

Walk	When	Contact
Watchtree Nature Reserve Wellbeing Walk (CA5 6NL)	Every Monday 10AM	Brian Scroggie 07724 071636 brianscroggie@totalise.co.uk
Wellbeing Walks Carlisle (Multiple Locations)	Alternate Wednesdays 10.30AM & 1PM *Starting January 8th	Helen Tickner 07935 001511 wellbeingwalkscarlisle@cumberland.gov.uk
Currock House Community Centre Multiple Routes (CA2 4BS)	Alternate Tuesdays 11AM *Starting January 14th	Currock House Community Centre 01228 591868 info@currockcc.co.uk
CADAS Carlisle Group Bitts Park and Rickerby Park (CA1 1EJ)	Every Thursday 10AM	CADAS 0300 1114002 contact@cadass.co.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.