

Cumberland Walks (Allerdale) September - December 2025

Walk	When	Contact
Cockermouth Town Strolls (CA13 9RT)	Alternate Wednesdays 10AM *starting 10 September	Neil Woodhead cockermouthstrolls@yahoo.com
Keswick Walk (CA12 4NF)	Alternate Thursdays 1:30PM *starting 25 September	Rebecca Wade 07825 118551 Rebecca.Wade@ncic.nhs.uk
Maryport Wellbeing Walks - Multiple Routes (CA15 8AB)	Alternate Wednesdays 10:30AM *starting 3 September *no walk on 17 September	Christine Slater 07723 016110 c.slater417@btinternet.com
Silloth Wellbeing Walk (CA7 4AW)	Alternate Tuesdays 1:30PM *starting 9 September	Sarah Jackson 07929 744069 sarah.jackson3@ncic.nhs.uk
Wigton Wellbeing Walk (CA7 9QD)	Alternate Mondays 1:30PM *starting 1 September	Hope Shaw 07788 917947 hope.shaw2@ncic.nhs.uk
Workington Wellbeing Walk (CA14 2RW)	Every Thursday 10AM	Laura Humphreys 07874 082737 laura.humphreys6@nhs.net

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.