

Cumberland Walks Carlisle (April - June 2023)

Walk

When

Contact

- A family friendly circular walk of Chances Park (CA2 6JP)

- Selected Fridays
- 10.30AM

- Laura Earl
laura@thehikinghousehold.com

- Watchtree Nature Reserve Wellbeing Walk (CA5 6NL)

- Every Monday
- 10AM

- Brian Scroggie
07724071636
brianscroggie@totalise.co.uk

- Court Thorn Surgery Walk for Health (CA4 0JA)

- Every 2nd & 4th Wednesday of the month
- 3PM

- Amy Kelland
07917277060
amy.kelland@ncic.nhs.uk

- CADAS Carlisle Group- (Bitts Park and Rickerby Park) (CA1 1EJ)

- Every Thursday
- 10AM

- CADAS
contact@cadas.co.uk
(or www.ramblers.org.uk)

- Wellbeing Walks Carlisle (Multiple Locations)

- Alternate Wednesdays
- 10:30AM & 1PM

- Helen Tickner
07935001511
wellbeingwalkscarlisle@carlisle.gov.uk

walks may be subject to change

Postcodes indicate walk meeting point. Walks without postcodes have multiple routes - please visit ramblers.org.uk and search Wellbeing Walks for specific walk dates and more details.