

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.

Allerdale Wellbeing Walks (August & September 2022)

Walk

When

Contact

• Keswick (Fitz Park) Walk For Health

• Every Wednesday
• 2PM

• Aidan Ellis
07813010379
Aidan.Ellis@ncic.nhs.uk

• Maryport Wellbeing Walks (Lake District Coast Aquarium)

• Alternate Wednesdays
• 10AM

• Christine Slater
07723016110
c.slater417@btinternet.com

• Watchtree Nature Reserve Wellbeing Walk

• Every Monday
• 10AM

• Brian Scroggie
07724071636
brianscroggie@totalise.co.uk

• Wigton Wellbeing Walk

• Every Monday
• 1.30PM

• Hazel Stewart
07917265287
hazel.stewart@ncic.nhs.uk