

Cumberland Walks

(Copeland)

January - March 2024

Walk

When

Contact

- Copeland Wellness Service Walks (Multiple Locations)

- Cleator Moor, Egremont and Whitehaven - Weekly
- 10.30AM
- Seascale - Monthly
- 10.30AM

- Copeland Wellness Service
- 01946599998
- cuccg.copelandsp@nhs.net

- Egremont Amblers (CA22 2AF)

- Every Friday
- 11AM

- Chris Wood
- 01946828100
- chriswood1954@btinternet.com

- St. Bees Wellbeing Walks
- Abbey Wood & St. Bees Beach (CA27 0DH)

- Every Wednesday (Alternate Routes)
- 10.20AM

- Claire Hale
- chale025@gmail.com

walks may be subject to change

Postcodes indicate walk meeting point. Walks without postcodes have multiple routes - please visit ramblers.org.uk and search Wellbeing Walks for specific walk dates and more details.