

East Lothian Carers' Adventure Wellbeing Group

Activity Programme - September to November 2026

Tuesday 15th September, Aberlady Bay Submarine Walk, 10am to 2pm

The tides have aligned for a walk to find the infamous submarines in Aberlady Bay! Meeting at the Aberlady Bay Nature Reserve, this walk is over tracks and sand. It is a circular route returning via Gullane and the John Muir Way. The distance is approx 10k and will be at an easy pace. No dogs on this walk as we are walking through the Nature Reserve.

Difficulty level 2

Wednesday 30th September, Water Activities, Musselburgh Lagoons, 10am to 2pm

Join us for a mixed Water Activities Session where you will get the chance to try Paddleboarding, Kayaking and Canoeing. All equipment provided.

Difficulty Level 1

Thursday 8th October, Coastal Walk & Sauna Experience 11am to 3.30pm

Meeting at Archerfield Walled Garden, we will do a Coastal walk followed by an extra special experience of a visit to the Hot & Bothy Sauna. There are 16 spaces on this activity and we expect it to be very popular. 4 spaces are also available for people who would like to walk but not use the Sauna. The distance of the walk will be approx 7k over a mix of tracks and the beach. The Sauna Experience is from 2pm until 3.30pm.

Difficult Level 2 (walk will be very gentle)

Saturday 24th October, Ben Vorlich (Loch Lomond), 9.30am start

Join us for a walk up Ben Vorlich, a munro in the Arrochar Alps by Loch Lomond. This is a lovely walk, starting at Inveruglas and ascending Ben Vorlich via Loch Sloy. The distance is 14k with an ascent of 945m. The start is gentle, but the climb will be steep. You need to have a reasonable level of fitness for this walk.

Difficulty Level 3

Wednesday 28th October, Trail Cycle from Musselburgh to Elphinstone, 10am to 2pm

Join us for a Trail Cycling loop from Musselburgh to Elphinstone and back via Prestonpans. This cycle has a bit of everything! Riverside paths, farm tracks, the Penciland Railway and a coastal return. This is a longer cycle and you do need to be comfortable cycling for around 3 hours for this activity. We will cover a distance of around 25k but will have lots of breaks and it will be at an easy pace.

Difficulty Level 2 to 3

Tuesday 3rd November, Games & Orienteering, Musselburgh, 10am to 2pm

Meeting at East Lothian Council's Outdoor Learning complex, this fun activity will put you through your problem solving paces! A day of complete escapism, taking part in a range of team building style games and taking on our orienteering maze challenge! This activity is for any ability. Toilets and hot drinks will be available.

Difficulty Level 1

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Level 1: Fully Accessible

Level 2: Will require some level of physical fitness

Level 3: Reasonable level of physical fitness required and have confidence when walking on uneven ground.

These activities are available for unpaid Adult Carers living in East Lothian. These are free to access activities generously funded by the East Lothian Health & Social Care Partnership. To join the Carers' Adventure Wellbeing Group please email claire@venturingout.org.uk

Venturing Out CIC is an East Lothian based Social Enterprise

We deliver a wide range of outdoor activities with a focus on supporting positive mental health & wellbeing
www.venturingout.org.uk

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Activity Programme - September to November 2026continued

Thursday 12th November, East Linton to Smeaton Circular, 10am to 2pm

Join us for a countryside walk from East Linton towards Smeaton Garden Centre and back. This walk will take us past the historic Newbyth Mansion House and the beautiful Smeaton Estate. If time allows, we can visit the garden centre. This round is around 8k and will be at an easy pace.

Difficulty Level 2

Thursday 19th November, Night Navigation, Lammermuir Hills nr Gifford, 6pm to 9pm

Join us for something completely different! An evening spent navigating our way through the hills by headtorch. You will learn micro navigation skills that will help to build confidence and help to prepare you for self supported journeying. A great fun activity that challenges your senses.

Difficulty Level 2/33 (we will be walking on uneven terrain in the dark)

Saturday 21st November, East Linton to Traprain Walk, 10am to 2pm

Join us for a walk along the banks of the River Tyne as we aim to get to, and up, Traprain Law. This walk has become a firm favourite! This walk is 10k and is generally on good paths and tracks. Going up Traprain Law is optional.

Difficulty Level 2 (requires a level of physical fitness and will involve walking on some uneven ground)

Thursday 26th November, Cycle to Dalkeith Country Park, 10am to 2pm

Join us for a trail cycle from Musselburgh to Dalkeith Country Park. This route follows the banks of the River Esk with a picnic stop at Dalkeith Country Park. There will be time to explore at Dalkeith Country Park and the Restoration Yard. A gentle cycle covering 16k. If time allows, we will also visit Inveresk Lodge Gardens. Bikes and helmets supplied.

Difficulty Level 2 (gentle pace)

**To book on to any activity or to find out further information, please email
claire@venturingout.org.uk**

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Level 2: Will require some level of physical fitness

Level 3: Reasonable level of physical fitness required and have confidence when walking on uneven ground.

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