

Travel
Actively



Walk Leader Training

Walk Leader Training

Wellbeing Walks are short, easy group walks aimed at those new or returning to exercise

We are running walk leader training for those who would like to set up their wellbeing walk groups. Which will include:

- Free insurance for leaders
- Free resources
- Support to set up your own walking groups



Walk Leader Training

Venue: Petteril Room, Civic Centre

Address: Rickergate
Carlisle
CA3 8QG

Date: Wednesday 31st January 2024

Time: 9.30am-12.30pm

Book by Monday 22nd January

Contact the Travel Actively Team:



travelactively@cumberland.gov.uk

www.activecumbria.org

www.travelactively.co.uk

Be part of it!



Active Travel
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Westmorland
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Council