

# Cumberland Walks

## Allerdale

### (October - December 2023)

#### Walk

#### When

#### Contact

• Active Over 65s -  
Watchtree (CA5 6NL)

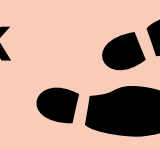


• Every Friday  
• 10AM



• Leanne Fisher  
01228 712539  
learning@watchtree.co.uk

• Aspatria Wellbeing Walk  
(CA7 3HZ)



• Alternate Fridays  
• 1.30PM



• Becky Symes  
07919411381  
Rebecca.Symes@ncic.nhs.uk

• Blaithwaite House  
Wellbeing Walk (CA7 0AZ)



• The last Thursday of the  
month  
• 10.30AM



• Sarah Jackson  
07929744069  
sarah.jackson4@ncic.nhs.uk

• Keswick Wellbeing Walk  
(CA12 4NF)



• Alternate Thursdays  
• 1.30PM



• Rebecca Wade  
07825118551  
Rebecca.Wade@ncic.nhs.uk

• Kirkbride Wellbeing Walk  
(CA7 5JH)



• Every Thursday  
• 1.30PM



• Simon McCall  
07717 693 062  
Simon.McCall@ncic.nhs.uk

• Maryport Wellbeing  
Walks - Multiple Routes  
(CA15 8AB)



• Alternate Wednesdays  
• 10.30AM



• Christine Slater  
07723016110  
c.slater417@btinternet.com

• Silloth Wellbeing Walk  
(CA7 4AW)



• Every Tuesday  
• 2PM



• Simon McCall  
07717 693 062  
Simon.McCall@ncic.nhs.uk

• Watchtree Nature Reserve  
Wellbeing Walk (CA5 6NL)



• Every Monday  
• 10AM



• Brian Scroggie  
07724071636  
brianscroggie@totalise.co.uk

• Wigton Wellbeing Walk  
(CA7 9QD)



• 3rd Tuesday of the month  
• 10AM



• Sarah Jackson  
07929744069  
sarah.jackson4@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](http://ramblers.org.uk) and search Wellbeing Walks for specific walk dates and more details.