

# Westmorland & Furness Walks

## South Lakeland

### (July - September 2023)

### Walk

### When

### Contact

- Cartmel Wellbeing Walk (LA11 6QF)

- Every Tuesday
- 11AM

- Ewen Cameron  
07929 833528  
e.cameron1@btintern  
et.com

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

- Every Thursday
- 11AM

- Ewen Cameron  
07929 833528  
e.cameron1@btintern  
et.com

- Kendal Sunday WalksnWags (LA9 4PY)

- First Sunday of every month
- 10AM

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

\*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.