

Care for Carers Nature Walks February - June 2017

Care for Carers runs a series of Nature 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 and Edinburgh Council Park Rangers Service.

Reserve a Place

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

Telephone: 0131 661 2077

Email: naturewalks@care4carers.org.uk

Website: www.care4carers.org.uk

Address: **Nature Walks 2017**
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)

Dipa Ward: 07887 712 757

Alistair Middleton: 07941 431 297

Care for Carers is funded by the City of Edinburgh Council Health and Social Care Partnership, The Moffat Trust, The Scottish Government, The Royal Astronomical Society, Dynamic Earth Learning, The RS MacDonald Charitable Trust, NHS Lothian and The Prevention Investment Fund. Care for Carers is a Respite Partner. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No. SCO 13450.

Care for Carers 

PRESENTS



NATURE WALKS PROGRAMME

FEBRUARY - JUNE 2017

Nature Walks Programme

February - June 2017

FEB

WATER OF LEITH: STOCKBRIDGE - SHORE

Thursday 23rd February

4 miles
2.5 hours

Level
& Muddy

We will walk from Princess Street to Stockbridge, where we will join the Water of Leith walkway and follow it down to the shore at Leith. 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 have a stop near the meeting point.

MAR

CAMMO ESTATE

Thursday 30th March

1.5 miles
2.5 hours

Uneven
& Muddy

Cammo was once one of Edinburgh's grandest and more private residences. This walk uncovers some of its secrets, including the ruins of Cammo House itself, the overgrown Walled Garden and the striking Cammo Tower.

☒ Meet at **10am** at the gatehouse at the junction of Cammo Road and Cammo Walk, Barnton.

Buses **41**

APR

'FIRE & ICE' TOUR: ARTHUR'S SEAT

Thursday 27th April

2 miles
2.5 hours

Rough
& Muddy

This walk is being led by Dynamic Earth and encourages us to use our detective skills to investigate evidence of ancient tropical seas, ice rock and lava flows from 350 million years ago.

☒ Meet at **10am** in the Dynamic Earth foyer.

Buses **6** **35** Or any bus to Princes Street + 20min walk

MAY

ROSLIN GLEN

Thursday 25th May

1.5 miles
3 hours

Uneven
& Muddy

There is much to see in this beautiful country park, including the chapel, the castle and extensive walks. We will decide on the day what to visit and do, taking into account the weather.

☒ Meet at **10am** at St Margaret's House and we will share our own transport to go to Roslin - or:

☒ Meet at **10.30am** at the car park adjacent to Roslin Chapel if you want to go directly there yourself.

JUN

CRAMOND ISLAND

Thursday 29th June

2 miles
3 hours

Rough
& Wet

This walk will have us walk over the causeway (which can be puddly) to explore the island and have a picnic on the beach.

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

Buses

41

Alight at Cramond Village then walk down past Cramond Kirk

RECOMMENDED KIT

Below is the recommended clothing and equipment to bring for our Nature 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