

# Westmorland & Furness Walks (South Lakeland)

## January - March 2024

Walk	When	Contact
<ul style="list-style-type: none"> <li>• Advantage! Rambling Raiders (Ulverston &amp; Barrow - Multiple Start Locations)</li> </ul>	<ul style="list-style-type: none"> <li>• Every Friday</li> <li>• 9.30AM</li> </ul>	<ul style="list-style-type: none"> <li>• Advantage! Barrow 07394691827 advantage@barrowrlfc.com</li> </ul>
<ul style="list-style-type: none"> <li>• Cartmel Wellbeing Walk (LA11 6QF)</li> </ul>	<ul style="list-style-type: none"> <li>• Every Tuesday</li> <li>• 11AM</li> </ul>	<ul style="list-style-type: none"> <li>• Ewen Cameron 07929833528 e.cameron1@btinternet.com</li> </ul>
<ul style="list-style-type: none"> <li>• Grange-over-Sands Wellbeing Walk (LA11 6DY)</li> </ul>	<ul style="list-style-type: none"> <li>• Every Thursday</li> <li>• 11AM</li> </ul>	<ul style="list-style-type: none"> <li>• Ewen Cameron 07929833528 e.cameron1@btinternet.com</li> </ul>
<ul style="list-style-type: none"> <li>• Kendal Sunday WalksnWags (LA9 4PY)</li> </ul>	<ul style="list-style-type: none"> <li>• First Sunday of the month</li> <li>• 10AM</li> </ul>	<ul style="list-style-type: none"> <li>• Anne Whitcombe 07790120553 anne.whitcombe.uk@gmail.com</li> </ul>
<ul style="list-style-type: none"> <li>• Wander and Ponder Kendal Wellbeing Walk (LA9 4DA)</li> </ul>	<ul style="list-style-type: none"> <li>• 1st and 3rd Thursday of the month</li> <li>• 10.30AM</li> </ul>	<ul style="list-style-type: none"> <li>• Tessa Higgs wellbeingwalks@cumberland.gov.uk</li> </ul>

\*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.