

Westmorland & Furness Walks

Eden

(October - December 2023)

Walk

When

Contact

- Court Thorn Surgery Walk for Health (CA4 0JA)

- Every 2nd & 4th Wednesday of the month
- 3PM

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

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

- Every Thursday (Alternate Locations)
- 1PM

- Paul Saager
01768 88702
paulsaager225@btinternet.com

- Eden ICC Wellbeing Walks - Appleby & Temple Sowerby

- Fortnightly Mondays (Appleby) & Fridays (Temple Sowerby)
- 1.30PM

- Alison Wilson
07920765573
alison.wilson2@ncic.nhs.uk

- Penrith, Eamont Bridge/Lowther Walk (CA10 2BX)

- Fortnightly Wednesdays
- 1.30PM

- Katie Williamson
07909 963195
katie.williamson@ncic.nhs.uk

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.