

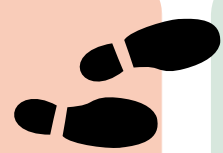
Cumberland Walks (Carlisle) January - March 2024

Walk

When

Contact

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

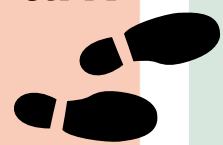


- Every Monday and
Tuesday
- 2PM



- Leanne Fisher
01228712539
learning@watchtree.co.uk

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



- Every Thursday
- 10AM

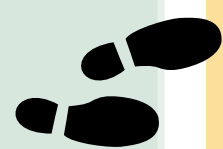


- CADAS
contact@cadass.co.uk
03001114002

- Currock Community Centre
Multiple Routes
(CA2 4BS)

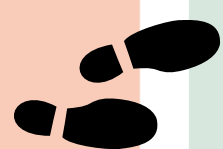


- Alternate Tuesdays
- 11AM



- Currock House
Community Centre
01228591868
info@currockcc.co.uk

- Watchtree Nature Reserve
Wellbeing Walk
(CA5 6NL)

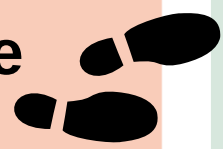


- Every Monday
- 10AM

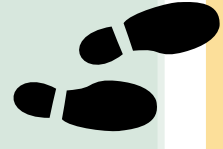


- Brian Scroggie
07724071636
brianscroggie@totalise.co.uk

- 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.