

Cumberland Walks

Allerdale

(July - September 2023)

Walk

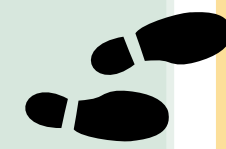
When

Contact

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

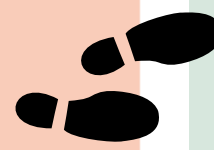


- Every Friday
- 10AM



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

- Aspatria Wellbeing Walk
(CA7 3HZ)

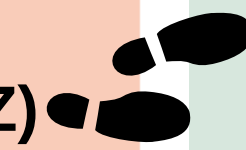


- Alternate Fridays
- 1.30PM



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

- Blaithwaite House
Wellbeing Walk (CA7 0AZ)

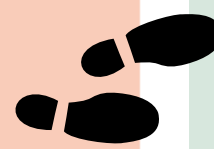


- The last Thursday of the
month
- 10.30AM

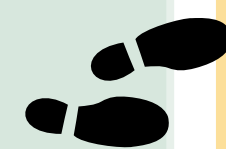


- Sarah Jackson
07929744069
sarah.jackson4@ncic.nhs.uk

- Keswick Wellbeing Walk
(CA12 4NF)

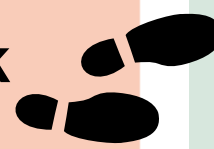


- Alternate Thursdays
(Starting 6th July)
- 1.30PM



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

- Kirkbride Wellbeing Walk
(CA7 5JU)

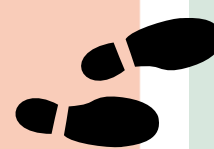


- Alternate Thursdays
- 1.30PM



- Rebecca Wade
07825 118551
Rebecca.Wade@ncic.nhs.uk

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

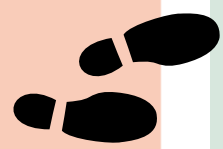


- Alternate Wednesdays
- 10.30AM



- Christine Slater
07723016110
c.slater417@btinternet.com

- Silloth Wellbeing Walk
(CA7 4AW)

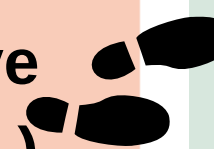


- Every Tuesday
- 2PM



- Simon McCall
07717 693 062
Simon.McCall@ncic.nhs.uk

- Watchtree Nature Reserve
Wellbeing Walk (CA5 6NL)

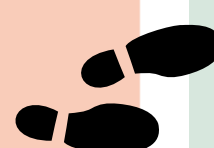


- Every Monday
- 10AM



- 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

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.