where were Bingley's Turkish Baths and Bingley's first Railway Station? Did any of your ancestors visit the Hippodrome Cinema? Have you heard about the Boiler Explosion which killed some Bingley school children? Find out the answers and learn much more about the history of our town on a gentle 1.5 mile stroll through Bingley.

Meet Susan at 10.30am in Market Square.

## 3 AIRE AND ALTAR WALK

Led by Heather Weatherhead

This is a lovely 4 mile walk. Firstly along the River Aire with a chance to see deer, herons, almost always ducks and if you are lucky a kingfisher! Then you will follow a narrow path, with several stream crossings, through beautiful woods (walking poles or a stick would be useful) finishing with great views over the Aire Valley when you reach Altar Lane.

Meet Heather at 11.00am in Market Square.

## 4 ELDWICK FARMS & FIELDS

Led by Sue Dennis

A 3 mile walk past the farms, through the fields and across the gallops of High Eldwick. Relatively easy walking and lovely views, but some tricky stiles and the occasional un-loved path, good walking boots essential.

Meet Sue at 1.00pm at the Acorn, Eldwick.

## 5 THE POWER OF POLES - A NORDIC WALKING TASTER SESSION

Led by Helen & Phil

Join Helen and Phil, qualified INWA instructors and founders of Discover Nordic Walking for an hour's taster session in Myrtle Park, Bingley. Nordic walking poles propel you forward helping you walk further, faster, and with greater efficiency, giving you a whole-body workout. It offers a low impact exercise suitable for almost everyone. Wear trail walking shoes rather than hiking boots, poles will be provided but sadly dogs and Nordic walking poles don't make a great combination.

Meet Helen & Phil at 1.00pm beside the bandstand in Myrtle Park.

- Always carry water and a snack and wear appropriate footwear and clothing for the walk.
- Please be aware that all walks are undertaken at own risk
- Always choose a walk which suits your walking ability and interests.
- We will always have your safety paramount so please listen to any information which the walk leader gives you at the start of the walk and tell the walk leader if you intend to leave the walk before the end.
- Our walk leaders have all attended walk leaders courses but will not administer first aid so please bring along any first aid supplies which may be appropriate to you and advise the walk leader of any relevant health issues or injuries.
- Well behaved dogs on a leash are welcome on walks 1 - 4.