

## 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.

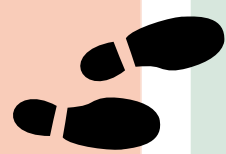
## Find a walk is easy

Our walks are local, and accessible on foot or by public transport.

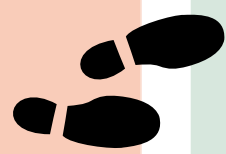
## Barrow-in-Furness Wellbeing Walks (October-December 22)

### Walk

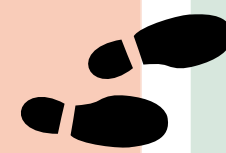
- Barrow Living Well Walk



- Walney Shoreline Walk



- Advantage! Rambling Raiders



### When

- Every Monday
- 10:30AM



- Every Wednesday
- 10:30AM



- Every Friday
- 9:30AM



### Contact

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- Richard Scott  
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- Advantage! Barrow  
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Visit [www.ramblers.org.uk](http://www.ramblers.org.uk) for specific walk dates & more details

\*walks & dates may be subject to change\*