

Walk	When	Contact
CADAS Carlisle Group Multiple routes (CA1 1EJ)	Every Thursday 10AM	CADAS 0300 1114002 contact@cadas.co.uk
Currock House Community Centre Multiple Routes (CA2 4BS)	Alternate Tuesdays 11AM *starting 6 Jan. No walk on 31 Mar	Currock House Community Centre 01228 591868 info@currockcc.co.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 14 January	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](http://ramblers.org.uk), search Wellbeing Walks for specific walk dates and more details.