

Walk	When	Contact
Aspatria Wellbeing Walk (CA7 3HZ)	Alternate Fridays 1.30PM	Becky Symes 07919 411381 Rebecca.Symes@ncic.nhs.uk
Blaithwaite House Wellbeing Walk (CA7 0AZ)	Last Thursday of the month 10.30AM	Sarah Jackson 07929 744069 sarah.jackson4@ncic.nhs.uk
Maryport Wellbeing Walks - Multiple Routes (CA15 8AB)	Alternate Wednesdays 10.30AM	Christine Slater 07723 016110 c.slater417@btinternet.com
Keswick Wellbeing Walk (CA12 4NF)	Alternate Thursdays 1.30PM	Rebecca Wade 07825 118551 Rebecca.Wade@ncic.nhs.uk
New! Dalston Wellbeing Walk (CA5 7PH)	Last Wednesday of the month 1.30PM	Sarah Jackson 07929 744069 sarah.jackson4@ncic.nhs.uk
Silloth Wellbeing Walk (CA7 4AH)	Alternate Tuesdays 2PM	Natasha Nicholson 07812 473375 Natasha.Nicholson@ncic.nhs.uk
New! Kirkbride Wellbeing Walk (CA7 5JT)	1st Tuesday of the month 10.30AM	Sarah Jackson 07929 744069 sarah.jackson4@ncic.nhs.uk
New! Cockermouth Town Strolls (CA13 9RT)	Alternate Wednesdays 10AM *First walk is 16 October	Neil Woodhead thewoodheadsneil@gmail.com
Wigton Wellbeing Walk (CA7 9QD)	3rd Tuesday of the month 10AM	Sarah Jackson 07929 744069 sarah.jackson4@ncic.nhs.uk
Workington Wellbeing Walk (CA14 2RW)	Weekly on Thursdays 10AM	Laura Humphreys 07874 082737 laura.humphreys6@nhs.net

Walks may be subject to change. Postcodes indicate walk meeting point.

Walks without postcodes have multiple routes.

Visit [ramblers.org.uk](https://ramblers.org.uk), search Wellbeing Walks to find specific walk dates and more details.