

Cumberland Walks

Carlisle

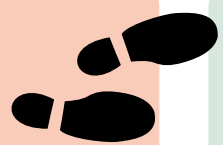
(July - September 2023)

Walk

When

Contact

• Active Over 65s -
Watchtree (CA5 6NL)

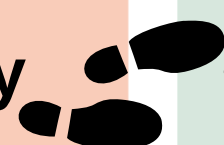


• Every Friday
• 10AM



• Leanne Fisher
01228 712539
learning@watchtree.co.uk

• CADAS Carlisle Group-
(Bitts Park and Rickerby
Park) (CA1 1EJ)



• Every Thursday
• 10AM



• CADAS
contact@cadass.co.uk
0300 111 4002

• Court Thorn Surgery Walk
for Health (CA4 0JA)

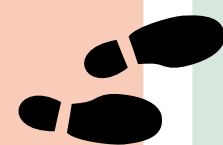


• Every 2nd & 4th Wednesday
of the month
• 3PM



• Amy Kelland
07917277060
amy.kelland@ncic.nhs.uk

• Currock Community
Centre Walks (Denton
Holme & Hammonds Pond)
(CA2 4BS)

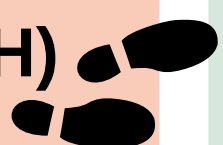


• Alternate Tuesdays
• 11AM



• Currock House
Community Centre
01228 591868
info@currockcc.co.uk.

• Dalston Walk (CA5 7PH)



• Monthly (the 2nd Thursday
of the month)
• 2PM



• Sarah Jackson
07929744069
Sarah.Jackson4@ncic.nhs.uk

• Watchtree Nature Reserve
Wellbeing Walk (CA5 6NL)

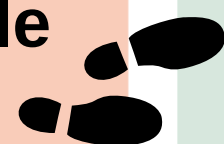


• Every Monday
• 10AM



• Brian Scroggie
07724071636
brianscroggie@totalise.co.
uk

• Wellbeing Walks Carlisle
(Multiple Locations)



• Alternate Wednesdays
(walks paused from 19 July
- early September)
• 10.30AM & 1PM



• Helen Tickner
07935001511
wellbeingwalkscarlisle@cu
mberland.gov.uk

walks may be subject to change

Postcodes indicate walk meeting point. Walks without postcodes have multiple routes - please visit ramblers.org.uk and search Wellbeing Walks for specific walk dates and more details.