

Care for Carers 

PRESENTS



# CARER WALKS PROGRAMME

MAY – NOVEMBER 2021

## **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

## May – June

**MAY**

### WATER OF LEITH (SLATEFORD)

*Thursday 27th May*

2.5 miles  
2.5 hours

Tarmac  
& Muddy

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

We will set off from the Visitors Centre at Slateford, stroll beneath the arches supporting the Union Canal and the railway, continue on to the newly-restored Saughton Park, then finish at Roseburn.

We will stop for refreshments at a coffee shop along the way.

☒ Meet at **10am** at Water of Leith Visitors Centre, Lanark Road.

**Buses**

34

44

*Buses stop opposite the visitors centre.*

**JUN**

### PORTOBELLO – MUSSELBURGH

*Thursday 24th June*

3 miles  
3 hours

Tarmac  
Paths

A leisurely walk along the shore from Portobello to Musselburgh Harbour. From the harbour we will head up to the Brunton Theatre, where we will stop for coffee or lunch.

**Transport** - After our refreshments we will take a local bus to return us to our starting point on King's Road.

☒ Meet at **10am** at the car park at the bottom of King's Road.

**Buses**

19

21

26

42

45

49

69

124

*Alight at the top of King's Road.*

# July – August

**JUL**

## **DYNAMIC EARTH / HOLYROOD PARK**

*Thursday 29th July*

**2 miles  
2 hours**

**Uneven  
& Muddy**

Holyrood Park has a rich geological history, including evidence that Scotland was formed in a tropical climate. During our walk we will hear the hidden stories trapped within the rocks of the park and learn how the volcanic and glacial past of Scotland shaped the landscape we see today.

After the walk we'll return to Dynamic Earth for a chat and a cuppa.

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☒ Meet at **10am** at the entrance to Dynamic Earth, Holyrood Road.

**Buses**

**6**

**35**

**AUG**

## **CRAMOND BRIG – S. QUEENSFERRY**

*Thursday 26th August*

**6.5 miles  
3-4 hours**

**Tarmac  
Paths**

Starting at the Cramond Brig, we will stroll through the Roseberry Estate (Dalmeny Park). We will pass the main house, beautifully laid out on the shore of the Firth of Forth, before dropping onto the beach and along the shore to South Queensferry.

Please bring a picnic to enjoy when we take a break on the shore.

**Transport** - We will use cars or bus to return to the starting point.

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☒ Meet at **10am** at the Cramond Brig (Miller & Carter) car park.

**Buses**

**43**

## September – October

SEP

### BEECRAIGS COUNTRY PARK

Thursday 30th September

2 miles  
3-4 hours

Uneven  
& Muddy

Beebraigs (Linlithgow) is a sprawling country park of 913 acres with an excellent network of paths and activities. Our walk will take us through the park, including the adventure playground, loch and deer farm - where you can get up close to some of the farm animals in the petting area.

Please bring a picnic to enjoy on the shore of the loch.

☒ Meet at **10am** at St Margaret's House, where we will use the minibus for our return journey to Beebraigs.

**If you would prefer to make your own way to the park, please contact us and we will provide directions.**

OCT

### LINLITHGOW LOCH

Thursday 28th October

2 miles  
4 hours

Tarmac  
Paths

From Linlithgow train station we will head down through the town to the loch, where we will embark on a circular walk of the loch which gives fantastic views of the palace and surrounding area. We will then stop for coffee or lunch before returning to the station.

**Transport** - We will travel to and from Linlithgow by train, departing from and returning to Waverley Station.

☒ Meet at **10am** in Waverley Station, opposite WH Smith.

Buses

1

4

15

19

26

34

43

44

104

113

124

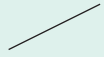
# November

**NOV**

## END OF YEAR REVIEW

*Thursday 26th November*

**2.5 hours**



To wrap up another year of our ongoing programme of adventures, we will have a fun and social session at Care for Carers at St Margaret's House. This will give us a chance to look back on the walks of the last 12 months— and to discuss ideas we can incorporate into next year's programme.

Tea and mince pies will be provided.

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

**Buses**

4

5

26

44

45

104

113

124

## Walker Comments

*“Good to get out into the fresh air, meet people  
and have fun.”*

*“I came feeling quite isolated and finished the  
walk with a spring in my step.”*

*“Very valuable time for me to be me.”*

*“A great escape.”*

# Care for Carers Carer Walks Programme 2021

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*Care for Carers* runs a series of walks throughout the year, helping carers to get a short break from their caring roles and enjoy the company of other carers.

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.

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## Reserve a Place

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

Telephone: 0131 661 2077

Email: [walks@care4carers.org.uk](mailto:walks@care4carers.org.uk)

Website: [www.care4carers.org.uk](http://www.care4carers.org.uk)

Facebook: [facebook.com/care4carersedinburgh](https://facebook.com/care4carersedinburgh)

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

Address: **Carer Walks Programme 2021**

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

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 **EDINBURGH**  
THE CITY OF EDINBURGH COUNCIL