



CARER WALKING GROUP

care for carers 2023





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For over a decade, Care for Carers has been running a series of walks throughout the year, helping carers to get a short break from their caring activities.

We travel through the quiet, peaceful parks and green spaces in and around Edinburgh, enjoying one another's company with refreshments and conversation.

FEBRUARY	Walls of Edinburgh
MARCH	Cammo Estate
APRIL	Portobello to Musselburgh
MAY	Canal Walk to Saughton Park
JUNE	Flotterstone
JULY	Linlithgow Barge
AUGUST	Dalmeny Estate to the Shore
SEPTEMBER	Blackford Pond to Hermitage
OCTOBER	Closes of Edinburgh

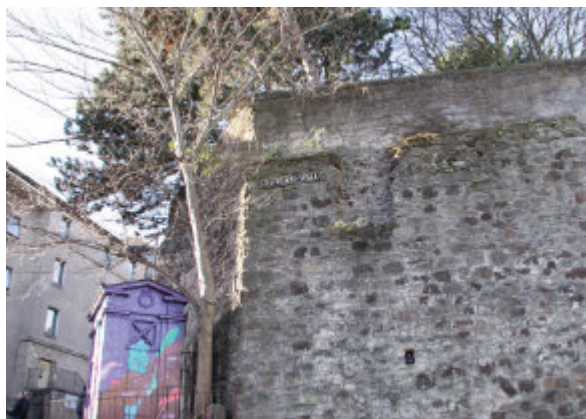


FEBRUARY

Walls of Edinburgh

Several town walls have existed around Edinburgh at various times, including the King's Wall, the Flodden Wall and the Telfer Wall. In this tour we strolled across the city centre from Netherbow Gate to the Grassmarket and explored the fascinating history of this forgotten aspect of our town. At the end of the walk we stopped at a cafe for refreshments.









MARCH

Cammo Estate

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. On this walk we uncovered 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.









APRIL

Portobello to Musselburgh

Portobello is a coastal suburb of Edinburgh, lying 3 miles east of the city centre and facing the Firth of Forth. On this walk we journeyed along the shore from Portobello to Musselburgh Harbour. From the harbour we headed up to the Brunton Theatre, where we stopped for lunch.









MAY

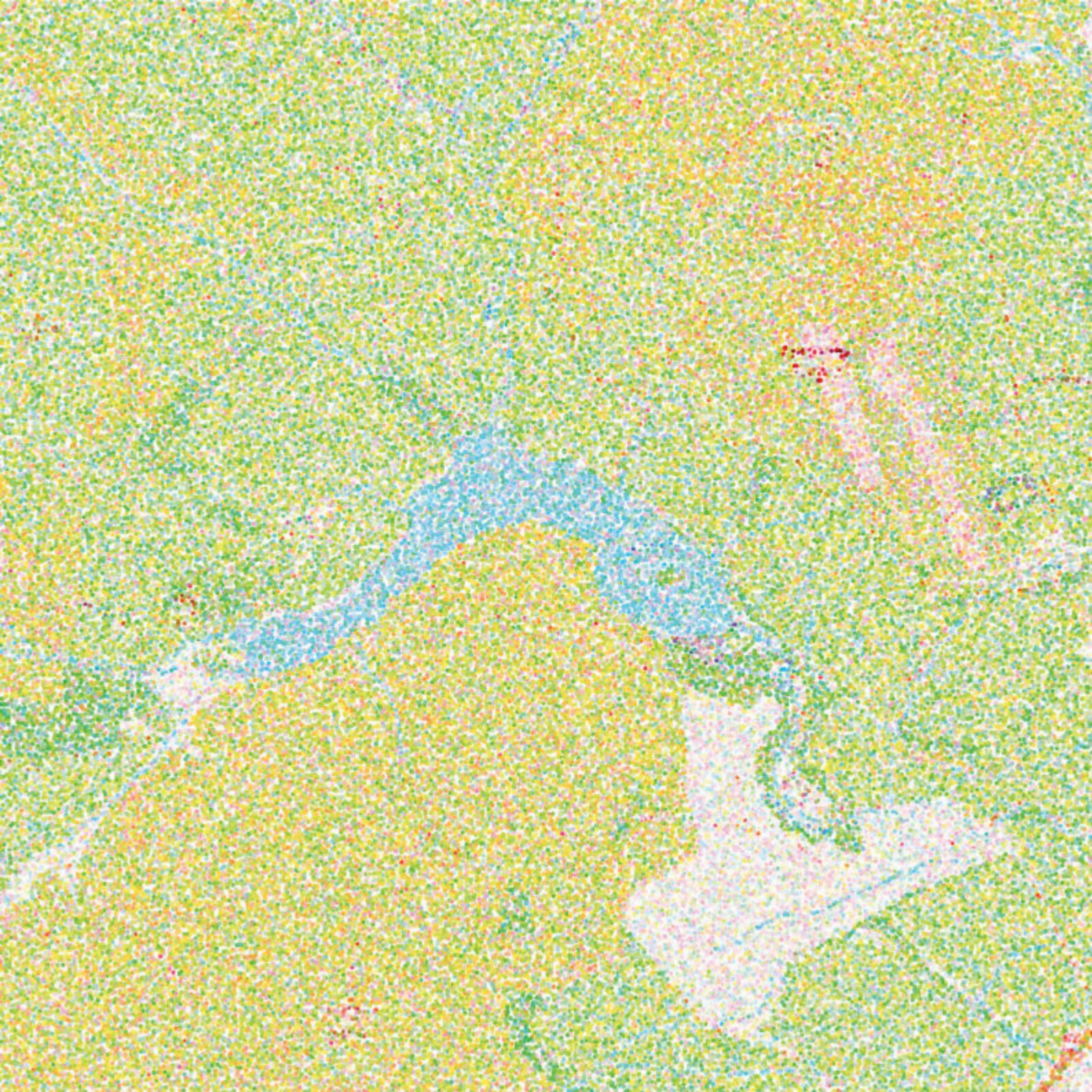
Canal Walk to Saughton Park

The Union Canal runs from Falkirk to Edinburgh and was originally constructed to bring minerals such as coal to the capital. On this walk we started at Fountainbridge and strolled along the canal path to the Slateford Viaduct. From there we followed the Water of Leith to the newly-renovated Saughton Park and its stunning formal garden.









JUNE

Flotterstone

The Pentland Hills National Park covers 35 square miles of picturesque Midlothian countryside a few miles south of Edinburgh. For this walk we followed a circular path, starting at the ranger station at Flotterstone and onwards to Glencourse Reservoir. A short climb later found us on higher ground with fabulous views of the Pentlands. We then returned to the ranger station for coffee and cake.









JULY

Linlithgow Barge

For this trip we returned once more to the Union Canal, but this time aboard it rather than beside it. The day began with us joining a barge at Linlithgow, before embarking on a 2.5-hour cruise along the canal to the Avon Viaduct. Refreshments were served on board along with our packed lunches.









AUGUST

Dalmeny Estate to the Shore

Dalmeny House & Estate has been home to the Earls of Rosebery since 1662. For today's walk we started at the Cramond Brig before heading across Dalmeny Park and its main house, beautifully laid out on the shore of the Firth of Forth. After dropping down onto the beach for a picnic we headed along the shore to the Forth Bridge.









SEPTEMBER

Blackford Pond to Hermitage

Blackford Pond is a small, artificial pond created during the Victorian Era in a glacial hollow. Starting from the pond, we headed uphill past the Royal Observatory, then entered Hermitage of Braid, a public park and nature reserve since the 1930s. We visited Hermitage House, a Grade A listed building originally constructed in 1785 which is now used as the visitor centre.









OCTOBER

Closes of Edinburgh

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. On this walk we learned about these historic Edinburgh pathways, encountering hidden statues along the way. We concluded our walk with refreshments at a local cafe.







Each year we conclude our walking group by gathering together to review the walks we have enjoyed during the previous months. Reflecting upon on those we have derived the most pleasure from, we plan the programme for the coming year.







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