

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 (August & September 2022)

Walk

When

Contact

• Hensingham Wellbeing Walks

• Alternate Tuesdays
• 10AM

• Jane Lawson
07823331069
lawsonjan@gmail.com

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

• Every Wednesday (Alternate Routes)
• 10.20AM

• Claire Hale
chale025@gmail.com

• Whitehaven Marina & Environs Walk

• Every Wednesday
• 10.00AM

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

• Walk With Friends (Egremont & Whitehaven)- Adults With A Learning Disability

• Every Wednesday (Alternate Locations)
• 1.30PM

• Gwyn Lishman
gwyn.lishman1@nhs.net