

Care for Carers 

PRESENTS



# CARER WALKS PROGRAMME

2023

## **Recommended Kit**

Below is the recommended clothing and equipment to bring if you are attending one of our 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

## **Mobility & Transport**

If you are interested in a particular walk but have mobility concerns regarding the terrain, please get in touch with us to discuss before booking.

Where appropriate, we have included suggested bus routes for the walk location. However, bus timetables have been changing frequently in recent times. Please do check the current timetable before departing.

## February – March

FEB

### “WALLS OF EDINBURGH”

*Thursday 23rd February*

2 miles  
2.5 hours

Tarmac  
Paths

Several town walls have existed around Edinburgh at various times, including the King’s Wall, the Flodden Wall and the Telfor Wall. In this tour we will weave across the city centre from Netherbow Gate to the Grassmarket and explore the fascinating history of this forgotten aspect of our town.

At the end of our walk we will stop at a cafe for refreshments.

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☒ Meet at **10am** by the Scottish Storytelling Centre, 43-45 High Street.

**The majority of bus routes which include Princes Street as a destination will have a stop near the meeting point.**

MAR

### CAMMO ESTATE

*Thursday 30th March*

1.5 miles  
2.5 hours

Uneven  
& Muddy

Originally built in 1693 for John Menzies, Cammo was once one of Edinburgh’s grandest and most private residences before ultimately falling into disrepair, later suffering two fires and partial demolition.

This walk uncovers some of Cammo’s secrets – including the ruins of Cammo House itself, the overgrown Walled Garden and the striking local landmark that is Cammo Tower.

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☒ Meet at **10am** beside the gatehouse at the junction of Cammo Road and Cammo Walk, Barnton.

Buses

41

43

## April – May

APR

### PORTOBELLO – MUSSELBURGH

Thursday 27th 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

### CANAL WALK / SAUGHTON PARK

Thursday 25th May

4 miles  
4 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 follow the Water of Leith to Saughton Park where we will visit the gardens.

Spread over 34 acres, Saughton Park has a stunning formal garden in the classic style. It features the largest herbaceous border in Edinburgh – and a cafe where we will stop for refreshments.

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

Buses

1

34

35

*Alternatively, walk along Fountainbridge from Lothian Road.*

## June – July

JUN

### BONALY RESERVOIR

*Thursday 29th June*

4 miles  
4 hours

Uneven  
& Muddy

Bonaly Country Park is perhaps our closest area of true countryside. Starting at the main car park, we will follow the waymarkers through the woodland to Torduff Reservoir then out to Bonaly Reservoir.

Please **bring a picnic** to enjoy for when we take a break and enjoy the stunning views of the moorland and across Edinburgh.

**Transport** – We will be using the minibus for our journey to Bonaly.

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

Buses 4 5 26 44 45 104 113 124

JUL

### BARGE & PICNIC (LINLITHGOW)

*Thursday 27th July*

1 miles  
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. For this trip we will be joining a barge at Linlithgow 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 please **bring a packed lunch**.

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

Buses 4 5 26 44 45 104 113 124

## August – September

AUG

### CRAMOND BRIG – S. QUEENSFERRY

*Thursday 31st August*

6.5 miles  
3-4 hours

Tarmac  
Paths

Starting at the Cramond Brig, we will stroll through the Roseberry Estate (Dalmeny Park), passing the main house beautifully laid out on the shore of the Firth of Forth. We then drop onto the beach for a picnic before heading 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.

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

Buses    41    43

SEP

### “CLOSES OF EDINBURGH ”

*Thursday 28th September*

2 miles  
2.5 hours

Tarmac  
Paths

The Royal Mile was originally lined with individual plots with paths to gain access to the land behind. As each plot became built up over time, these paths or “closes” developed into a series of narrow connecting lanes. Today we will find out more about these historic Edinburgh pathways, encountering hidden statues along the way.

We will conclude our walk with refreshments at a local cafe.

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☒ Meet at **10am** at the entrance to the Castle Esplanade.

**The majority of bus routes which include Princes Street as a destination will have a stop near the meeting point.**

## October – November

OCT

### BLACKFORD POND – HERMITAGE

*Thursday 26th October*

2-3 miles  
3 hours

Tarmac  
& Muddy

We will make our way along quiet roads to Blackford Pond, uphill past the Royal Observatory, 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 visitor centre.

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

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

Buses 5 11 15 16 36

NOV

### END OF YEAR REVIEW

*Thursday 30th November*

2.5 hours



To conclude another year of exploration and adventure, we will gather at St Margaret's House for a fun social session. This will give us a chance to look back on the walks of the last 12 months— with an opportunity to discuss any new ideas we can incorporate into next year's programme of activities.

Tea and mince pies will be provided.

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

Buses 4 5 26 44 45 104 113 124

# Carer Walks Programme 2023

*Care for Carers* runs a series of walks throughout the year, helping carers to get a short break from their caring roles.

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*; please contact us in advance to reserve a place on a particular walk.

## Reserve a Place

Please contact us to reserve a place or to discuss the walks:

Telephone: 0131 661 2077  
Email: [walks@care4carers.org.uk](mailto:walks@care4carers.org.uk)  
Website: [www.care4carers.org.uk](http://www.care4carers.org.uk)  
Facebook: [facebook.com/care4carersedinburgh](https://facebook.com/care4carersedinburgh)  
Twitter: @Edincare4carers



Address: **Carer Walks Programme 2023**  
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)

Erica Whittaker Wallis: 07936 362 868  
Jackie Phillips: 07936 362 867

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