

No need to plan your route

Our experienced Ramblers Wellbeing Walk volunteers will lead the way.

Your fitness doesn't matter

Our walks start at 30 minutes and are a steady pace to suit everyone.

Find a walk is easy

Our walks are local, and accessible on foot or by public transport.

Eden Wellbeing Walks (October-December 22)

Walk

When

Contact

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

• Every Thursday (Alternate Locations)
• 1PM

• Paul Saager
01768 88702
paulsaager225@btinternet.com

• Court Thorn Surgery Walk for Health

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

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

• Eden ICC Wellbeing Walks - Appleby & Temple Sowerby

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

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