

Travel
Actively



active
Cumbria



RED January Walks

Throughout the month we're inviting you to join us on a series of purposeful led walks. All will be less than ninety minutes, on easy terrain and aimed at those new to exercise or wishing to return to walking. The stated times will allow for socialising before and after. Please ensure you dress appropriately for the weather and enjoy these free walks.



Melbourne Park

Date: Monday 15th January 2024
Start and end point: Sands Centre, CA1 1JQ
Time: 2pm - 4pm
Duration: 1hour 15minutes



Carlisle Cemetery

Date: Wednesday 17th January 2024
Start and end point: Cemetery gates –
Richardson Street, CA2 6AL
Time: 10am - 12pm
Duration: 1hour



Bits Park

Date: Wednesday 24th January 2024
Start and end point: Sands Centre, CA1 1JQ
Time: 10am - 12pm
Duration: 1hour

To **book** or **contact** the Travel Actively Team:
travelactively@cumberland.gov.uk
www.travelactively.co.uk



Be part of it!


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