

## 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.

### Carlisle Wellbeing Walks (October-December 22)

#### Walk

#### When

#### Contact

- Age UK- Carlisle Walks (Bitts Park & Denton Holme)

- Multiple Walk Dates
- 10:30AM

- Sonia McMillan  
Sonia.McMillan@ageukcarlisleandeden.org.uk

- Carlisle City Council Wellbeing Walks - Multiple Locations

- Alternate Wednesdays
- 10:30AM & 1PM

- Helen Tickner  
Helen.Tickner@carlisle.gov.uk  
07935001511

- Currock Community Wellbeing Walks

- Alternate Tuesdays
- 11AM

- Garry Wilson  
07980646349  
info@currockcc.co.uk

- CADAS Carlisle Group- (Bitts Park and Rickerby Park)

- Every Thursday
- 10AM

- CADAS  
contact@cadass.co.uk  
(or www.ramblers.org.uk)

- Watchtree Nature Reserve Wellbeing Walk

- Every Monday
- 10AM

- Brian Scroggie  
07724071636  
brianscroggie@totalise.co.uk