

CARLISLE

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for everyday journeys

Spring Strolls 2026



Join us at a series of **FREE Wellbeing Walks in Carlisle.**

All are up to 1 hour, easy and suitable for all.
A chance to meet, chat and get your daily steps in with the option for refreshments.

Dates and meeting places vary,

Follow the QR code for full details.



- Thursday 12 February - **Gatehouse Café**
- Thursday 26 February - **Smillie's Café**
- Thursday 12 March - **Morton Manor**
- Tuesday 17 March - **Smillie's Café** (2pm)
- Thursday 26 March – **Gatehouse Café**
- Tuesday 7 April – **Cornerstone Café**
- Tuesday 21 April – **Cornerstone Café**

Booking essential. All walks start 10:30am unless otherwise stated.

For more information call Lynsey on **07721 612889**,
Visit **travelactively.co.uk** or find us on 



Interested in becoming a Walk Leader?

Join our free training on 17 March 2026 at the Civic Centre.
Booking essential – follow the QR code to book.



Westmorland
& Furness
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