

Westmorland & Furness Walks (Eden)

January - March 2024

Walk

When

Contact

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

- Every Thursday (Alternate Locations)
- 1PM

- Paul Saager
0176888702
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
07909963195
katie.williamson@ncic.nhs.uk

- Penrith Social Wellbeing Walk (CA11 7YA)

- Every Friday (starting in February)
- 11.30AM

- Amy Elliott
07551678450
amy.elliott@westmorlandandfurness.gov.uk

- Railway Ramble in Kirkby Stephen (CA17 4JP)

- Fortnightly Tuesdays
- 10.30AM

- Becca Guy
07814916466
rebecca.guy@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.