

# Walking for Health Summer Programme

## 2021



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 and 1pm**

### Hammond's Pond

Wednesday 23 June

Meet at Blackwell Road car park, CA2 4RU

### Watchtree Nature Reserve

Wednesday 7 July

Meet by the visitor centre, Watchtree Nature Reserve near Wiggonby, Great Orton, CA5 6NL

### Rickerby Park, Carlisle

Wednesday 21 July

Meet at The Sands Centre Carlisle, CA1 1JQ (Pay and Display)

### Miltonrigg Wood, Brampton

Wednesday 4 August

Meet at Miltonrigg car park off the A69, on the minor road between Naworth Castle and Hallbankgate, CA2 2QT

### Carlisle Cemetery

Wednesday 18 August

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

### Melbourne Park

Wednesday 1 September

Meet at Walkmill Crescent (Lakeland Gate), CA1 2WF

### Heysham Park, Carlisle

Wednesday 15 September

Meet by the sports area/ Raffles Community House off Raffles Avenue, Carlisle, CA2 7EG

### Talkin Tarn Country Park

Wednesday 29 September

Meet at Talkin Tarn car park, CA8 1HN (Pay and Display)



Please note to ensure that our walks are **COVID-safe**, 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](mailto:walkingforhealth@carlisle.gov.uk)