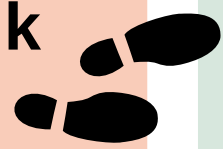


Walk

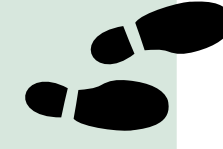
When

Contact

• Aspatia Wellbeing Walk
(CA7 3HZ)



• Alternate Fridays
• 1.30PM

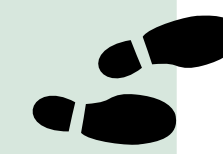


• Becky Symes
07919411381
Rebecca.Symes@
ncic.nhs.uk

• Blaithwaite House
Wellbeing Walk
(CA7 0AZ)

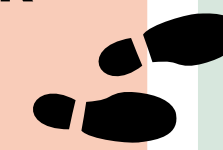


• Last Thursday of the
month
• 10.30AM



• Sarah Jackson
07929744069
sarah.jackson4@
ncic.nhs.uk

• Keswick Wellbeing Walk
(CA12 4NF)

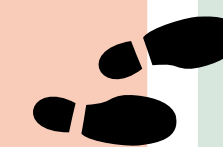


• Alternate Thursdays
• 1.30PM
*** Note - there is no walk 12th
September*



• Rebecca Wade
07825118551
Rebecca.Wade@
ncic.nhs.uk

• Maryport Wellbeing
Walks - Multiple Routes
(CA15 8AB)

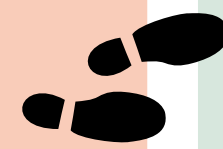


• Alternate Wednesdays
• 10.30AM

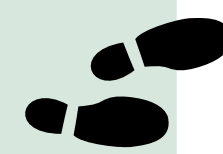


• Christine Slater
07723016110
c.slater417@btinternet.com

• Silloth Wellbeing Walk
(CA7 4AH)

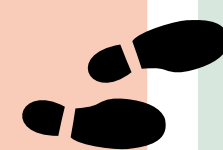


• Every Tuesday
• 2PM

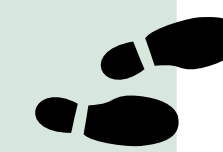


• Simon McCall
07717693062
Simon.McCall@ncic.nhs.uk

• Strolls With Poles -
Silloth
(CA7 4AH)

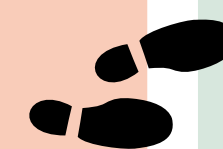


• Every Friday
• 2PM

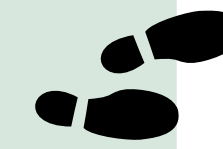


• Simon McCall
07717693062
Simon.McCall@ncic.nhs.uk

• Wigton Food Pantry
Walks
(CA7 9HT)

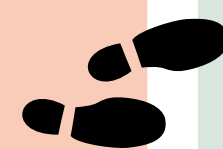


• 1st and 3rd Wednesday
of the month
• 10AM
*** Note - there is no walk 21st August*



• Sarah Jackson
07929744069
sarah.jackson4@
ncic.nhs.uk

• Wigton Wellbeing Walk
(CA7 9QD)

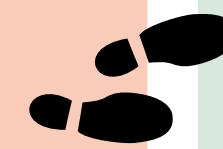


• 3rd Tuesday of the month
• 10AM
*** Note - there is no walk 20th August*

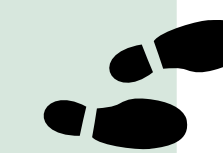


• Sarah Jackson
07929744069
sarah.jackson4@
ncic.nhs.uk

• Workington Wellbeing
Walk
(CA14 2RW)



• Alternate Thursdays
• 10AM



• Laura Humphreys
07874082737
laura.humphreys6@nhs.net

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.