

Walk	When	Contact
Culgaith Walk And Talk (Multiple Locations)	Every Thursday 1PM	Paul Saager 01768 88702 paulsaager225@btinternet.com
Eden ICC Wellbeing Walks Temple Sowerby (CA10 1RW)	Fortnightly Fridays Temple Sowerby 1:30PM *starting 11 September	Alison Wilson 07920 765573 alison.wilson2@ncic.nhs.uk
Penrith Wellbeing Walk Multiple routes (CA11 7YA)	Every Friday 11:30AM *No walk 25 Dec	Amy Elliott 07551 678450 amy.elliott@westmorlandandfurness.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