

| Walk | When | Contact |
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| Culgaith Walk And Talk (Multiple Locations) | Every Thursday 1PM *starting 8 January | Paul Saager 01768 88702 paulsaager225@btinternet.com |
| Eden ICC Wellbeing Walks Temple Sowerby (CA10 1RW) | Fortnightly Fridays Temple Sowerby 1:30PM *starting 16 January | Alison Wilson 07920 765573 alison.wilson2@ncic.nhs.uk |
| Penrith Wellbeing Walk Multiple routes (CA11 7YA) | Every Friday 11:30AM *starting | Amy Elliott 07551 678450 amy.elliott@westmorlandandfurness.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