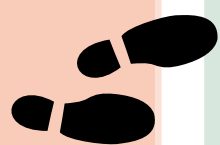


Walk

When

Contact

Better Health Wellness Walk
 (CA28 7QE)

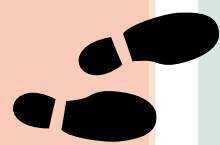


Every Monday
 10AM



Becca Wildgoose
 07856349095
 Becca.Wildgoose@gll.org

Egremont Amblers Wellbeing Walk
 (CA22 2NW)

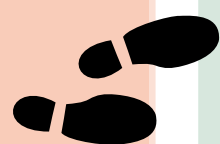


Every Friday
 11AM



Yvonne Myers
 07816 128075
 Yvonne.Myers@cntw.nhs.uk

Walking Bus to Florence Arts Centre
 (CA20 2AD)

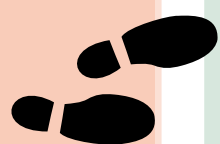


Every Thursday (in term time)
 12.45PM



Melanie Ivison
 01946 824946
 florence@florenceartscentre.com

St. Bees Wellbeing Walks
 Abbey Wood &
 St. Bees Beach
 (CA27 0DH)



Every Wednesday
 (Alternate Routes)
 10.20AM



Claire Hale
 07740 717481
 chale025@gmail.com

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.