

Westmorland & Furness Walks (Barrow-in-Furness Area) September - December 2026

Walk	When	Contact
Abbotsvale Lets Get Moving (LA13 9PA)	Twice a month on Mondays: 14 & 28 Sep, 12 & 26 October, 9 & 23 November, 7 December 1PM	Abbotsvale Community Centre 01229 830900 abbotsvale@gmail.com
Abbotsvale Litter Hitters (LA13 9PA)	Monthly on Mondays: 14 September, 12 October, 9 November & 7 December 10AM (meet 9:50AM Abbotsvale).	Abbotsvale Community Centre 01229 830900 abbotsvale@gmail.com
Barrow Park Wednesday Wanders (LA13 9BD)	Every Wednesday 10AM *Wednesday 7 October 'Bat Walk' 7:30PM	Ian McClellan ianmac_wellbg_walks@outlook.com
Barrow Buddies (multiple locations)	Varying morning start times depending upon location Fridays: 18 Sep, 23 Oct, 20 Nov, 18 Dec.	Kath Gelling 01229 440556 kath.gelling@vsbd.org.uk
Walney Community Trust Wellbeing Walk (LA14 3AR)	Every Tuesday 11AM *No walk on 27 October *Final walk before Christmas 15 December	Sarah Jackson 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.