

## 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.

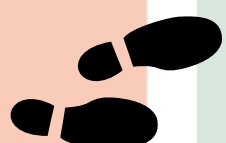
## Allerdale Wellbeing Walks (October-December 22)

### Walk

### When

### Contact

• Watchtree Nature Reserve Wellbeing Walk

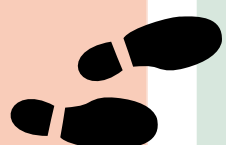


• Every Monday  
• 10AM



• Brian Scroggie  
07724071636  
brianscroggie@totalise.co.uk

• Maryport Wellbeing Walks (Lake District Coast Aquarium)

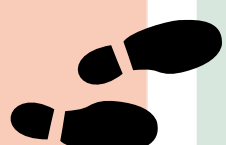


• Alternate Wednesdays  
• 10AM



• Christine Slater  
07723016110  
c.slater417@btinternet.com

• Keswick (Fitz Park) Wellbeing Walk



• Every Wednesday  
• 2PM



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

• Wigton Wellbeing Walk



• Every Monday  
• 1PM



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