

# Go4it!

# Walking for Health Programme 2011



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**

## Carlisle Cemetery

**Wednesday 5 January 2011**  
Meet at the Richardson Street entrance to the cemetery.  
(CA2 6AL) ♿

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## Hammonds Pond

**Wednesday 19 January 2011**  
Meet at Hammonds Pond car park, Blackwell Rd., Carlisle.  
(CA2 4SD) ♿

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**\*NEW WALK\***

## Denton Holme/River Caldew

**Wednesday 2 February 2011**  
Meet at south end of Denton St., Carlisle, by bridge across river.  
(CA2 5LJ) ♿

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## Rickerby Park

**Wednesday 16 February 2011**  
Meet at the Sands Centre, Carlisle.  
(CA1 1JQ) ♿

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## Milton Rigg Wood

**Wednesday 2 March 2011**  
Meet at the Milton Rigg car park off the A69, on the minor road between Naworth Castle and Hallbankgate.  
(Grid ref NY 560 615) ♿

## Melbourne Park

**Wednesday 16 March 2011**  
Meet at the Lakeland Gate Hotel car park, Warwick Rd., Carlisle.  
(CA1 2WF) ♿

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## River Petteril

**Wednesday 30 March 2011**  
Meet at the parking area off London Rd., Carlisle opposite Mallyclose Drive.  
(CA1 3EP) ♿

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## Longtown

**Wednesday 13 April 2011**  
Meet at Longtown Community Centre, Arthuret Rd., Longtown.  
(CA6 5SJ) ♿

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## Kingmoor Sidings

**Wednesday 27 April 2011**  
Meet at the nature reserve car park, Kingmoor Rd., Carlisle.  
(CA3 9QJ)

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## Findlandrigg Nature Reserve

**Wednesday 11 May 2011**  
Meet at the reserve car on the B5307 just west of Kirkbampton.  
(Grid ref NY 282 573)

## Dalston

**Wednesday 25 May 2011**  
Meet at the Village Hall, Dalston.  
(CA5 7PH)

## SUMMER SURPRISE

**Wednesday 8 June 2011**

**Approx 10.30am - 3.30pm**

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

## Bits Park and Etterby

**Wednesday 22 June 2011**  
Meet at the Sheepmount Sports Stadium, Carlisle.  
(CA3 8XL) ♿

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## Talkin Tarn Country Park

nr. Brampton  
**Wednesday 6 July 2011**  
Meet outside tea room.  
£1 parking charge.  
(CA8 1HN) ♿

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



**CARLISLE CITY COUNCIL**



[www.carlisle.gov.uk](http://www.carlisle.gov.uk)

For further information please contact Carlisle City Council on 01228 817158