

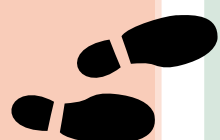
# Cumberland Walks (Copeland) July - September 2024

## Walk

## When

## Contact

• Accessible Cleator Moor Walk  
 (CA25 5BY)

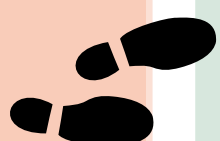


• The last Friday of the month  
 • 1PM



• Alice Wetenhall  
 07471724830  
 alice.wetenhall@cumberland.gov.uk

• Better Health Wellness Walk  
 (CA28 7QE)

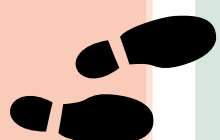


• Every Monday  
 • 10AM



• Becca Wildgoose  
 07856349095  
 Becca.Wildgoose@GILL.ORG

• Co-op to Florence Arts Centre  
 (CA20 2AD)



• Every Thursday  
 • 9.45AM



*\*\* Note - there are no walks in August*

• Melanie Ivison  
 01946824946  
 florence@florenceartscentre.com

• Copeland Wellness Service Walks in Whitehaven  
 (CA28 7HS)



• Thursdays  
 • 10.30am



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

• Egremont Amblers Wellbeing Walk  
 (CA22 2NR)



• Every Friday  
 • 11AM



• Yvonne Myers  
 07816128075  
 Yvonne.Myers@cntw.nhs.uk

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



• Every Wednesday (Alternate Routes)  
 • 10.20AM



• Claire Hale  
 07740 717481  
 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](http://ramblers.org.uk) and search Wellbeing Walks for specific walk dates and more details.