



Care for Carers

Supporting those who care for others

CARER WALKS

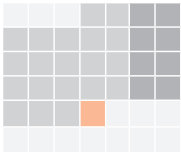
FEBRUARY - NOVEMBER 2024 | 10 WALKING EVENTS

2024

FEBRUARY / 2024



MARY, QUEEN OF SCOTS, AT THE NATIONAL PORTRAIT GALLERY



A GUIDED TOUR OF EDINBURGH NEW TOWN

NEW TOWN WALK

CITY CENTRE | 29 FEBRUARY | 10AM - 1PM

FEB
29



TARMAC
PATHS

In the late 18th century, Edinburgh was dramatically expanded with the creation of the New Town, a triumph of urban planning and neo-classical design. The brain-child of architect James Craig, the 1767 plans were envisioned as a grand departure from the crowded and unsanitary conditions of the Old Town.

For this walk we will gather outside the National

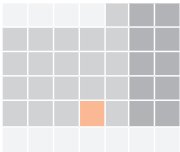
Portrait Gallery then make our way westwards, taking in the grand buildings and stunning gardens en route.

This will include a visit to The Georgian House, an Edinburgh New Town house restored to reflect the lives of those who lived and worked here in the late 18th and early 19th century.

We will finish with hot drinks and conversation at a cafe in the West End.



THE IMPRESSIVE ENGINEERING OF THE FALKIRK WHEEL



A VISIT TO THE STUNNING FALKIRK BOAT LIFT

THE FALKIRK WHEEL

FALKIRK | 28 MARCH | 10AM - 2PM

MAR
28



TARMAC
PATHS

The world's only rotating boat lift, the Falkirk Wheel links the Forth & Clyde Canal to the Union Canal 35 metres above, allowing vessels to sail through the sky thanks to a unique fusion of art and engineering.

When one of the structure's gondolas is lowered, the opposite one rises, keeping the vast, 1800 tonne boat lift in perfect balance as it carries canal

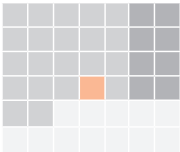
barges 35 metres into the air in a matter of minutes. The Wheel opened in 2002 and replaced a flight of 11 locks.

Tickets for the Wheel can be booked in advance. The full experience lasts approximately 50 minutes in total.

There is a cafe on-site for refreshments. **Alternatively, people can bring their own packed lunch.**



A VIEW OF NEWHAILES HOUSE IN MUSSELBURGH



AN EXPLORATION OF NEWHAILES HOUSE & GARDENS

NEWHAILES ESTATE

MUSSELBURGH | 25 APRIL | 10AM - 2PM

APR
25



MUDDY
PATHS

Newhailes is a stunning estate complete with a Palladian mansion, woodland walks and a recently renovated cafe.

Situated in 34 hectares of parkland and woodland, the estate was originally laid out to impress visitors by stimulating their senses. A recent conservation project has resulted in the restoration of many of its historic features; it contin-

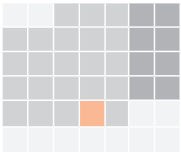
ues to offer unspoilt views across the River Forth.

Newhailes House itself is a beautiful 18th-century villa. It was the home of the Dalrymple family for several centuries and has been in the care of the National Trust for Scotland since 1997.

We will explore the surroundings, and perhaps the House itself, before enjoying lunch at the cafe.



THE TWEED BRIDGE AND OLD PARISH CHURCH IN PEEBLES



MAY
30



MUDDY
PATHS

A TRIP TO THE LOVELY TOWN OF PEEBLES

PEEBLES WALK

SCOTTISH BORDERS | 30 MAY | 10AM - 2PM

Nestled amongst the rolling Border hills in an area of outstanding natural beauty, the gorgeous town of Peebles straddles the glorious River Tweed.

Made a Royal Burgh in 1152 by King David I of Scotland, Peebles is known for its picturesque and unspoilt character.

One of the most striking historic attractions in Peebles is the medieval bridge

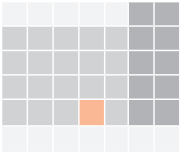
across the River Tweed, while at the end of the High Street stands the Old Parish Church, built in 1885 to replace an earlier building on the same site erected in 1784. The church is a prominent local landmark due to its striking clock tower in Gothic Revival.

We will be taking a leisurely stroll along the banks of the Tweed, returning to the town centre for snacks.

JUNE / 2024



HIKING FROM THE SHORE AT CRAMOND ISLAND



EXPLORING THE DESERTED ISLAND AT CRAMOND

CRAMOND ISLAND

FIRTH OF FORTH | 27 JUNE | 10AM - 2PM

JUN
27



MUDDY &
UNEVEN

Cramond Island is a tidal island in the Firth of Forth, reached at low tide by a causeway which extends from the village of Cramond. The island is just over a third of a mile long and rather less than a mile wide.

World War I saw the northern end of the island taken over by the War Department as part of the defences of the Firth of Forth. On

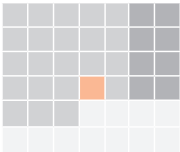
the outbreak of World War II, the entire island was requisitioned; the resulting structures are still visible.

The island was occupied until the 1930s, with sheep kept on the island until the 1960s. Today the island is deserted save for the occasional group of intrepid picnickers such as ourselves.

Please remember to bring your own picnic lunch for this walk.



A VIEW OF THE BAY AT ABERDOUR



A WALK TO THE SEASIDE TOWN OF ABERDOUR

ABERDOUR WALK

FIFE | 25 JULY | 10AM - 3PM

JUL
25



MUDDY &
UNEVEN

Aberdour is a popular and attractive village on the north shore of the Firth of Forth, looking south to the Island of Inchcolm and its Abbey and to Leith and Edinburgh beyond.

The town has two beautiful award-winning beaches, one of Scotland's oldest still-standing castles, a pier and a good choice of traditional shops.

The origins of the village

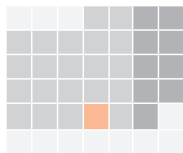
lie with its harbour, where the Dour Burn enters the River Forth. For much of its history Aberdour was two villages: Wester Aberdour and Easter Aberdour, one either side of the Burn.

For this walk we will first go to Burntisland, before making our way back along the coastal path to Aberdour. After our stroll we will stop at a cafe for lunch **or bring our own picnics.**

AUGUST / 2024



THE RAIL BRIDGE AS SEEN FROM THE FIFE SIDE OF THE ROAD BRIDGE WALK



A STROLL OVER THE OLD BRIDGE TO FIFE AND BACK

FORTH ROAD BRIDGE

SOUTH QUEENSFERRY | 29 AUGUST | 10AM - 2PM

AUG
29



TARMAC
PATHS

The Forth Road Bridge remains one of the world's most significant long-span suspension bridges. With a main span of 1,006 metres between the two towers, it was the fourth longest in the world and the longest outside the United States when it opened.

In total, the structure is over 2.5 km long. A staggering 39,000 tonnes of steel and 125,000 cubic

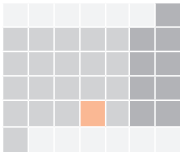
metres of concrete was used in its construction.

Starting at the car park adjacent to the bridge, we will enjoy a leisurely stroll across this now eerie expanse with nothing but an occasional lonely passing bus for company.

We will stop for a coffee break upon reaching the Fife side of the bridge and then return via the same walkway.



FOLLOWING THE WATER OF LEITH WALKWAY



WALKING FROM ROSEBURN TO STOCKBRIDGE

WATER OF LEITH

CITY CENTRE | 26 SEPTEMBER | 10AM - 1PM

SEP
26



MUDDY &
UNEVEN

The Water of Leith Walkway is a public footpath that runs alongside the small river of Leith, through Edinburgh from Balerno to Leith Shore.

The Walkway was completed in 2002 by courtesy of Millennium Project funding. It is managed by The City of Edinburgh Council Parks who also manage many of the parks and green spaces along the 13

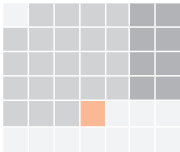
mile route. The Water itself originates from the Colzium Springs in the Pentland Hills, covering over 22 miles along its journey.

We will start our walk at Roseburn and follow the Water to the Scottish National Gallery of Modern Art. We will drop in for a coffee before continuing down to the Dean Village and on to Stockbridge for final refreshments.

OCTOBER / 2024



THE SHORE IN THE HISTORIC AREA OF LEITH



A GUIDED TOUR FROM LEITH TOWARDS NEWHAVEN

LEITH GUIDED TOUR

CITY CENTRE | 31 OCTOBER | 10AM - 1PM

OCT
31



TARMAC
PATHS

In the 18th century, the area of Leith was Scotland's main port for trade, with huge ships constantly sailing in and out, brimming with goods and products. It became an official part of Edinburgh in 1920.

The Shore at Leith lies beyond the northern end of Leith Walk and was the first place in Leith to install public street lighting using oil lamps. It was also the first

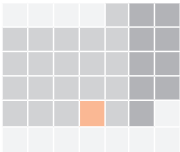
street in Edinburgh to have electric street lights served by a local generating station.

We will begin this guided tour at the statue of Queen Victoria at the lower end of Leith Walk, before making our way to the Shore and then westwards in the direction of Newhaven.

Following the walk we will stop at a cafe for coffee and conversation.



OUR ALL-TERRAIN WALKING GROUP IN ACTION



SOCIALISING AND WALKS PLANNING FOR 2025

ANNUAL REVIEW

ST MARGARETS | 28 NOVEMBER | 10AM - 1PM

NOV
28



WARM &
COMFY

Each year we conclude our walking group by gathering together to review the walks we have enjoyed the most during the previous months.

Reflecting upon those walks we have derived the most pleasure from, we use this opportunity to plan the programme for the coming year.

The last Thursday of November marks the end of

our walking group activities for 2024, and we will assemble at *Care for Carers* at St Margaret's House for our review for 2025.

We will look back at walks from this year and also previous years, as well as coming up with completely fresh ideas for locations and activities for our future adventures.

Tea and mince pies will be provided.

CARER WALKS. 2024

FEBRUARY - NOVEMBER 2024 | 10 WALKING EVENTS

Care for Carers runs a series of walks throughout the year, helping carers to get a short break from their caring roles. We travel through the quiet, peaceful parks and green spaces in and around Edinburgh, finding out a little more about the city and one another.

The expected terrain is indicated beside each walk, but sturdy shoes and weatherproof clothing are always essential. Minibus transport is provided where appropriate.

Both carers and former carers are welcome to attend. Please contact us in advance to reserve a place on a particular walk.

HOW TO APPLY

Contact us to register your interest or discuss the walks.

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EMAIL walks@care4carers.org.uk
WEBSITE www.care4carers.org.uk
FACEBOOK facebook.com/care4carersedinburgh
TWITTER/X @Edincare4carers



BY POST **Carer Walks Programme 2024**

Care for Carers
Room 4.25
St Margaret's House
151 London Road
Edinburgh EH7 6AE

Care for Carers is funded by the Edinburgh Health & Social Care Partnership, the Edinburgh Integrated Joint Board, the Bank of Scotland Foundation, Women's Fund For Scotland, RAS200, NHS Lothian, Carers Trust, the Robertson Trust, Short Breaks, the Postcode Lottery and the National Lottery Community Fund. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No SC0 13450.

