

# Better wellbeing is just a step away

## 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.

## Copeland Wellbeing Walks (October-December 22)

### Walk

### When

### Contact

- Whitehaven Marina & Environs Walk

- Every Wednesday
- 10AM

- Michael Durose  
07493865636  
m.j.durose@btinternet.com

- Copeland Wellness Service Walks (Learning Disability Friendly)

- Egremont- Wed 10:30AM
- Cleator Moor- Thurs 10:30AM
- Mirehouse- Thurs 1:30PM

- Copeland Wellness Service  
01946 599998  
cuccg.copelandsp@nhs.net

- St. Bees Wellbeing Walks (Abbey Wood & St. Bees Beach)

- Every Wednesday (Alternate Routes)
- 10:20AM

- Claire Hale  
chale025@gmail.com