

Westmorland & Furness Walks (Barrow-in-Furness Area) January - April 2026

Walk	When	Contact
Abbotsvale Lets Get Moving (LA13 9PA)	Twice a month on Mondays: 16 January, 2 & 16 February, 16 & 30 March, 13 & 27 April 1PM	Abbotsvale Community Centre T: 01229 830900 abbotsvale@gmail.com
Abbotsvale Litter Hitters (LA13 9PA)	Monthly on Mondays: 19 January, 16 February, 16 March & 13 April 10AM	Abbotsvale Community Centre T: 01229 830900 abbotsvale@gmail.com
Barrow Wellbeing Walk (LA14 1XU)	Last Tuesday of each month 10:30AM	Anne Fox 07521 949754
Barrow Wellbeing Walk (LA13 9DT)	First Tuesday of each month 10:30AM	Anne Fox 07521 949754
Barrow Park Wednesday Wanders (LA13 9BD)	Every Wednesday 10AM *starting 7 January	Ian McClellan ianmac_wellbg_walks@outlook.com
Barrow Buddies (multiple locations)	Alternate Thursdays 10:30AM *starting 8 January	Kath Gelling 01229 440556 kath.gelling@vsbd.org.uk
!NEW Family Hub & Barrow Raiders Wellbeing Walk (multiple locations)	Every Thursday 11AM *starting 8 January	Jill Kassell 07887 301362 Jill.kassell@westmorlandandfurness.gov.uk
Walney Shoreline Walk (LA14 3YG)	Every Wednesday 10:30AM	Richard Scott: rik.scott48@gmail.com
Walney Wellbeing Walk (LA14 3AR)	Every Tuesday 11AM	Laura Fieldhouse M: 07887 007419 laura@walneycommunitytrust.org

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.