

Care for Carers 

PRESENTS



CARER WALKS PROGRAMME

2022

Recommended Kit

Below is the recommended clothing and equipment to bring if you are attending one of our walks. Remember that the ground may be wet or muddy.

- Walking boots or shoes with good tread
- Warm socks
- Fleece or warm jumper
- Waterproofs
- Hat and gloves
- Small backpack, to keep hands free
- Refreshments – drinks and snacks
- Camera

Mobility & Transport

If you are interested in a particular walk but have mobility concerns regarding the terrain, please get in touch with us to discuss before booking.

Where appropriate, we have included suggested bus routes for the walk location. However, bus timetables have been changing frequently in recent times. Please do check the current timetable before departing.

February – March

FEB

EDINBURGH CITY WALK

Thursday 24th February

**2 miles
2.5 hours**

**Tarmac
Paths**

A pleasant guided stroll starting in the area of Calton Hill before working our way towards Holyrood Palace via New Calton Cemetery. Led by our own Anne McNeil, we will take in places of interest and discover obscure and fascinating facts as we go.

We will conclude our tour with some refreshment and conversation at a coffee shop within the Scottish Parliament area.

☒ Meet at **10am** by the old GPO (Waverley Gate) on Waterloo Place.

The majority of bus routes which include Princes Street as a destination will have a stop near the meeting point.

MAR

THE KELPIES (FALKIRK)

Thursday 31st March

**1 mile
4 hours**

**Tarmac
Paths**

The Kelpies are 30-metre-high horse head sculptures depicting kelpies (shape-shifting water spirits). They stand next to a new extension to the Forth and Clyde Canal, near the River Carron. The Kelpies serve as monument to horse-powered heritage across Scotland.

Transport – We will use our minibus to take us to and from Falkirk.

☒ Meet at **10am** at St Margaret's House, London Road.

Buses

4

5

26

44

45

104

113

124

April – May

APR

FORTH ROAD BRIDGE

Thursday 28th April

**4 miles
4 hours**

**Tarmac
Paths**

Starting at the car park adjacent to the Forth Bridge, we will enjoy a leisurely stroll across this now eerie bridge 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 opposite walkway.

Transport – We will use the minibus to take us to and from our walk.

☒ Meet at **10am** at St Margaret's House, London Road.

Buses

4

5

26

44

45

104

113

124

MAY

INNOCENT RAILWAY / DR NEIL'S GARDEN

Thursday 26th May

**2 miles
2.5 hours**

**Tarmac
Paths**

Starting at the Commonwealth Pool, we drop down to the Innocent Railway path at St Leonard's, walking through the tunnel with its many murals as we make our way to Duddingston Village.

Once at Duddingston we will visit Dr Neil's Garden, also known as Edinburgh's Secret Garden, which was originally created from a wilderness by Drs Nancy & Andrew Neil.

☒ Meet at **10am** outside Royal Commonwealth Pool, Dalkeith Road.

Buses

2

14

30

33

June – July

JUN

CRAMOND ISLAND

Thursday 30th June

**2 miles
3 hours**

**Rough
& Wet**

This walk will involve a journey over the causeway (which can be puddly) to explore Cramond Island. The island was occupied until the 1930s, with sheep kept on the island until 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.

☒ Meet at **10am** at the car park bottom right of Cramond Glebe Road.

Buses **41** **Alight at Cramond Village then walk down the road past Cramond Kirk.**

JUL

QUEEN'S PARK CIRCUIT

Thursday 28th July

**2 miles
2.5 hours**

**Tarmac
Paths**

Holyrood Park or Queen's Park is a large-scale, dramatic and rugged open space within the heart of Edinburgh. It is some 8 kilometres in circumference and its highest summit is Arthur's Seat at 251 metres above sea level.

We will take a pleasant stroll around (but not up!) Arthur's Seat and take an opportunity to explore this microcosm of Scottish scenery.

☒ Meet at **10am** at St Margaret's Loch (Meadowbank end).

Buses **4** **5** **26** **44** **45** **104** **113** **124**

August – September

AUG

FLOTTERSTONE (PENTLANDS)

Thursday 25th August

**2 miles
3 hours**

**Tarmac
& Muddy**

A circular walk starting at the ranger station, from which we head to Glencourse Reservoir. A 100-yard slope (steep but easy) then takes us to higher ground, where we enjoy fabulous Pentland views as we work our way along the ridge. We then return to the ranger station for coffee and cake.

Transport – Transport will be provided to and from Flotterstone.

☒ Meet at **10am** at St Margaret's House, London Road.

Buses

4

5

26

44

45

104

113

124

SEP

STOCKBRIDGE – LEITH SHORE

Thursday 29th September

**4 miles
2.5 hours**

**Level
& Muddy**

The Water of Leith walkway cuts right through the city and stretches from Colinton Village to Leith. For this walk we will meet at Princess Street then make our way down to Stockbridge, where we will join the final section of the walkway and follow it down to the shore. It is a level path but very muddy at this time of year.

We will stop for a coffee either during the walk or at the end.

☒ Meet at **10am** at the junction of Castle Street and Princes Street.

The majority of bus routes which include Princes Street as a destination will have a stop near the meeting point.

October – November

OCT

ROSLIN GLEN & ROSSLYN CHAPEL

Thursday 27th October

1.5 miles
3 hours

Uneven
& Muddy

Roslin Glen is an area of outstanding natural beauty, with ancient woodland, rich wildlife and an important industrial heritage (it was once home to Scotland's largest gunpowder mill). In addition to the extensive walks, there are also Rosslyn Chapel and Castle to explore.

We will decide on the day what to visit and do, taking account of the weather and accessibility.

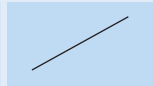
- ☒ Meet at **10am** at St Margaret's House where we will share our own transport to Roslin.
- ☒ Alternatively, meet at **10.30am** at the car park adjacent to Rosslyn Chapel if you want to go there directly.

NOV

END OF YEAR REVIEW

Thursday 24th November

2.5 hours



To conclude another year of exploration and adventure, we will gather at St Margaret's House for a fun social session. This will give us a chance to look back on the walks of the last 12 months— with an opportunity to discuss any ideas we can incorporate into next year's programme of activities.

Tea and mince pies will be provided.

- ☒ Meet at **10am** at St Margaret's House, London Road.

Buses

4

5

26

44

45

104

113

124

Care for Carers Carer Walks Programme 2022

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. Both carers and former carers are welcome to attend the walks.

Support and guidance is provided by *Care for Carers*; please contact us in advance to reserve a place on a particular walk.

Reserve a Place

Please contact us to reserve a place or to discuss the walks:

Telephone: 0131 661 2077

Email: walks@care4carers.org.uk

Website: www.care4carers.org.uk

Facebook: facebook.com/care4carersedinburgh

Twitter: [@Edincare4carers](https://twitter.com/Edincare4carers)

Address: **Carer Walks Programme 2022**

Care for Carers

Room 4.25

St Margaret's House

151 London Road

Edinburgh EH7 6AE

Mobile Contact Numbers (for the day of the walk)

Erica Whittaker Wallis: 07936 362 868

Jackie Phillips: 07936 362 867

Care for Carers is funded by the Edinburgh Health & Social Care Partnership, the Edinburgh Integrated Joint Board, RAS200, NHS Lothian, Carers Trust, the Robertson Trust, Short Breaks and the Postcode Lottery. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No SC0 13450.

