

Better wellbeing is just a step away

No need to plan your route

Our experienced Ramblers Wellbeing Walk volunteers will lead the way.

Your fitness doesn't matter

Our walks start at 30 minutes and are a steady pace to suit everyone.

Find a walk is easy

Our walks are local, and accessible on foot or by public transport.

Barrow in Furness Wellbeing Walks (August & September 2022)

Walk

- Barrow Living Well Walk

- Barrow Ramblers Wellbeing Walks- led by CADAS

When

- Every Monday (except from the 12th September)
- 10:30AM

- Every Tuesday
- 5PM

Contact

- Anne Atkinson
e:anneatkinson@aol.com

- CADAS
contact@cadass.co.uk
(or www.ramblers.org.uk)

Visit www.ramblers.org.uk for specific walk dates & more details

walks & dates may be subject to change