

# Westmorland & Furness Walks (Barrow-in-Furness Area) October - December 2024

## Walk

## When

## Contact

**Barrow Living Well Walks (Multiple Locations)**

**Every Monday  
10.30AM**

**Anne Atkinson:  
eanneatkinson@  
aol.com**

**Walney Shoreline Walk (LA14 3YG)**

**Every Wednesday  
10.20AM**

**Richard Scott:  
rik.scott48@gmail.com**

**New!  
Askam Sea View Wellbeing Walk (LA16 7JP)**

**2nd Tuesday of the month  
2.30PM  
\*first walk is October 15 (3rd Tues)**

**Kim Lacey:  
07834 453477  
kim.lacey4@nhs.net**

**Walks may be subject to change.**

**Postcodes indicate walk meeting point.**

**Walks without postcodes have multiple routes.**

**Visit [ramblers.org.uk](http://ramblers.org.uk), search Wellbeing Walks to find specific walk dates and more details.**