

Westmorland & Furness Walks

(Barrow-in-Furness)

January - March 2024

Walk

When

Contact

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

- Every Friday
- 9.30AM

- Advantage! Barrow 07394691827
advantage@barrowrlfc.com

- Barrow Living Well Walks (Multiple Locations)

- Every Monday
- 10.30AM

- Anne Atkinson
eanneatkinson@aol.com

- Walney Shoreline Walk (LA14 3YE)

- Every Wednesday
- 10.20AM

- Richard Scott
rik.scott48@gmail.com

- Wellness Walk- Barrow Park (LA14 5ES)

- First Friday of the month (no walk in January)
- 1PM

- 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 and search Wellbeing Walks for specific walk dates and more details.