

Need some time away?

*Join our **FREE** mental fitness walk in the Lake District with Mind over Mountains*

Join us for a full day of walking in nature, guided by our professional wellbeing team who walk alongside you.

Walk, talk & be listened to in a friendly & supportive group.

No pressure, no judgement - just time in nature, together.



Scan to book on here!



Contact us with any questions -
info@mindovermountains.org.uk

MIND
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MOUNTAINS