

Cumberland Walks (Allerdale) January - April 2026

Walk	When	Contact
<p>!NEW! Aspatia Wellbeing Walk (CA7 3EW)</p>	<p>Alternate Tuesdays *starting 6 January 1PM</p>	<p>Katie Harper 07854 999164 katie.harper@ncic.nhs.uk</p>
<p>Cockermouth Town Strolls (CA13 9RT)</p>	<p>Alternate Wednesdays 10AM *starting 14 January</p>	<p>Neil Woodhead 07985 792578</p>
<p>Keswick Walk (CA12 4NF)</p>	<p>Alternate Thursdays 1:30PM *starting 15 January</p>	<p>Rebecca Wade 07825 118551 Rebecca.Wade@ncic.nhs.uk</p>
<p>Maryport Wellbeing Walks - Multiple Routes (CA15 8AB)</p>	<p>Alternate Wednesdays 10:30AM *starting 7 January</p>	<p>Christine Slater 07723 016110 c.slater417@btinternet.com</p>
<p>Silloth Wellbeing Walk (CA7 4AW)</p>	<p>Alternate Tuesdays 1:30PM *starting 13 January</p>	<p>Sarah Jackson 07929 744069 sarah.jackson3@ncic.nhs.uk</p>
<p>Workington Wellbeing Walk (CA14 2RW)</p>	<p>Every 2nd Thursday *starting 8 January 10AM</p>	<p>Emily Todd 07823 759531 emily.todd8@nhs.net</p>

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.