

Cumberland Walks (Carlisle) September - December 2025

Walk	When	Contact
NEW! A Stroll Through History (CA3 8UR)	Tuesday 11 September Tuesday 2 October 1:15PM	Mike Routledge mjr.routledge@hotmail.co.uk
CADAS Carlisle Group Multiple routes (CA1 1EJ)	Every Thursday 10AM	CADAS 0300 1114002 contact@cadass.co.uk
Currock House Community Centre Multiple Routes (CA2 4BS)	Alternate Tuesdays 11AM *starting 9 September	Currock House Community Centre 01228 591868 info@currockcc.co.uk
NEW! Mindful Art Perambulations Various locations	Tue 16 September - Kingmoor Tue 14 October - Watchtree Tue 18 November - Bitts Park 10AM	Chris Reed 07484 633516 chris@movingspaceart.uk
Travel Actively Carlisle Multiple locations	Various days and times	Lynsey Dawson 07721 612889 lynsey.dawson@cumberland.gov.uk
Watchtree Nature Reserve Wellbeing Walk (CA5 6NL)	Every Monday 10AM	Brian Scroggie 07724 071636 brianscroggie@totalise.co.uk
Wellbeing Walks Carlisle (Multiple Locations)	Alternate Wednesday 10:30AM & 1PM *starting 10 September	Helen Tickner 07935 001511 wellbeingwalkscarlisle@cumberland.gov.uk

Walks may be subject to change. Postcodes indicate walk meeting point.

Walks without postcodes have multiple routes.

Visit ramblers.org.uk, search Wellbeing Walks for specific walk dates and more details.