

Westmorland & Furness Walks (South Lakeland) September - December 2026

Walk	When	Contact
Cartmel Wellbeing Walk (LA11 6QF)	Every Tuesday 11AM	Ewen Cameron 07929 833528 e.cameron1@btinternet.com
Grange-over-Sands Wellbeing Walk (LA11 6DY)	Every Thursday 11AM	Ewen Cameron 07929 833528 e.cameron1@btinternet.com
Kendal Sunday Walks 'n' Wags (LA9 4PY)	First Sunday of the month 10AM	Anne Whitcombe 07790 120553 anne.whitcombe.uk@gmail.com

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.