

Go4it!

Walking for Health Programme 2012



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 & 1pm

Dalston

Wednesday 11 January 2012

Meet at the Village Hall, Dalston.
CA5 7PH

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Rickerby Park

Wednesday 25 January 2012

Meet at the Sands Centre, Carlisle.
CA1 1JQ

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Heysham Park, Carlisle

Wednesday 8 February 2012

Meet by Sports area/Raffles
Community House, off Raffles Ave,
Carlisle. CA2 7EF

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Thursby

Wednesday 22 February 2012

Meet by village green. Considerate
roadside parking. CA5 6NU

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Carlisle, Cemetery

Wednesday 7 March 2012

Meet at the Richardson Street
entrance to the cemetery.
CA2 6AL

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Melbourne Park

Wednesday 21 March 2012

Meet at the Lakeland Gate Hotel
car park, Warwick Rd., Carlisle.
CA1 2WF

NEW WALK

Carlisle Racecourse

Wednesday 4 April 2012

Meet in main racecourse conference
centre car park, Durdar Rd., Carlisle
CA2 4TS

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Rosehill - flood defences

Wednesday 18 April 2012

Meet at Toby Carvery, Warwick Rd.
CA1 2SB (next to Tesco)

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Kingmoor Sidings

Wednesday 2 May 2012

Meet at the nature reserve car park,
Kingmoor Rd., Carlisle.
CA3 9QJ

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Watchtree Nature Reserve

Wednesday 16 May 2012

Meet at the nature car park Watchtree,
Nr. Wiggonby, Carlisle. CA5 6NL

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Dalston to Carlisle - River Caldew

Wednesday 30 May 2012

Meet at south end of Denton St.,
Carlisle, by bridge across river.
CA2 5DU

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SUMMER SURPRISE

Wednesday 13 June 2012

Approx 10.30am - 3.30pm

Details to follow ... as it's a surprise!
Call Carlisle City Council to book on
01228 817158

NEW WALK

Wigton, Showfields and Phoenix Park

Wednesday 27 June 2012

Meet car park Showfields/sports
pitches, off West Road, Wigton
CA7 9RG

From Thursby : A596 - 1st left B5302
to Wigton - straight through town and
past monument - 0.3 mile Showfields
on left just past large Innovia offices
on West Road

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Kingmoor Nature Reserve, Carlisle

Wednesday 11 July 2012

Meet at nature reserve car park,
Kingmoor Rd, Carlisle CA3 9QJ

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Suitable for pushchairs.
 Suitable for all
(wheelchairs & pushchairs).
Please call for more information
before attending.



CARLISLE
CITY COUNCIL



www.carlisle.gov.uk

For further information please contact Carlisle City Council on 01228 817158