



Overview

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.

The Walks

The walks take place on tarmac paths, grass and looser uneven surfaces with a moderate incline. The distance can vary from a 2km loop to a 6km point to point walk. Walks are scheduled for the last Thursday of the month, February to November.

The Benefits

Outdoor activity has been demonstrated to improve a person's mental well-being as well as having physical benefits. Being outside reduces stress levels and increases your awareness and positivity, but most of all our walks are simply about enjoying ourselves.

Booking & Enquiries

To book a place or request information please contact us by phone or email:

Telephone: 0131 661 2077

Email: naturewalks@care4carers.org.uk

We at Care for Carers appreciate that some carers can only book to go on a walk near to the time, or even have to cancel at short notice. This is not a problem, so don't be put off from applying.

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

Walking Group Calendar 2018

Feb 22nd	Street walk of Leith	Jul 26th	Cramond Brig to Queensferry
Mar 29th	Street walk of Royal Mile	Aug 30th	Cramond Island
Apr 26th	Innocent Railway & Dr. Neil's Garden	Sep 27th	Forth Road Bridge
May 31st	Redhall Walled Garden & Colinton Dell	Oct 25th	Hermitage of Braid
Jun 28th	Becraigs Country Park (Linlithgow)	Nov 29th	St. Margaret's House (Activity Event)

Notes Departure 10am with typical duration 2-3 hours.
Details of the walks and meeting points will be confirmed at time of booking.

