

## 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.

## Eden Wellbeing Walks (August & September 2022)

### Walk

### When

### Contact

- Culgaith Walk And Talk- (Culgaith, Kirkland, Skirwith & Temple Sowerby)

- Every Thursday (Alternate Locations)
- 1PM

- Paul Saager  
01768 88702  
paulsaager225@btinternet.com

- Penrith, Eamont Bridge/Lowther Caravan Park Walk

- Alternate Wednesdays
- 1.30PM

- Lucy Fawcett  
lucy.fawcett@cumbria.nhs.uk

- Court Thorn Surgery Walk for Health

- Alternate Wednesdays
- 2PM

- Amy Kelland  
07917277060  
amy.kelland@ncic.nhs.uk