

# Wellbeing Walks Spring & Summer Programme 2022



Take the first steps to a healthier lifestyle with this programme of FREE easy, one hour walks. All are on good paths but please wear sensible footwear.

Each walk will take place on a Wednesday at 10.30am and 1pm

## Wednesday 27 April

Denton Holme & River Caldew

Meet at the top of Denton Street, Denton Holme, CA2 5DY



## Wednesday 11 May

Hadrian and Knowfield Woods

Meet at Morrison's Supermarket car park, Kingstown Road, Carlisle, CA3 0QZ

## Wednesday 25 May

Dalston

Meet at Village car park, CA5 7PJ



## Wednesday 8 June

Wetheral

Meet at the village green, CA4 8ET

## Wednesday 22 June

Kingmoor South Nature Reserve South

Meet at Nature Reserve car park, Kingmoor Road, CA3 9QJ



## Wednesday 6 July

The Swifts Urban Nature Reserve

Meet at Swifts Bank Car Park, CA1 1JG (pay & display)

## Wednesday 20 July

River Eden & Etterby

Meet at Carlisle Cricket Club, Edenside Bridgewater Road, Carlisle CA3 9NS



Suitable for pushchairs



Suitable for wheelchairs



Please note places on each walks must be pre-booked and spaces on each walk are limited.  
All walks depart promptly.

To book please contact Carlisle City Council on **07935 001511**  
or email **walkingforhealth@carlisle.gov.uk**