

Cumberland Walks (Carlisle) September - December 2026

Walk	When	Contact
CADAS Carlisle Group Multiple routes (CA1 1EJ)	Every Wednesday 12.30PM *No walk 21 October *Final walk 16 December	CADAS 0300 1114002 contact@cadas.co.uk
Currock House Community Centre Multiple Routes (CA2 4BS)	Alternate Tuesdays 11AM *starting 29 September	Currock House Community Centre 01228 591868 info@currockcc.co.uk
Watchtree Nature Reserve Wellbeing Walk (CA5 6NL)	Every Monday 10AM	Brian Scroggie 07724 071636 brianscroggie@totalise.co.uk
Wellbeing Walks Carlisle (Multiple Locations)	Alternate Wednesday 10:30AM *starting 9 September	Helen Tickner 07935 001511 wellbeingwalkscarlisle@cumberland.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.