



Care for Carers

Supporting people who care for others

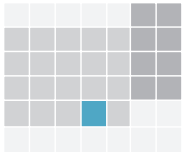
CAREER WALKS

FEBRUARY - NOVEMBER 2025 | 10 WALKING EVENTS

2025



A VIEW OF HOLYROOD PARK AND ST MARGARET'S LOCH



A SCENIC WALK THROUGH OUR DRAMATIC CITY PARK

HOLYROOD PARK

CITY CENTRE | 27 FEBRUARY | 10AM - 1PM

FEB
27



TARMAC
PATHS

Holyrood Park (or King's Park) is a large-scale, dramatic and rugged open space within the heart of Edinburgh. It is some 8 kilometres in circumference and its highest summit, Arthur's Seat, reaches 251 metres above sea level.

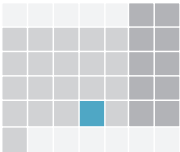
For this walk we will be taking a pleasant stroll around (but not up!) Arthur's Seat as we enjoy an opportunity to explore this

city centre microcosm of Scottish scenery.

We will set off from St Margaret's Loch — originally built by Queen Victoria's husband Albert as part of improvements to the Park during her reign — and proceed along the Drive, passing Dunsapie Loch, Crow Hill and under Salisbury Crags, finishing at Dynamic Earth for some refreshments.



THE IMPRESSIVE ENGINEERING OF THE FALKIRK WHEEL



MAR
27



TARMAC
PATHS

A VISIT TO THE AMAZING FALKIRK ROTATING BOAT LIFT

THE FALKIRK WHEEL

FALKIRK | 27 MARCH | 10AM - 2PM

The world's only rotating boat lift, the Falkirk Wheel links the Forth & Clyde Canal to the Union Canal 35 metres above, allowing vessels to sail through the sky thanks to a unique fusion of art and engineering.

When one of the structure's gondolas is lowered, the opposite one rises, keeping the vast, 1800 tonne boat lift in perfect balance as it carries canal

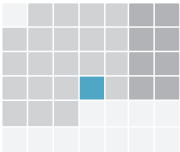
barges 35 metres into the air in a matter of minutes. The Wheel opened in 2002 and replaced a flight of 11 locks.

Tickets for the Wheel can be booked in advance. The full experience lasts approximately 50 minutes in total.

There is a cafe on-site for refreshments. [Alternatively, people can bring their own packed lunch.](#)



LOOKING WESTWARDS ALONG PORTOBELLO PROMENADE



APR
24



TARMAC
PATHS

A PORTOBELLO TO MUSSELBURGH PROMENADE STROLL

PORTOBELLO PROM

CITY CENTRE | 24 APRIL | 10AM - 1PM

Portobello, with its several miles of award-winning sandy beach and where in recent years there have been sightings of dolphins and swordfish, makes for a relaxing and sociable setting for our April walk.

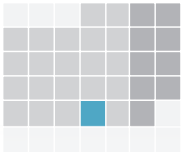
Our leisurely stroll along the shore from Portobello to Musselburgh will take us along the lovely promenade, eventually leading us to Fisherrow Harbour.

These days a haven for pleasure boats, the harbour is known to have been in existence since 1592, used as a landing place for many fleets from Dunbar to Fife. Fishing remained active until the late 1950s.

From the harbour we will head up to the High Street for coffee or lunch. Local buses are available to return us to our starting point at King's Road.



A PICTURESQUE BEACHFRONT AT ABERDOUR



MAY
29



MUDDY
PATHS

THE SEASIDE TOWN OF ABERDOUR & BURNTISLAND

ABERDOUR WALK

FIFE | 29 MAY | 10AM - 3PM

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.

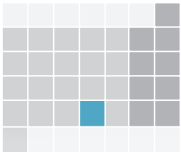
The origins of the village

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.

We will have the option of first going to Burntisland then making our way back to Aberdour via the coastal path. After our strolls we will meet at a cafe for lunch *or bring our own picnics.*



DALMENY HOUSE AND THE STATUE OF RACEHORSE KING TOM



JUN
26



MUDDY
PATHS

A WALK FROM CRAMOND BRIG TO SOUTH QUEENSFERRY

ROSEBERY ESTATE

SOUTH QUEENSFERRY | 26 JUNE | 10AM - 2PM

Meeting at the Cramond Brig (Miller & Carter), we will stroll through the Rosebery Estate before dropping onto the beach and along the shore to South Queensferry.

Along the way we will encounter Dalmeny House, the home of the Earl and Countess of Rosebery. Completed in 1817, it provided more comfortable accommodation than the

former ancestral residence, Barnboughe Castle (“shepherd’s hill top” or “tree”), which we will also pass.

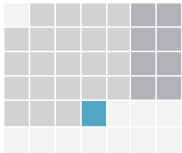
Further along the route lies the rocky headland of Hound Point, home to the largest North Sea oil-export terminal in Scotland.

At South Queensferry we can stop for refreshments and access to local buses.

[Please bring a picnic to enjoy on the beach.](#)



A VIEW OF THE BASS ROCK AND LIGHTHOUSE FROM NORTH BERWICK



**JUL
31**



**TARMAC
PATHS**

A STROLL ROUND NORTH BERWICK & BERWICK LAW

NORTH BERWICK

EAST LOTHIAN | 31 JULY | 10AM - 3PM

North Berwick is a very pleasant seaside town in East Lothian, boasting great beaches and coastal scenery. It offers striking views out to the Firth of Forth and the Bass Rock, the world's largest northern gannet colony.

For this visit, we will split into two groups according to preference. The first group will enjoy a leisurely exploration of the town

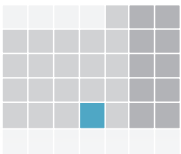
centre with its quirky tearooms, trendy coffee shops and array of creative, boutique and independent shopping, alongside the lovely beach.

Meanwhile, the second group will climb North Berwick Law, a conical hill which rises conspicuously from the surrounding landscape. The round trip is about one hour's walk, via the established footpath.

AUGUST 2025



AN AUTUMNAL VIEW FROM THE HILLSIDE AT DAWYCK BOTANIC GARDEN



A VISIT TO THE DAWYCK BOTANIC GARDEN & PEEBLES

DAWYCK & PEEBLES

SCOTTISH BORDERS | 28 AUGUST | 10AM - 3PM

AUG
28



TARMAC
PATHS

Our first stop for this walk will be the Dawyck Botanic Garden. Nestled amongst the hills of the Scottish Borders, Dawyck enjoys an almost continental climate, allowing plants from mountainous regions in Europe, China, Nepal, Japan and North America to thrive.

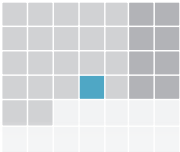
After the Garden we will make our way to Peebles. Made a Royal Burgh in 1152 by King David I of

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.

We will be taking a leisurely stroll around the town centre, pausing for snacks as we go.



THE VICTORIAN TEMPERATE PALM HOUSE DESIGNED BY ROBERT MATHESON



SEP
25



TARMAC
PATHS

A WALK AROUND THE EDINBURGH BOTANIC GARDEN

BOTANIC GARDEN

CITY CENTRE | 25 SEPTEMBER | 10AM - 1PM

The Royal Botanic Garden Edinburgh is a world-renowned scientific centre for the study of plants, their diversity and conservation. It is one of the oldest and most important botanical institutions in the world, the second oldest in the UK.

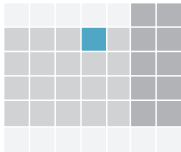
A third of the collection is housed in the Grade A Listed public Glasshouses, with one of the most iconic structures in the Gardens

being the Victorian Palm House. The tallest traditional glasshouse in Britain, it offers a unique glimpse into the Victorian fascination with exotic plants; the tropical palms and humidity resemble a rainforest.

We will spend a relaxing morning strolling through this tranquil and beautiful environment, before stopping at the cafe for refreshments and relaxation.



THE SLATEFORD AQUEDUCT AT THE WATER OF LEITH/UNION CANAL



THE WALKWAY FROM SLATEFORD TO COLINTON DELL

WATER OF LEITH

CITY CENTRE | 06 NOVEMBER | 10AM - 2PM

NOV
06



**MUDDY &
UNEVEN**

The Water of Leith Walkway is a public footpath that runs alongside the small river of Leith through Edinburgh, from Balerno to Leith Shore.

We will set off from the Visitors Centre at Slateford, travelling along one of the most attractive sections of the Walkway until we reach Colinton, where we will stop for refreshments at a coffee shop. We will then

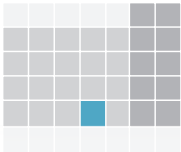
return to Slateford via Spylaw Park and the old railway.

Our route takes us along Colinton Dell, a steep sided gorge and wildlife refuge with mature and ancient mixed woodland.

The path also takes us past the ruined paper mills of Redhall Mill and Kate's Mill, apparently the source of paper for the Bank of Scotland's first banknote.



THE ADVENTURE CONTINUES...



**NOV
27**



**WARM &
COMFY**

SOCIALISING AND WALKS PLANNING FOR 2026

ANNUAL REVIEW

ST MARGARETS | 27 NOVEMBER | 10AM - 1PM

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

Reflecting upon those walks we have derived the most pleasure from, we use this opportunity to plan the programme for the coming year.

The last Thursday of November marks the end

of our walking group activities for 2025, and we will assemble at *Care for Carers* at St Margaret's House for our review for 2026.

We will look back at walks from this year and also previous years, as well as coming up with completely fresh ideas for locations and activities for our future adventures.

Tea and mince pies will be provided.

CARER WALKS. 2025

FEBRUARY - NOVEMBER 2025 | 10 WALKING EVENTS

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, sometimes further afield, finding out a little more about our surroundings and one another.

The expected terrain is indicated beside each walk, but sturdy shoes and weatherproof clothing are always essential. Minibus transport is provided where appropriate.

Both carers and former carers are welcome to attend. Please contact us in advance to reserve a place on a particular walk.

HOW TO APPLY

Contact us to register your interest or discuss the walks.



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FACEBOOK facebook.com/care4carersedinburgh
INSTAGRAM instagram.com/care4carersedin

BY POST **Carer Walks Programme 2025**
Care for Carers
Room 4.25
St Margaret's House
151 London Road
Edinburgh EH7 6AE

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