

Walk

When

Contact

Culgaith Walk And Talk (Multiple Locations)	Every Thursday 1PM	Paul Saager 01768 88702 paulsaager225@btinternet.com
Eden ICC Wellbeing Walks - Appleby (CA16 6QR) & Temple Sowerby (CA10 1RW)	Fortnightly Mondays (Appleby) *starting May 19th 1.30PM Fortnightly Fridays (T.Sowerby) *starting May 9th 1.30PM	Alison Wilson 07920 765573 alison.wilson2@ncic.nhs.uk
Wellbeing Walk & Talk - High Hesket (CA4 0HS)	1st & 3rd Wednesday of month	Kelly Mitchell 07811 714362 kelly.mitchell3@ncic.nhs.uk
Kirkby Stephen Stroll (CA17 4NQ)	1st Wednesday of the month 2.15PM	Katie Treave 07909 963195 Katie.Treave2@ncic.nhs.uk
Pategill Wellbeing Walk, Penrith (CA11 8HX)	Every Wednesday 11.30PM	Katie Treave 07909 963195 Katie.Treave2@ncic.nhs.uk
Penrith Wellbeing Walk Multiple routes (CA11 7YA)	Every Friday 11.30AM	Amy Elliott 07551 678450 amy.elliott@westmorland andfurness.gov.uk
Appleby Community Drop-in (CA16 6QP)	Third Thursday of the month 1.15	Alison Wilson 07920 765573 alison.wilson2@ncic.nhs.uk
Shap Village Stroll (CA10 3NL)	1st & 3rd Wednesday of month 1.30PM	Katie Treave 07909 963195 Katie.Treave2@ncic.nhs.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