

Walk	When	Contact
<ul style="list-style-type: none"> • Culgaith Walk And Talk (Multiple Locations) 	<ul style="list-style-type: none"> • Every Thursday • 1PM 	<ul style="list-style-type: none"> • Paul Saager 0176888702 paulsaager225@btinternet.com
<ul style="list-style-type: none"> • Eden ICC Wellbeing Walks - Appleby (CA16 6QR) & Temple Sowerby (CA10 1RW) 	<ul style="list-style-type: none"> • Fortnightly Mondays (Appleby) & Fridays (Temple Sowerby) • 1.30PM 	<ul style="list-style-type: none"> • Alison Wilson 07920765573 alison.wilson2@ncic.nhs.uk
<ul style="list-style-type: none"> • Kirkby Stephen Railway Ramble (CA17 4JP) 	<ul style="list-style-type: none"> • Tuesday - 16th July, 13th August & 10th September • 10.30AM 	<ul style="list-style-type: none"> • Katie Treave 07909963195 Katie.Treave2@ncic.nhs.uk
<ul style="list-style-type: none"> • Kirkby Stephen Stroll (CA17 4QW) 	<ul style="list-style-type: none"> • Tuesdays - 30th July, 27th August & 24th September • 10.30AM 	<ul style="list-style-type: none"> • Katie Treave 07909963195 Katie.Treave2@ncic.nhs.uk
<ul style="list-style-type: none"> • Penrith, Eamont Bridge/Lowther Walk (CA10 2BX) 	<ul style="list-style-type: none"> • Fortnightly Fridays • 1.30PM 	<ul style="list-style-type: none"> • Katie Treave 07909963195 Katie.Treave2@ncic.nhs.uk
<ul style="list-style-type: none"> • Penrith Wellbeing Walk (CA11 7YA) 	<ul style="list-style-type: none"> • Every Friday • 11.30AM 	<ul style="list-style-type: none"> • Amy Elliott 07551678450 amy.elliott@westmorlandandfurness.gov.uk
<ul style="list-style-type: none"> • Shap Pooh-Stick Potter (CA10 3NU) 	<ul style="list-style-type: none"> • Wednesdays - 31st July, 28th August & 25th September • 10.30AM 	<ul style="list-style-type: none"> • Katie Treave 07909963195 Katie.Treave2@ncic.nhs.uk
<ul style="list-style-type: none"> • Shap Village Stroll (CA10 3NL) 	<ul style="list-style-type: none"> • Wednesdays - 17th July, 14th August & 11th September • 10.30AM 	<ul style="list-style-type: none"> • Katie Treave 07909963195 Katie.Treave2@ncic.nhs.uk
<ul style="list-style-type: none"> • Walk and Wonder in Kirkoswald (CA10 1DQ) 	<ul style="list-style-type: none"> • Fortnightly Wednesdays • 11AM 	<ul style="list-style-type: none"> • Carolyn Harrison 07813430715 carolyn.harrison@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 and search Wellbeing Walks for specific walk dates and more details.