

Care for Carers Nature Walks Programme 2019

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*.

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 2019**
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)

Alistair Middleton: 07941 431 297

Care for Carers is funded by the Edinburgh Integrated Joint Board.
Care for Carers is a Scottish Charitable Incorporated Organisation.
Registered Charity No. SCO 13450.

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THE CITY OF EDINBURGH COUNCIL

C4C-NATUREWALKS2019-05-FEB-2019-V3-FINAL

Care for Carers 
PRESENTS



NATURE WALKS PROGRAMME

2019

Nature Walks Programme 2019

FEB

EDINBURGH CITY WALK

Thursday 28th February

1 mile
2.5 hours

Tarmac
Paths

A pleasant guided stroll between two of Edinburgh's most famous squares - St Andrew Square and Charlotte Square. Guided by our own Anne McNeil, we will take in places of interest and discover obscure and fascinating facts along the way.

We will conclude our exploration with some refreshment and conversation at a coffee shop within the Charlotte Square area.

☒ Meet at **10am** at Costa Coffee, centre of St Andrew Square.

Buses

1	4	15	19	26	34	43
44	104	113	124			

MAR

BIRD WATCHING (MUSSELBURGH)

Thursday 28th March

2 miles
3 hours

Muddy
Paths

To the north of Musselburgh, the old fly ash lagoons are now a mixture of young woodland and grassland ideal for bird-watching.

This walk will be guided by Denise Fisher who is a very keen and accomplished bird watcher. We will be using one of the local hides, so bring along a soft pad to sit on. Please bring binoculars if you have them.

☒ Meet at **10am** at the Brunton Theatre in Musselburgh.

Buses

26	30	44	106	113
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Buses stop at the front door of the theatre.

Nature Walks Programme 2019

APR

WATER OF LEITH (ROSEBURN)

Thursday 25th April

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

☒ Meet at **10am** at Roseburn bus stop, opposite the Murrayfield Bar.

Buses

12	26	31
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MAY

ROYAL BOTANIC GARDENS

Thursday 30th May

2 miles
2.5 hours

Tarmac
Paths

The Royal Botanic Garden Edinburgh is a world-renowned scientific centre for the study of plants, their diversity and conservation.

We will spend a relaxing morning strolling through this tranquil and beautifully landscaped environment; at this time of year the garden will be coming into full bloom and be a riot of colour. We will of course retire to the cafe for refreshments after our walk.

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

Buses

8	23	27
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Nature Walks Programme 2019

JUN

BARGE & PICNIC (LINLITHGOW)

Thursday 27th June

1 mile
6 hours

Tarmac
Paths

The Union Canal runs from Falkirk to Edinburgh. It dates from 1822 and is listed as a Scheduled monument by Historic Scotland.

We will wander through Linlithgow town before joining our barge for a 2.5-hour cruise along the canal to the Avon Viaduct. Refreshments will be served on board, but we ask each person to bring their own **packed lunch**.

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

Buses

1	4	15	19	26	34	43
44	104	113	124			

JUL

FLOTTERSTONE (PENTLANDS)

Thursday 25th July

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 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						

Nature Walks Programme 2019

AUG

CANAL WALK (FOUNTAINBRIDGE)

Thursday 29th August

2.5 miles
2.5 hours

Level
Paths

On this walk we start at Fountainbridge and stroll along the Union Canal path to the Slateford Viaduct. From there, we will drop into the Water of Leith Visitors Centre for coffee.

In recent years this area has seen a dramatic transformation. Our journey will encompass new buildings and the older structures which are listed under the Historic Scotland Scheduled monument.

☒ Meet at **10am** at Fountainbridge Canal Basin (opp. Gardner's Cres.)

Buses

1	34	35
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Alternatively, walk along Fountainbridge from Lothian Road.

SEP

FALKIRK WHEEL

Thursday 26th September

1 mile
6 hours

Tarmac
Paths

The Falkirk Wheel is the world's only rotating boat-lift, used connect the Forth & Clyde and Union canals. Tickets for the Wheel can be booked in advance; the trip lasts 50 minutes.

There is a cafe on-site. Alternatively, people can bring their own food and drink as a **packed lunch**.

Transport will be provided to and from Falkirk.

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

Buses

4	5	26	44	45	104	113
124						

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OCT

CAMMO & CRAMMOND

Thursday 31st October

3 miles
3 hours

Muddy
Paths

We begin our walk with an exploration of the Cammo Estate. We then follow the River Almond as it passes under the Crammond Brig, making our way down to the foreshore at Crammond. We will inevitably visit one of the cafes we encounter there.

Transport will be provided to return us to the starting point upon completion of the walk.

☒ Meet at **10am** at the gatehouse (Cammo Rd & Cammo Walk junction).

Buses 43

NOV

END OF YEAR REVIEW

Thursday 28th 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 nature walks of the last 12 months - and for us to discuss new ideas for 2020.

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

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Nature Walks Programme 2019

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