

Westmorland & Furness Walks

Eden

(July - September 2023)

Walk

When

Contact

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

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

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

• Culgaith Walk And Talk- (Culgaith, Edenhall, Long Meg, Kirkland, Skirwith & Temple Sowerby)

• Every Thursday (Alternate Locations)
• 1PM

• Paul Saager
01768 88702
paulsaager225@btinternet.com

• Eden ICC Wellbeing Walks - Appleby & Temple Sowerby

• Fortnightly Mondays (Appleby) & Fridays (Temple Sowerby)
• 1.30PM

• Alison Wilson
07920765573
alison.wilson2@ncic.nhs.uk

• Penrith, Eamont Bridge/Lowther Walk (CA10 2BX)

• Fortnightly Wednesdays
1.30PM

• Katie Williamson
07909 963195
katie.williamson@ncic.nhs.uk

• WAAM Lonsdale Walk

• Fortnightly Tuesdays (occasional day change if unavoidable)
• 2PM

• Lyanda Scadding
07884 431409
lyanda.scadding@ncic.nhs.uk

• WAAM Newton House Walk

• Fortnightly Tuesdays (occasional day change if unavoidable)
• 10.30AM

• Lyanda Scadding
07884 431409
lyanda.scadding@ncic.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.