

Tuesday Trundle Programme

Guided walks led by volunteers in conjunction
with Carlisle City Council's Walking for Health Scheme



Date and Time	Meeting Place	Distance/ Grade	Comments
Tuesday 25 January 2022 10.30am -12noon	Denton Holme to Dalston Meet: Opposite Carlisle Cemetery on Richardson Street. Postcode: CA2 6AA. OS: NY 391 545	3.7 miles Grade 1 0 stiles	Linear walk, return options: • Car share leaving 1 car in Dalston • Use bus (Reays 74/75) • Walk back independently.
Tuesday 8 February 2022 10.30am -12noon	Talkin Tarn and Rowbank Woods Meet: Talkin End Car Park. Postcode: CA8 1BF. OS: NY 543 583	4.5 miles Grade 2 0 Stiles	Can be wet/muddy in places and some road walking. Steps over railway.
Tuesday 22 February 2022 10.30am -12.30pm	River Eden Meet: Sheepmount Stadium Car Park. Postcode: CA3 8XL. OS: NY 395 567	5 miles Grade 2 2 stiles	Circular walk via the Northern Development Road.
Tuesday 8 March 2022 10.30am - 12.30pm	Wetheral and Great Corby Meet: Wetheral Village Green Postcode: CA4 8ES. OS: NY 466 545	4 miles Grade 2 2 stiles	Steps over railway bridge. Some road walking.
Tuesday 22 March 2022 10.30am -12.30pm	Canonbie Meet: Skelton Sike lay-by - follow B6357 through Canonbie, turn left immediately after bridge, follow road until reach layby on the left. Postcode: DG14 OXA. OS: NY 394 772	4 miles Grade 2 No stiles	A circular walk on good rural tracks and minor roads. One short but steep ascent aided by stone steps.
Tuesday 5 April 2022 10.30am -12.30pm	Eamont Bridge & Brougham Hall Meet: Beehive Inn Car Park. Postcode: CA10 2BX. OS: NY 523 284	4 miles Grade 2 2 stiles	River, castle and some road walking.

Other essential information:

All walks depart promptly. PLEASE NOTE NEW START TIME.

Grades: 1 = Easy; 2 = Medium; 3 = Hard

Outdoor footwear and clothing required for all walks. A walking stick/pole can be helpful. For longer walks a drink (bottle of water) and a snack (banana or chewy bar) is advisable. Sorry - no dogs.

Please note places on each walk must be pre-booked and spaces on each walk are limited.

To book please contact Carlisle City Council on 07935 001511
or email walkingforhealth@carlisle.gov.uk