

Care for Carers 

PRESENTS



NATURE WALKS PROGRAMME

2020

Nature Walks Programme 2020

FEB

EDINBURGH CITY WALK

Thursday 27th February

1 mile
2.5 hours

Tarmac
Paths

A pleasant guided stroll between two of Edinburgh's most famous buildings - St Giles Cathedral and the Scottish Parliament building. 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 Scottish Parliament area.

☒ Meet at **10am** outside St Giles Cathedral, Royal Mile.

Buses

23

27

41

42

67

Alight at George IV Bridge.

MAR

WATER OF LEITH (SLATEFORD)

Thursday 26th March

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.

Nature Walks Programme 2020

APR

PORTOBELLO – MUSSELBURGH

Thursday 30th April

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.*

MAY

THE KELPIES (FALKIRK)

Thursday 28th May

1 mile
4 hours

Tarmac
Paths

The Kelpies are 30-metre-high horse-head sculptures depicting kelpies (shape-shifting water spirits), standing next to a new extension to the Forth and Clyde Canal and near River Carron. *The Kelpies* are a 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

Nature Walks Programme 2020

JUN

CRAMOND BRIG – S. QUEENSFERRY

Thursday 25th June

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.

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

Buses 43

JUL

LINLITHGOW LOCH

Thursday 30th July

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

Nature Walks Programme 2020

AUG

THE PENTLANDS / SWANSTON

Thursday 27th August

2.5 miles
3 hours

Tarmac
& Muddy

A circular walk departing from Hillend Snow Centre, onto a track passing above the T-woods, then turning downhill to Swanston Village – before returning to the main road. Following the walk we will stop for a coffee or lunch.

The initial walk up the hill to the Snow Centre is a constant tarmac slope, after which the terrain is level but mixed.

☒ Meet at **10am** at the bus terminus entrance to the Hillend Centre.

Buses 4

SEP

BLACKFORD POND – HERMITAGE

Thursday 24th September

2-3 miles
3 hours

Tarmac
& Muddy

We will make our way along quiet roads to Blackford Pond and then uphill past the Royal Observatory. We then enter Hermitage of Braid, a public park and nature reserve since the 1930s. We will visit Hermitage House, a Grade A listed building originally constructed in 1785, now used as the nature reserve's visitor centre.

There is a coffee shop at the entrance to the reserve.

☒ Meet at **10am** outside Greenbank Parish Church, Braidburn Terrace.

Buses 5 11 15 16 36

Nature Walks Programme 2020

OCT

FIGGATE PARK

Thursday 29th October

2-3 miles
3 hours

Tarmac
Paths

The Figgate Park is described as a hidden gem nestled neatly between Duddingston and Portobello. We will take a leisurely stroll through the nature reserve part of the park, perhaps pausing for a quick swing in the play park (the kids should be in school).

If time permits, we will take a walk down Stanley Street to have a look at the proposed new home for Care for Carers.

☒ Meet at **10am** at the Baileyfield Road entrance (under the bridge).

Buses **5**

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 nature walks of the last 12 months— and to discuss new ideas for 2021.

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

Nature Walks Programme 2020

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

Care for Carers Nature Walks Programme 2020

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

Facebook: facebook.com/care4carersedinburgh

Twitter: @Edincare4carers

Address: **Nature Walks 2020**

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

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 **EDINBURGH**
THE CITY OF EDINBURGH COUNCIL