

Cumberland Walks (Allerdale) September - December 2026

Walk	When	Contact
Cockermouth Town Strolls (CA13 9RT)	Alternate Wednesdays 10AM *starting 9 September	Neil Woodhead 07985 792578 cockermouthstrolls@yahoo.com
Keswick Walk (CA12 4NF)	Alternate Thursdays 1:30PM *starting 24 September *No walk 5 November	Rebecca Wade 07825 118551 Rebecca.Wade@ncic.nhs.uk
Maryport Wellbeing Walks - Multiple Routes (CA15 8AB)	Alternate Wednesdays 10:30AM *starting 2 September	Christine Slater 07723 016110 c.slater417@btinternet.com
Silloth Wellbeing Walk from Lifeboat Station (CA7 4AW)	8 September; 6 October; 3 November; 1 December 1:30PM	Sarah Jackson 07929 744069 sarah.jackson3@ncic.nhs.uk
Silloth Wellbeig Walk from Lighthouse (CA7 4QH)	22 September; 20 October; 17 November. 1:30PM	Sarah Jackson 07929 744069 sarah.jackson3@ncic.nhs.uk
Wigton Wellbeing Walk (CA7 9QD)	Alternate Mondays (except Bank Holidays) 10AM *starting 14 September	Jacqueline Finegan 07484 942349 jacqueline.finegan@ncic.nhs.uk
Women Who Walk - Workington (CA14 2FB)	Every Tuesday 10AM	Laura Humphreys 07874 082737 laura@womenwhocumbria.org.uk
Workington Wellbeing Walk (CA14 2RW)	Every 2nd Thursday 10AM *starting 3 September	Emily Todd 07823 759531 emily.todd8@nhs.net

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.