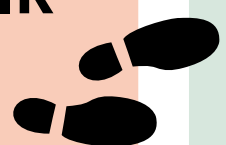


Walk

When

Contact

• **Aspatia Wellbeing Walk**
 (CA7 3HZ)

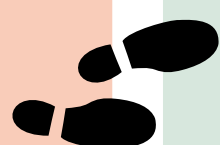


• **Alternate Fridays**
 • **1.30PM**



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

• **Blaithwaite House Wellbeing Walk**
 (CA7 0AZ)

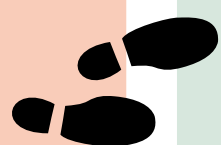


• **Last Thursday of the month**
 • **10.30AM**



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

• **Wigton Food Pantry Walks**
 (CA7 9HT)

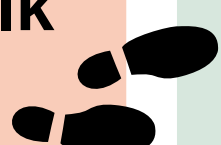


• **1st and 3rd Wednesday of the month**
 • **10AM**



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

• **Keswick Wellbeing Walk**
 (CA12 4NF)



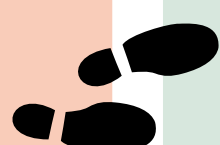
• **Alternate Thursdays**
 • **1.30PM**



*** Note - there is no walk 9th May*

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

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

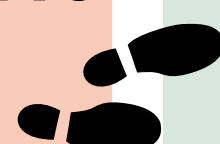


• **Alternate Wednesdays**
 • **10.30AM (2PM on the 29th May)**



• **Christine Slater**
 07723016110
 c.slater417@btinternet.com

• **Watchtree Nature Reserve Wellbeing Walk**
 (CA5 6NL)

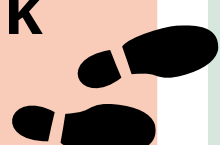


• **Every Monday**
 • **10AM**



• **Brian Scroggie**
 07724071636
 brianscroggie@totalise.co.uk

• **Wigton Wellbeing Walk**
 (CA7 9QD)

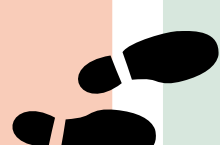


• **3rd Tuesday of the month**
 • **10AM**



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

• **Workington Wellbeing Walk**
 (CA14 2QG)



• **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.