

Westmorland & Furness Walks (Barrow-in-Furness Area) May - August 2026

Walk	When	Contact
Abbotsvale Lets Get Moving (LA13 9PA)	Twice a month on Mondays: 18 May, 15 & 29 June, 13 & 27 July, 17 Aug 1PM	Abbotsvale Community Centre T: 01229 830900 abbotsvale@gmail.com
Abbotsvale Litter Hitters (LA13 9PA)	Monthly on Mondays: 18 May, 15 June, 13 July & 17 August 10AM	Abbotsvale Community Centre T: 01229 830900 abbotsvale@gmail.com
Barrow Wellbeing Walk (usually LA141XU but LA143YE for July walk)	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	Ian McClellan ianmac_wellbg_walks@outlook.com
Barrow Buddies (multiple locations)	Alternate Fridays Varying morning start times depending upon location *starting May 8th	Kath Gelling 01229 440556 kath.gelling@vsbd.org.uk
Family Hub & Barrow Raiders Wellbeing Walk (LA14 2PW)	Every Thursday (during term-time) 11AM	Jill Kassell 07887 301362 Jill.kassell@westmorlandandfurness.gov.uk
Walney Wellbeing Walk (LA14 3AR)	Every Tuesday 11AM	Sarah Jackson M:07733 216443 sarah@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.