

No need to plan your route

Our experienced Ramblers Wellbeing Walk volunteers will lead the way.

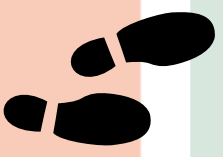

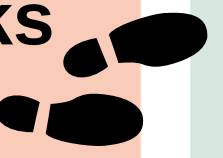

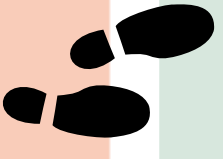

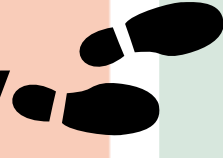

Your fitness doesn't matter

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.

South Lakeland Wellbeing Walks (August & September 2022)

Walk	When	Contact
<ul style="list-style-type: none"> • Grange-over-Sands Wellbeing Walk  	<ul style="list-style-type: none"> • Every Thursday • 11AM  	<ul style="list-style-type: none"> • Ewen Cameron 07929 833528 e.cameron1@btinternet.com
<ul style="list-style-type: none"> • Kendal Sunday Walks in Wags  	<ul style="list-style-type: none"> • Monthly (next walk is Sunday 4th September) • 10AM  	<ul style="list-style-type: none"> • Anne Whitcome 07790120553 anne.whitcombe.uk@gmail.com
<ul style="list-style-type: none"> • Cartmel Wellbeing Walk  	<ul style="list-style-type: none"> • Every Tuesday • 11AM  	<ul style="list-style-type: none"> • Ewen Cameron 07929 833528 e.cameron1@btinternet.com
<ul style="list-style-type: none"> • Exploring Kendal Wellbeing Walks- led by CADAS  	<ul style="list-style-type: none"> • Every Thursday • 12.30PM  	<ul style="list-style-type: none"> • CADAS contact@cadas.co.uk (or www.ramblers.org.uk)