

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.

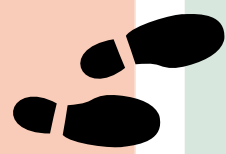
South Lakeland Wellbeing Walks (October-December 22)

Walk

When

Contact

• Cartmel Wellbeing Walk

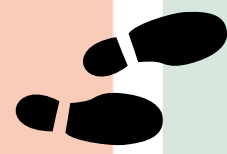


• Every Tuesday
• 11AM



• Ewen Cameron
07929 833528
e.cameron1@btinternet.com

• Grange-over-Sands Wellbeing Walk

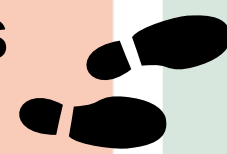


• Every Thursday
• 11AM



• Ewen Cameron
07929 833528
e.cameron1@btinternet.com

• Kendal Sunday Walks n Wags



• First Sunday of every month
• 10AM



• Anne Whitcombe
07790120553
anne.whitcombe.uk@gmail.com