

# Westmorland & Furness Walks

*(Barrow-in-Furness)*

**April - June 2024**

## Walk

## When

## Contact

- Advantage! Rambling Raiders (Ulverston & Barrow - Multiple Start Locations)

- Every Friday
- 9.30AM (Barrow)
- 9.45AM (Ulverston)

- Advantage! Barrow 07394691827 advantage@barrowrffc.com

- Barrow Living Well Walks (Multiple Locations)

- Every Monday
- 10.30AM

- Anne Atkinson eanneatkinson@aol.com

- Walney Shoreline Walk (LA14 3YG)

- Every Wednesday
- 10.20AM

- Richard Scott rik.scott48@gmail.com

- Wellness Walk- Barrow Park (LA14 5ES)

- First Friday of the month (no walk in April)
- 10.30AM

- Barrow & Millom PCN AppCommunityWork@lscft.nhs.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.