

Care for Carers Nature Walks July - November 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

JULY - NOVEMBER 2017

Nature Walks Programme

July - November 2017

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| JUL | WATER OF LEITH: STOCKBRIDGE - SHORE | 4 miles | Level & Muddy |
| | <i>Thursday 27th July</i> | 2.5 hours | |

We will walk from Princess Street to Stockbridge, joining the Water of Leith walkway and following it down to the shore at Leith. This is a level path but it can get very muddy depending on the weather. 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.

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| AUG | BEECRAIGS COUNTRY PARK | 2 miles | Uneven & Muddy |
| | <i>Thursday 17th August</i> | 3-4 hours | |

Beechraigs (Linlithgow) is a sprawling country park of 913 acres with a good network of paths and activities. Our walk will take us through the park, including the adventure playground, loch and deer farm. Please bring your own picnic.

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

☒ If you wish to make your own way, please contact us and we will give you directions.

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| SEP | PORTOBELLO SHORE - MUSSELBURGH | 3 miles | Tarmac Paths |
| | <i>Thursday 28th September</i> | 3 hours | |

A leisurely walk along the shore from Portobello to Musselburgh Harbour, then up to The Brunton for coffee. We will then take a local bus to return to our starting point.

☒ Meet at **10am** at the bottom of King's Road, Portobello.

Buses 19 21 26 42 45 49 69 124

Alight at the top of King's Road

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|------------|------------------------------|------------------|---------------------|
| OCT | ROYAL BOTANIC GARDENS | 1 miles | Tarmac Paths |
| | <i>Thursday 26th October</i> | 2.5 hours | |

A relaxing morning spent strolling through these tranquil and beautifully landscaped gardens.

☒ Meet at **10am** inside the East Gate entrance at Inverleith Row.

Buses 8 23 27

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| NOV | CHRISTMAS GARLAND MAKING | 3 hours | -- |
| | <i>Thursday 30th November</i> | | |

This is your opportunity to have some fun making a Christmas garland to impress your family and friends. We will be engaging the help of the Edinburgh Park Rangers Department in supplying materials and advice.

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

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