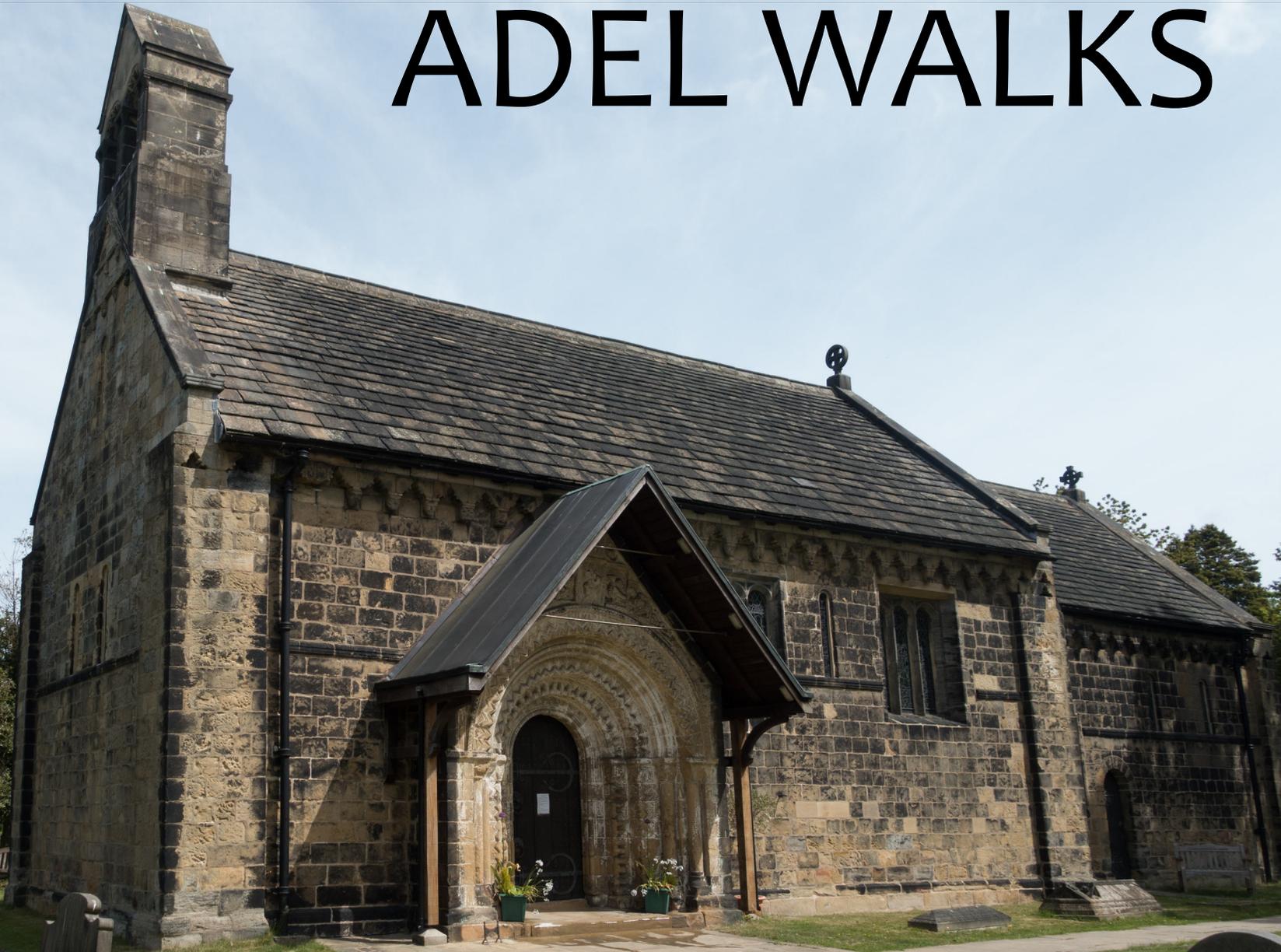


ADEL WALKS



Adel Neighbourhood Forum
Giving You a Voice

Introduction

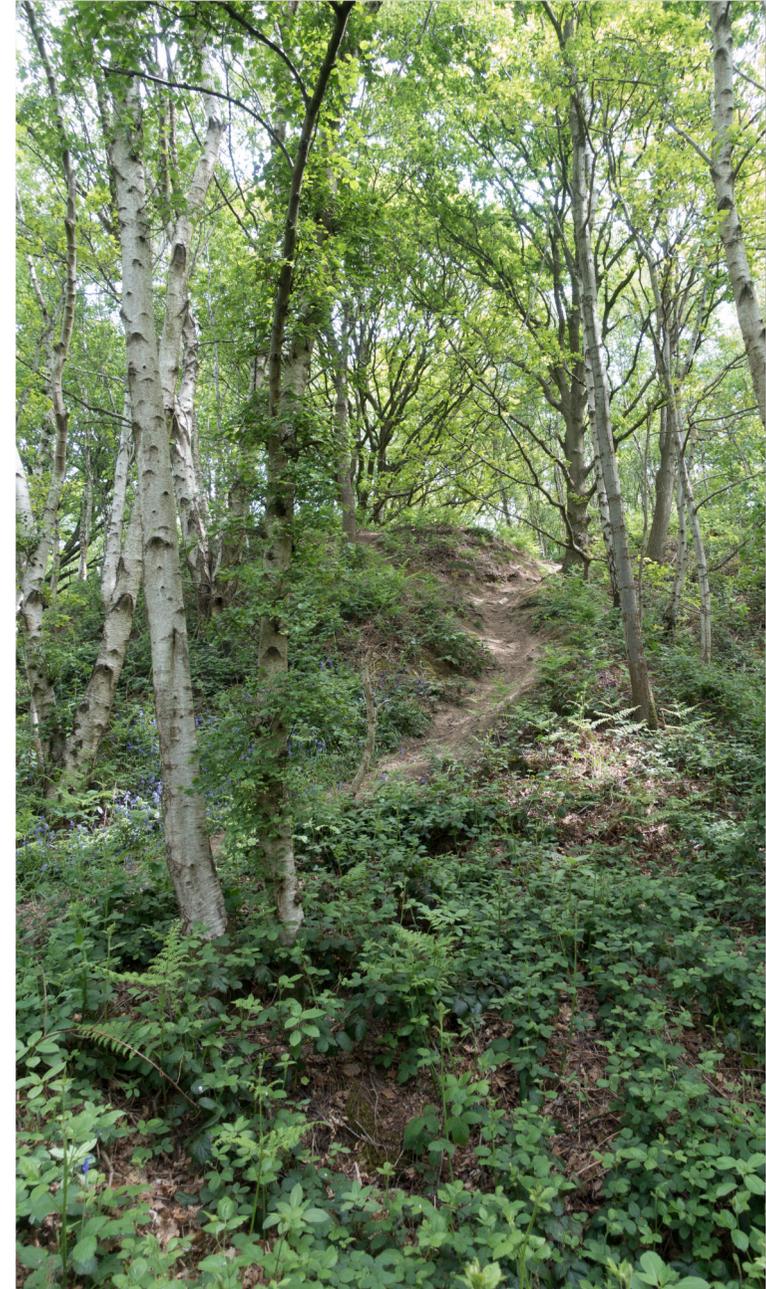
Everyone talks about the greenery of Adel but very few appreciate the woods on our doorstep. We walk there regularly and it is not unusual to see no one in an hour walking through this beautiful landscape. There are many paths that cross through the woods but few clearly signposted footpaths and landmarks. Most of Adel Wood is probably not ancient woodland and throughout the woods there are the remains of boundary walls.

What we are going to suggest in this leaflet are a few simple circular walks starting from either Adel Parish Church, Adel St John's Primary School on Long Causeway or Adel Primary School on Tile Lane. There is no one route and many cross over and join other walks that mean you can spend as little as just under an hour in the woods or up to 2 – 3 hours.

One of the ancient meanings of the name Adel was boggy ground so wellies or walking boots are recommended apart from long dry spells.

All of the walks are safe for adults and children if approached sensibly but paths through the woods are not generally suitable for pushchairs. An approximate walking time has been given for most of the walks but this is clearly dependent very much on your own speed. We suggest trying one of the shorter walks first if you aren't confident and use that to judge how long some of the other walks are likely to take.

This leaflet has been produced on behalf of the Adel Neighbourhood Forum and we are very grateful to Ian Bond who has prepared all the descriptions.



Walk 1



Circular Walk Through Adel Woods - walking time 1 hour

From Adel St John's Primary School walk along Long Causeway towards Back Church Lane and York Gate. Head down Stairfoot Lane to the bridge beside Bridge Cottage. There are a number of choices, including a left turn along a permitted access path that follows the stream upstream towards the golf course and an old quarry that I'll describe another time. For now, head uphill on the bridleway and take the path that stays parallel to the road and cross to Stairfoot Lane car park or alternatively follow the footpath to the right and follow the boundary of Bridge Cottage beside the stream, Adel Beck. At the rear of the property boundary take the steps up the hill which brings you to a path on the crest of the hill. Go straight on to join the car park on Stairfoot Lane.

At the car park, turn tight and follow the main path which is part of the Meanwood Valley Trail for 150 metres passing Adel Crag on your left. At the picnic area, take the path to the right and follow this down to a mill pond. As previously mentioned the ground around here can be quite boggy so apart from a very dry spell- walking boots or wellies are recommended. The pond (origins to be clarified) is above a stream that flows from King Lane and joins Adel Beck. Follow the steps down across the basic stone bridge and up to the Slabbering Baby fountain (restored in recent years with an explanation board now provided). This area was popular in Victorian / Edwardian times with a tea cafe nearby but there are no longer any refreshment facilities in these woods and they remain largely unspoilt.

Follow the main path with Adel Beck on your right hand side (50 – 60 metres from the path) and continue down to Seven Arches - a Victorian aqueduct built in 1841-42 that supplied many of the houses in Leeds until, comparatively quickly, demand succeeded supply.

From Seven Arches follow the path across the stream and take the bridle way up to the right that takes you away from Adel Beck. The Bridleway eventually meets Tile Lane just below Adel Primary School and above East Moor Farm. Walk up Tile lane past Adel Primary School to Sir George Martin Drive. Turn right and after approx. 50 metres there is a ginnel that runs up to Long Causeway. Turn right and back to Adel St John's Primary School.

If you want a longer walk the path beyond the aqueduct on the left hand side of the stream was improved over winter 2014 /Spring 2015 by Community Volunteers and Leeds City Council. This is signposted 'permitted access Scotland Wood'. The recently improved path continues down to the Ring Road but after 10 minutes walking the old path veers to the right and descends down to an old stone bridge beside the site of Scotland Mill-an old flax mill on the far side of the stream. From there it is possible to follow a path up the other side (with the stream now on your right) back to Seven Arches.

Walk 2

Circular walk alongside Adel Beck - walking time under an hour

From Adel St John's Primary School walk along Long Causeway towards Back Church Lane and York Gate. Head down Stairfoot Lane to the bridge at the bottom. Turn right immediately before Bridge Cottage and follow path between the cottage and Adel Beck on your right hand side. Follow the stream downstream using the path. Be prepared for it becoming muddy in parts.

Continue until the last of the houses on the other side of the stream. Soon after the path veers to the left and joins a path that comes to the pond described in Walk 1. From the pond, walk down to the stream running from King Lane in the west to join Adel Beck. Turn right and follow this stream down to the footbridge over Adel Beck and follow this up to the cottages in Springhill with the new Adel Beck Secure Children's home on the right. Follow the road up to the right past East Moor Farm and the former East Moor reformatory on the right. (This is a listed building of historic significance but urgently in need of imaginative renovation.)

The footpath runs alongside Tile Lane and eventually meets the road just below Adel Primary School. Walk up Tile lane past the school to Sir George Martin Drive. Turn right and after approx. 50 metres there is a ginnel on the other side of Sir George Martin Drive that runs up to Long Causeway. Be careful crossing at this point as cars often come round the bend on the left at speed. At the top of the ginnel, turn right and back to Adel St John's Primary School.



Walk 3



Circular Walk to Scotland Mill and Meanwood Park - walking time 1.5 hours

From Adel Primary School on Tile Lane walk down towards the footpath on the right that runs alongside the road. Where the footpath divides with East Moor Farm ahead of you, turn right and follow footpath / bridleway down to the Seven Arches water viaduct. There are often sheep in the fields on either side of this path so dogs should be kept on leads. At Seven Arches turn right and follow path that runs near to Adel Beck with it running downstream on your left. Follow this path and continue past the remains of Scotland Mill and on to the Ring Road. There are then two choices. (For a shorter route go to alternative route shown at*).

Take the tunnel under the Ring Road and follow the path with the Ring Road on the right and continue until it meets a road from the Ring Road that leads to Adel Stables . Opposite the stables is the path into Meanwood Park as part of the Meanwood Valley Trail. Just inside the park , there is a picnic area on the left hand side.

Follow this path downstream with the stream on your right until you come to a row of cottages known as Hustlers Row. If you follow the road through the park this will bring you to a children's playground and cafe approximately 400 metres further on.

The alternative at Hustlers Row is to turn right and cross the pedestrian bridge over the stream and take the path to the right and follow it upstream towards the Hollies. This path climbs up from Meanwood Beck with the beck on your right and a stream on your left. Follow this path until you come to the footbridge on the left that leads onto a path through the bottom of the Hollies or carry on to a waterfall and take the path to the left and join the main path to the bottom of the Hollies. Follow this path until it reaches the exit on the Ring Road. Turn left and walk along to the traffic lights at Hope Pastures Animal Sanctuary and cross the traffic lights onto Long Causeway. Follow the road until it becomes Sir George Martin Drive and return to Adel Primary School or carry straight on to Adel St Johns Primary on Long Causeway

*Alternative shorter route. Where the path splits take the path up to the Ring Road. Follow it in a westerly direction with the Ring Road on your left. Approx 300 metres on there is a flight of steps on the right hand side of footpath. This brings you alongside the New Rover Cricket Ground. Follow the path with the fields on the right and cricket ground on left. There is a ginnel that runs straight ahead that leads up to Long Causeway or if you prefer follow the road around the edge of the Cricket Ground and join Long Causeway at the junction with Adel Lane (just above the traffic lights on the Ring Road).

Walk 4

Circular Walk to the Children's Play Area at King Lane - walking time 1 hour

From Adel St John's Primary School walk along Long Causeway towards Back Church Lane and York Gate. Head down Stairfoot Lane to the bridge at the bottom and this time either head uphill on the path to the left of the road and cross to Stairfoot Lane car park or alternatively follow the footpath to the right and follow the boundary of Bridge Cottage beside Adel Beck. At the rear of the property boundary take the steps up the hill which brings you to a path on the crest of the hill. Go straight on to join the car park on Stairfoot lane.

We are heading for the children's play area off King Lane, Alwoodley and the quickest way is to follow the broad lane straight across to King Lane passing the Leodiensians rugby ground on the right hand side. From the play area you can either return the way you have come or at the rugby ground car park turn left down past Alwoodley cricket ground to the stream flowing from King Lane.

Cross the stream by the footbridge and turn right. Follow the path beside the stream down to the footbridge over Adel Beck and follow this up to the cottages in Springhill with the new Adel Beck Secure Children's home on the right. Carry on up the road to the right past East Moor Farm and the former East Moor Reformatory on the right. (This is a listed building of historic significance but urgently in need of imaginative renovation). The footpath runs alongside Tile Lane and eventually meets the road just below Adel Primary School. Walk up Tile lane past the school to Sir George Martin Drive. Turn right and after approx. 50 metres there is a ginnel that runs up to Long Causeway. Turn right and back to Adel St John's Primary School.



Adel Neighbourhood Forum

Contact us: anf.chair@gmail.com

Walk 5

A Longer Version of Walk 4 - walking time 1.5 hours

From Adel St John's Primary School walk along Long Causeway towards Back Church Lane and York Gate. Head down Stairfoot Lane to the bridge at the

bottom. This time either head uphill on the path to the left of the road and cross to Stairfoot Lane car park or alternatively follow the footpath to the right and follow the boundary of Bridge Cottage beside the stream Adel Beck. At the rear of the property boundary take the steps up the hill. This brings you to a path on the crest of the hill where you go straight on to join the car park on Stairfoot lane.

In this walk we are again heading for the children's play area off King Lane, Alwoodley but by a longer route. Start walking along the broad path but turn left towards Adel Crag (said to be an inspiration for one of Henry Moore's sculptures). Go past Adel Crag- there are a number of paths leading to a spot above the Crag which are reasonably accessible - and follow the main path to run alongside a relatively recently planted wood. This is a Memorial wood planted in aid of Leeds Hospices . Follow the path with this wood on the left and a small copse on the right. Behind is an open field with rugby posts and just beyond the main path mentioned in the previous walk. Continue on the track until it splits. If you carry straight on it will bring you to the bridle way main path already mentioned but if you turn left it takes you up to an attractive beech wood with some rocky crags. Take care near the crags particularly with young children but follow the path until it drops down to the right and crosses the bridleway path – just beside the children's play area.

Return by the way suggested in Walk 4 (via Springhill) or, if feeling more adventurous, at the path beside the cricket ground turn right after crossing the stream and 20 metres down take the path to the left. Follow this up onto an expanse of heathland and follow the path across. When this meets a number of paths beside a dry stone wall (that looks like it has not been finished) take the path up to the left which will pass a large stone –the Buckstone that gives its names to the housing estate behind. Alternatively follow one of the less defined paths. Whichever route you take should bring you to a broad track that leads from the housing estate on the left down to Seven Arches where there is a recently installed information board about the history of the viaduct and the wildlife round about. Sometimes on quiet mornings I have seen Roe Deer near here.

From Seven Arches follow the path across the stream and take the bridle way up to the right that takes you away from Adel Beck. The Bridleway eventually meets Tile Lane just below Adel Primary School and above East Moor Farm. Walk up Tile lane past Adel Primary School to Sir George Martin Drive. Turn right and after approx. 50 metres there is a ginnel that runs up to Long Causeway. Turn right and back to Adel St John's Primary School.



Walk 6

A Historic Walk around Adel's Conservation Area - walking time 30 minutes

From Adel St John's Primary School walk along Long Causeway . Turn left into Back Church Lane and pass York Gate on your right. This is described as one of Yorkshire's finest gardens and well worth a visit in its own right. Take the path that angles away from the road, through Bryn's Gate and follow up to the Stables and on into Adel St John's Parish Church Yard. The churchyard and church are worth spending time in. Continue through the churchyard onto Church Lane.

There are now two options

1) Turn left along Church Lane passing Adel Memorial Sports and Social Club and the former Adel Parish School (now converted into dwellings) until you come to the unmarked lane on the left beside an old stone building, the Old Smithy that was for many years the workshops of a local undertaker until its recent conversion to a residential cottage. (If you pass the King George VIth postbox set into the stone wall you've come too far.) Walk down the unadopted lane until you shortly come to the disabled access gate that takes you through a ginnel onto a tarmacked path besides Bedquilts Playing Fields and back to Adel St John's Primary School.

2) For a slightly longer walk – when you come out of the Church Yard at Church Lane, cross over and follow the footpath across the edge of the fields. This is known as the Corpse Way and has historic significance as part of the route from Kirkstall Abbey to Adel Parish Church and beyond. After 300 metres the path reaches the A660 Otley Road. Take care crossing over and turn left and on past the Lawnswood Arms. Cross Holt Lane at its junction with Otley Road and continue to the pedestrian traffic lights. Cross over and turn left a short distance that brings you to a ginnel leading into Holt Close. At the end of Holt Close cross over to the unadopted lane almost straight ahead next to the old stone building mentioned above. Walk down the unadopted lane until you shortly come to the disabled access gate that takes you through a ginnel onto a tarmacked path besides Bedquilts Playing Fields and back to Adel St John's Primary School.



Walk 7

Adel to Golden Acre Park - walking time varies

From Adel St John's Primary School walk along Long Causeway towards Back Church Lane and York Gate. Head down Stairfoot Lane to the bridge at the bottom and then head uphill on the bridleway to the left of the road. When you are level with the car park on the other side of the road, take the left hand path and follow it through the wood - beware of mountain bikers who use this as a cross country route. On reaching the field turn right and follow the path along edge of the field. At the end of the field a farm track continues straight on, follow this track along the edge of the golf course until reaching King Lane. Cross the road (being very careful about traffic) and turn left along the road – great care is needed here because of the traffic and the narrow path. Continue along the road crossing Five Lane Ends junction and after 300 metres turn left at the T junction on Arthington Lane and follow the road back towards Adel with Adel Mill on right.



Alternatively cross at Junction and follow bridleway along edge of Golden Acre Park. This brings you to Adel Dam nature reserve on left. Carry straight on until the bridleway reaches the A660 Otley Road beside the Mercure Hotel. There is a footpath along the far side of the main road - turn left to walk back to Adel.

If still up for a longer walk cross the road and turn right heading towards the main car park for Golden Acre Park. When you reach the bridleway on the left marked Breary Marsh, follow this for approx. 500 metres until this crosses a stream. Keep on the main path and continue to an open expanse of water - Paul's Pond. Either turn left for a shorter route or turn right and follow the path around the pond until reaching a footpath signposted through the woods that runs alongside Cookridge Hall Golf Course. Follow the yellow posts and at appropriate stage turn right across the golf course following yellow posts.

The route comes up by two substantial cottages and reaches Holt Lane. Turn left and walk down Holt Lane but be aware of traffic. This is a busy cut through from Adel to Otley Old Road particularly for traffic heading north west to the airport or beyond.

On the left of Holt Lane there are a couple of paths through the hedge bordering the road that lead onto the playing fields and children's play area. Follow the path round and join the footpath that now runs alongside Holt Lane and join the main road with traffic coming from Holt Park. Turn left and continue down the road to Otley Road and cross at the pedestrian traffic lights. Turn left towards the ginnel leading into Holt Close. At the end of Holt Close cross over to the unadopted lane almost straight ahead. Walk down the unadopted lane until you shortly come to the gate that takes you through a ginnel onto a tarmac path besides Bedquilts Playing Fields and back to Adel St John's Primary School.

Walk 8

A Walk Through the Woods - walking time 1.5 hours

From Adel St John's Primary School walk along Long Causeway towards Back Church Lane and York Gate. Head down Stairfoot Lane to the bridge at the bottom. On the left, there is a well - defined permitted access path that runs through private land and follows the stream upstream towards the golf course and an old quarry. In the quarry there is a sealed bunker . The origins of the bunker are varied - it was where Leeds Art Gallery hid their pictures for safety during the second world war. It is also described as where the Leeds Provident Building Society kept all their confidential documents – mortgage applications etc when we were more dependent on paper based systems . You can either walk through the small quarry and take path up other side or take some of the steeper paths to



the left before the quarry that look over the golf course. Any of these routes will bring you to an open field. Follow this field to the left around the edge of the golf course. At the far end of the field there are views across the golf course to a number of houses which are built on or near the site of Adel's roman camp and beside the route of a roman road. There is nothing to be seen now of the roman remains apart from artefacts kept in the Leeds Museum. Continue round the edge of the field for fine views across Adel and Holt Park with Emley Moor in the distance or further round to the north west – Leeds Bradford Airport is approx. four miles away as the crow flies.

Take the first path on the left into the wood and follow through the top of the wood until reaching the sharp bend in Stairfoot Lane. Cross over into the field marked the Leeds Hospices Woodland. Turn left and walk through this now established young woodland until it enters a more mature woodland – silver birch and beech trees. Follow the path round the edge of the field on the left or

take the path that angles to the right that runs along the top edge of a number of rocks and crags. It is advisable to keep an eye on young children at this point. Follow the path round until it reaches the road from King Lane on the left to the rugby ground and cricket ground on the right. On the far side of the road there is a playing field with a children's play area. Keeping to the path edge of the wood that runs around the edge of this playing area brings you to the cricket ground pavilion.

Cross the stream behind the cricket pavilion and turning right 20 metres down take the path to the left. Follow this up onto an expanse of heathland and take the path across. When this meets a number of paths beside a recently restored dry stone wall, take the path up to the left which will pass a large stone –the Buckstone that gives its names to the housing estate behind. Alternatively follow one of the less defined paths. Whichever route you take should bring you to a broad track that leads from the housing estate on the left down to the Seven Arches viaduct.

At Seven Arches there is a recently installed information board about the history of the viaduct and the wildlife round about. Sometimes on quiet mornings I have seen Roe Deer near here.

From Seven Arches follow the path across the stream and take the bridle way up to the right that takes you away from Adel Beck. The Bridleway eventually meets Tile Lane just below Adel Primary School and above East Moor Farm. Walk up Tile lane past Adel Primary School to George Martin Drive. Turn right and after approx. 50 metres there is a ginnel that runs up to Long Causeway. Turn right and back to Adel St John's Primary School.

