

Cumberland Walks (Allerdale) May - August 2026

Walk	When	Contact
<p>!NEW! Wigton Wellbeing Walk (CA7 9QD)</p>	<p>Alternate Mondays (except Bank Holidays) *starting 8 June 10AM</p>	<p>Jacqueline Finegan 07484 942349 jacqueline.finegan@ncic.nhs.uk</p>
<p>!NEW! Women Who Walk - Workington (CA14 2FB)</p>	<p>Every Tuesday 10AM</p>	<p>Laura Humphreys 07874 082737 laura@womenwhocumbria.org.uk</p>
<p>Cockermouth Town Strolls (CA13 9RT)</p>	<p>Alternate Wednesdays 10AM *starting 6 May</p>	<p>Neil Woodhead 07985 792578 cockermouthstrolls@yahoo.com</p>
<p>Keswick Walk (CA12 4NF)</p>	<p>Alternate Thursdays 1:30PM *starting 7 May</p>	<p>Rebecca Wade 07825 118551 Rebecca.Wade@ncic.nhs.uk</p>
<p>Maryport Wellbeing Walks - Multiple Routes (CA15 8AB)</p>	<p>Alternate Wednesdays 10:30AM *starting 6 May</p>	<p>Christine Slater 07723 016110 c.slater417@btinternet.com</p>
<p>Silloth Wellbeing Walk (CA7 4AW)</p>	<p>Alternate Tuesdays 1:30PM *starting 5 May</p>	<p>Sarah Jackson 07929 744069 sarah.jackson3@ncic.nhs.uk</p>
<p>Workington Wellbeing Walk (CA14 2RW)</p>	<p>Every 2nd Thursday *starting 14 May 10AM</p>	<p>Emily Todd 07823 759531 emily.todd8@nhs.net</p>

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.