

## 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.

## Carlisle Wellbeing Walks (August & September 2022)

### Walk

### When

### Contact

- Age UK- Carlisle Walks (Bitts Park & Currock House)

- Multiple Walk Dates
- 10:30AM

- Sonia McMillan  
Sonia.McMillan@ageuk  
carlisleandeden.org.uk

- Court Thorn Surgery Walk for Health

- Alternate Wednesdays
- 2PM

- Amy Kelland  
07917277060  
amy.kelland@ncic.nhs.uk

- CADAS Carlisle Group- (Bitts Park and Rickerby Park)

- Every Thursday
- 10AM

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

- Watchtree Nature Reserve Wellbeing Walk

- Every Monday
- 10AM

- Brian Scroggie  
07724071636  
brianscroggie@totalise.co.uk