

Cumberland Walks (Copeland) January - April 2026

Walk	When	Contact
!NEW Beckermet Walking Group (CA21 2XS)	Every Thursday *Starts January 8th 1PM	Chris Wood 07715 603682 chriswood2308@gmail.com
Better Health Wellness Walk - Whitehaven (CA28 7RJ)	Every Tuesday *starting 6 January 10AM	Diane Burns 07856 349095 betterhealthcopeland@GLL.org
Bootle Village Walk (LA19 5TH)	First Wednesday of the month 10AM	Janet Bosson 07940 088776 Bossonschoolofdance@outlook.com
Hope Haven Wellbeing Walk (CA25 5BY)	Every Thursday *starting 1 January 11AM	Yvonne Myers 07816 128075 Yvonne.Myers@cntw.nhs.uk
Seasonal Strolls - Mirehouse (CA28 9SW)	First Wednesday in month *Starts in March 3PM	Karin Crofts 07528 724077 karin@westcumbriariverstrust.org
St. Bees Wellbeing Walks Abbey Wood & St.Beas Beach (CA27 0DH)	Every Wednesday (Alternate Routes) 10:20AM	Claire Hale 07740 717481 chale025@gmail.com
Walking Bus to Florence Arts Centre (CA22 2AD)	Every Thursday (term time only) *starting 15 January 12:40PM	Florence Arts Centre 01946 824946 manager@florenceartscentre.com
Wellbeing Walk from Egremont (CA22 2NR)	Every Friday *starting 2 January 11AM	Yvonne Myers 07816 128075 Yvonne.Myers@cntw.nhs.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