

Westmorland & Furness Walks (South Lakeland)

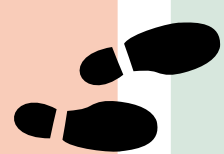
July - September 2024

Walk

When

Contact

• **Cartmel Wellbeing Walk**
(LA11 6QF)

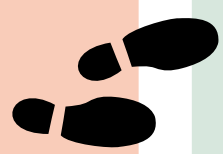


• Every Tuesday
• 11AM

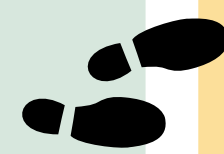


• Ewen Cameron
07929833528
e.cameron1@
btinternet.com

• **Grange-over-Sands Wellbeing Walk**
(LA11 6DY)

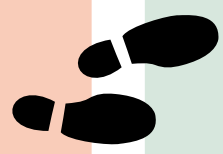


• Every Thursday
• 11AM

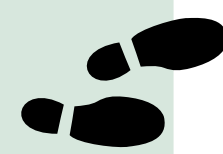


• Ewen Cameron
07929833528
e.cameron1@
btinternet.com

• **Kendal Sunday WalksnWags**
(LA9 4PY)

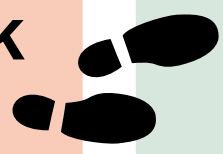


• First Sunday of the
month
• 10AM

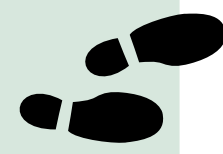


• Anne Whitcombe
07790120553
anne.whitcombe.uk@
gmail.com

• **Wander and Ponder Kendal Wellbeing Walk**
(LA9 4DA)



• Every Thursday
• 1.30PM



*** Note - there is no walk
29th August and 5th September*

• Jodie Evans
07423793632
Jodie.Evans@
westmorlandandfurness
.gov.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.