

Walk	When	Contact
<p>New! Dalston Wellbeing Walk</p> 	<p>Last Wednesday of the month 1.30PM</p> 	<p>Sarah Jackson: 07929 744069 sarah.jackson4@ncic.nhs.uk</p>
<p>Wellbeing Walks Carlisle (Multiple Locations)</p> 	<p>Alternate Wednesdays 10.30AM & 1PM</p> 	<p>Helen Tickner: 07935 001511 wellbeingwalkscarlisle@cumberland.gov.uk</p>
<p>Currock House Community Centre Multiple Routes (CA2 4BS)</p> 	<p>Alternate Tuesdays 11AM</p> 	<p>Currock House Community Centre: 01228 591868 info@currockcc.co.uk</p>
<p>Watchtree Nature Reserve Wellbeing Walk (CA5 6NL)</p> 	<p>Every Monday 10AM</p> 	<p>Brian Scroggie: 07724 071636 brianscroggie@totalise.co.uk</p>
<p>CADAS Carlisle Group Bitts Park and Rickerby Park (CA1 1EJ)</p> 	<p>Every Thursday 10AM</p> 	<p>CADAS: 0300 1114002 contact@cadass.co.uk</p>

Walks may be subject to change. Postcodes indicate walk meeting point.

Walks without postcodes have multiple routes.

Visit ramblers.org.uk, search Wellbeing Walks to find specific walk dates and more details.