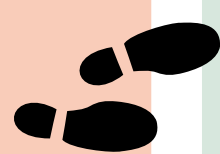


Walk

When

Contact

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

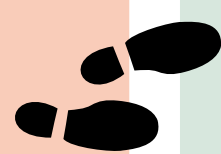


• Every Monday and
 Tuesday
 • 2PM



• Leanne Fisher
 01228712539
 learning@watchtree.co.uk

• Aspatria Wellbeing Walk
 (CA7 3HZ)

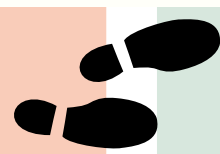


• Alternate Fridays
 • 1.30PM



• Becky Symes
 07919411381
 Rebecca.Symes@ncic.nhs.uk

• Blaithwaite House
 Wellbeing Walk
 (CA7 0AZ)

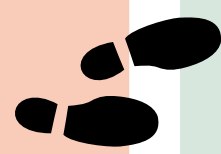


• Last Thursday of the
 month
 • 10.30AM



• Sarah Jackson
 07929744069
 sarah.jackson4@ncic.nhs.uk

• 'Easy' & 'Harder' Wigton
 Food Pantry Walks
 (CA7 9HT)

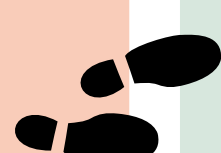


• Easy (1st Wednesday)
 Harder (3rd Wednesday)
 • 10AM



• Sarah Jackson
 07929744069
 sarah.jackson4@ncic.nhs.uk

• Keswick Wellbeing Walk
 (CA12 4NF)

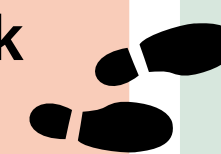


• Alternate Thursdays
 • 1.30PM



• Rebecca Wade
 07825118551
 Rebecca.Wade@ncic.nhs.uk

• Kirkbride Wellbeing Walk
 (CA7 5JH)

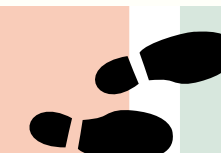


• Every Thursday
 • 1.30PM



• Simon McCall
 07717 693 062
 Simon.McCall@ncic.nhs.uk

• Maryport Wellbeing
 Walks - Multiple Routes
 (CA15 8AB)

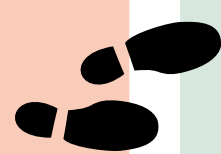


• Alternate Wednesdays
 • 10.30AM (2.30PM on the
 24th January)

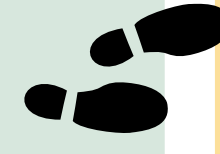


• Christine Slater
 07723016110
 c.slater417@btinternet.com

• Silloth Wellbeing Walk
 (CA7 4AW)



• Every Tuesday
 • 2PM



• Simon McCall
 07717 693 062
 Simon.McCall@ncic.nhs.uk

• Watchtree Nature Reserve
 Wellbeing Walk
 (CA5 6NL)

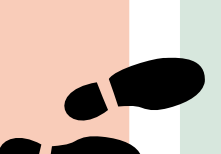


• Every Monday
 • 10AM



• Brian Scroggie
 07724071636
 brianscroggie@totalise.co.uk

• Wigton Wellbeing Walk
 (CA7 9QD)

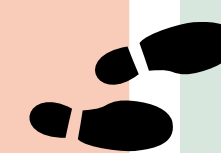


• 3rd Tuesday of the month
 • 10AM



• Sarah Jackson
 07929744069
 sarah.jackson4@ncic.nhs.uk

• Workington Wellbeing
 Walk
 (CA14 2QG)



• Alternate Thursdays
 • 10AM



• Laura Humphreys
 07874082737
 laura.humphreys6@nhs.net

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.