

# Cumberland Walks

(Carlisle)

## July - September 2024

### Walk

### When

### Contact

- CADAS Carlisle Group Bitts Park and Rickerby Park (CA1 1EJ)

- Every Thursday
- 10AM

- CADAS  
03001114002  
contact@cadas.co.uk

- Currock House Community Centre Multiple Routes (CA2 4BS)

- Alternate Tuesdays
- 11AM

- Currock House Community Centre  
01228591868  
info@currockcc.co.uk

- Watchtree Nature Reserve Wellbeing Walk (CA5 6NL)

- Every Monday
- 10AM

- Brian Scroggie  
07724071636  
brianscroggie@totalise.co.uk

\*walks may be subject to change\*

Postcodes indicate walk meeting point. Walks without postcodes have multiple routes - please visit [ramblers.org.uk](http://ramblers.org.uk) and search Wellbeing Walks for specific walk dates and more details.