



CAREER

WALKS

REVIEW

2024

CARER WALKS

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FEBRUARY

NEW TOWN WALK

“In the late 18th century, Edinburgh was dramatically expanded with the creation of the New Town, a triumph of urban planning and neoclassical design. The brainchild of architect James Craig, the 1767 plans were envisioned as a grand departure from the crowded and unsanitary conditions of the Old Town. For this walk we will gather outside the National Portrait Gallery then make our way westwards, taking in the grand buildings and stunning gardens en route. This will include a visit to The Georgian House, an Edinburgh New Town house restored to reflect the lives of those who lived and worked here in the late 18th and early 19th century. We will finish with hot drinks and conversation at a cafe in the West End.”



MARCH

BEECRAIGS COUNTRY PARK

“Beecraigs Country Park, near Linlithgow, is a sprawling country park of 913 acres with an excellent network of paths and activities. Nestled high in the Bathgate Hills, it is the largest of West Lothian's three Country Parks and offers miles of woodland paths and trails to explore by foot, bike or horse as well as a wide range of leisure and recreational opportunities. Our walk will take us through the park, including the adventure playground, reservoir and deer farm — where you can get up close to some of the farm animals in the petting area. The reservoir, now known as Beecraigs Loch, was built by German Prisoners of War, with clay and stone used to build the dam wall. Please bring a picnic to enjoy on the shore of the loch.”



APRIL

NEWHAILES ESTATE

“Newhailes is a stunning estate complete with a Palladian mansion, woodland walks and a recently renovated cafe. Situated in 34 hectares of parkland and woodland, the estate was originally laid out to impress visitors by stimulating their senses. A recent conservation project has resulted in the restoration of many of its historic features; it continues to offer unspoilt views across the River Forth. Newhailes House itself is a beautiful 18th-century villa. It was the home of the Dalrymple family for several centuries and has been in the care of the National Trust for Scotland since 1997. We will explore the surroundings, and perhaps the House itself, before enjoying lunch at the cafe.”



MAY

PEEBLES WALK

“Nestled amongst the rolling Border hills in an area of outstanding natural beauty, the gorgeous town of Peebles straddles the glorious River Tweed. Made a Royal Burgh in 1152 by King David I of Scotland, Peebles is known for its picturesque and unspoilt character. One of the most striking historic attractions in Peebles is the medieval bridge across the River Tweed, while at the end of the High Street stands the Old Parish Church, built in 1885 to replace an earlier building on the same site erected in 1784. The church is a prominent local landmark due to its striking clock tower in Gothic Revival. We will be taking a leisurely stroll along the banks of the Tweed, returning to the town centre for snacks.”



JUNE

CRAMOND ISLAND

“Cramond Island is a tidal island in the Firth of Forth, reached at low tide by a causeway which extends from the village of Cramond. The island is just over a third of a mile long and rather less than a mile wide. World War I saw the northern end of the island taken over by the War Department as part of the defences of the Firth of Forth. On the outbreak of World War II, the entire island was requisitioned; the resulting structures are still visible. The island was occupied until the 1930s, with sheep kept on the island until the 1960s. Today the island is deserted save for the occasional group of intrepid picnickers such as ourselves. Please remember to bring your own picnic lunch for this walk.”



JULY

ABERDOUR WALK

“Aberdour is a popular and attractive village on the north shore of the Firth of Forth, looking south to the Island of Inchcolm and its Abbey and to Leith and Edinburgh beyond. The town has two beautiful award-winning beaches, one of Scotland’s oldest still-standing castles, a pier and a good choice of traditional shops. The origins of the village lie with its harbour, where the Dour Burn enters the River Forth. For much of its history Aberdour was two villages: Wester Aberdour and Easter Aberdour, one either side of the Burn. For this walk we will first go to Burntisland, before making our way back along the coastal path to Aberdour. After our stroll we will stop at a cafe for lunch or bring our own picnics.”



AUGUST

FORTH ROAD BRIDGE

“The Forth Road Bridge remains one of the world’s most significant long-span suspension bridges. With a main span of 1,006 metres between the two towers, it was the fourth longest in the world and the longest outside the United States when it opened. In total, the structure is over 2.5 km long. A staggering 39,000 tonnes of steel and 125,000 cubic metres of concrete was used in its construction. Starting at the car park adjacent to the bridge, we will enjoy a leisurely stroll across this now eerie expanse with nothing but an occasional lonely passing bus for company. We will stop for a coffee break upon reaching the Fife side of the bridge and then return via the same walkway.”



SEPTEMBER

ROSEBURN – STOCKBRIDGE

“The Water of Leith Walkway is a public footpath that runs alongside the small river of Leith, through Edinburgh from Balerno to Leith Shore. The Walkway was completed in 2002 by courtesy of Millennium Project funding. It is managed by The City of Edinburgh Council Parks who also manage many of the parks and green spaces along the 13 mile route. The Water itself originates from the Colzium Springs in the Pentland Hills, covering over 22 miles along its journey. We will start our walk at Roseburn and follow the Water to the Scottish National Gallery of Modern Art. We will drop in for a coffee before continuing down to the Dean Village and on to Stockbridge for final refreshments.”



OCTOBER

STOCKBRIDGE – THE SHORE

“For our last walk of the year we return to the Water of Leith walkway, but take in a different section of this scenic trail. For this walk we will meet at Princess Street then make our way down to Stockbridge, where we will join the final section of the walkway and follow it down to the Shore, a historic and picturesque street in the centre of Old Leith, the harbour area of Edinburgh. The Shore was the first place in Leith to install public street lighting: oil lamps in 1771 and the first street in Edinburgh to have electric street lights with a local generating station. This walk has a level path but can be very muddy at this time of year. We will stop for a coffee either during the walk or at the end.”







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 responsibilities.

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

Each year we conclude our walking group by gathering together to review the walks we have enjoyed during the previous months.

Reflecting upon on the walks we have derived the most pleasure from, we plan the programme for the coming year.