

Cumberland Walks

Carlisle

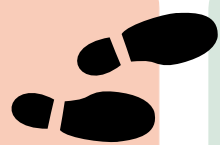
(October - December 2023)

Walk

When

Contact

- Active Over 65s - Watchtree (CA5 6NL)



- Every Friday
- 10AM



- Leanne Fisher
- 01228 712539
- learning@watchtree.co.uk

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



- Every Thursday
- 10AM



- CADAS
- contact@cadas.co.uk
- 0300 111 4002

- Court Thorn Surgery Walk for Health (CA4 0JA)

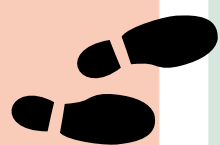


- Every 2nd & 4th Wednesday of the month
- 3PM



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

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

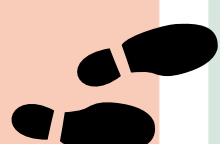


- Alternate Tuesdays
- 11AM



- Currock House Community Centre
- 01228 591868
- info@currockcc.co.uk.

- Dalston Walk (CA5 7PH)



- Monthly (the 2nd Thursday of the month)
- 2PM



- Sarah Jackson
- 07929744069
- Sarah.Jackson4@ncic.nhs.uk

- Watchtree Nature Reserve Wellbeing Walk (CA5 6NL)

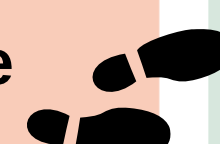


- Every Monday
- 10AM



- Brian Scroggie
- 07724071636
- brianscroggie@totalise.co.uk

- Wellbeing Walks Carlisle (Multiple Locations)



- Alternate Wednesdays
- 10.30AM & 1PM



- Helen Tickner
- 07935001511
- wellbeingwalkscarlisle@cumberland.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.