

Walk	When	Contact
Cartmel Wellbeing Walk (LA11 6QF)	Every Tuesday 11AM	Ewen Cameron 07929 833528 e.cameron1@btinternet.com
Grange-over-Sands Wellbeing Walk (LA11 6DY)	Every Thursday 11AM	Ewen Cameron 07929 833528 e.cameron1@btinternet.com
Kendal Sunday Walks 'n' Wags (LA9 4PY)	First Sunday of the month 10AM	Anne Whitcombe 07790 120553 anne.whitcombe.uk@gmail.com
Rambling Raiders Ulverston (different locations - all advertised on Facebook)	Every Monday (except Bank Holidays) 10.30AM	Advantage! Barrow 07394 691827 advantage@barrowrlfc.com
Kendal Health & Wellbeing Walk (LA9 4DA)	Every Thursday 1:30PM *starting 7 May	Abbie Thomson 07585 998676 abbie.thomson@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.