



## 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](mailto: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 2019

<b>Feb 28th</b>	City Walk from St Andrew Square	<b>Jul 25th</b>	Flotterstone Walk (Pentlands)
<b>Mar 28th</b>	Bird Watching in Musselburgh	<b>Aug 29th</b>	Canal Walk from Fountainbridge
<b>Apr 25th</b>	Water of Leith and Galleries	<b>Sep 26th</b>	Falkirk Wheel
<b>May 30th</b>	Royal Botanic Gardens	<b>Oct 31st</b>	Cammo to Cramond
<b>Jun 27th</b>	Linlithgow, Barge and Picnic	<b>Nov 28th</b>	St. Margaret's House (Review and Plan)

**Notes** Departure 10am with typical duration 2-4 hours.  
Details of the walks and meeting points will be confirmed at time of booking.

