

Cumberland Walks (Copeland) September - December 2025

Walk	When	Contact
Better Health Wellness Walk - Whitehaven (CA28 7RJ)	Every Tuesday *starting 7 October 10AM	Diane Burns 07856 349095 betterhealthcopeland@GLL.org
NEW! Bootle Village Walk (LA19 5TH)	First Wednesday of the month 10AM	Janet Bosson 07940 088776 Bossonschooldance@outlook.com
Hope Haven Wellbeing Walk (CA25 5BY)	Every Thursday 11AM	Yvonne Myers 07816 128075 Yvonne.Myers@cntw.nhs.uk
St. Bees Wellbeing Walks Abbey Wood & St. Bees Beach (CA27 0DH)	Every Wednesday (Alternate Routes) 10:20AM	Claire Hale 07740 717481 chale025@gmail.com
Walking Bus to Florence Arts Centre (CA20 2AD)	Every Thursday (term time only) 12:40PM	Florence Arts Centre 01946 824946 florence@florenceartscentre.com
Wellbeing Walk from Egremont (CA22 2NR)	Every Friday 11AM	Yvonne Myers 07816 128075 Yvonne.Myers@cntw.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