

East Lothian Carers' Adventure Wellbeing Group

Activity Programme - September to November 2025

Wednesday 10th September, Bushcraft, Dirleton, 10am to 2pm

Meeting at Dirleton, we will head to the woods to make fires, build dens, cook food and have some fun!

Difficulty level 2 (short walk to the woods over uneven ground)

Tuesday 16th September, Water Activities, Musselburgh, 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

Wednesday 1st October, Games & Orienteering, Musselburgh, 10am to 2pm

Join us for a fun session of team building games & orienteering based activities. We tried this out in Carers Week and it was very popular! There will be something for everyone in this session - problem solving, teamwork, laughter and lots of fun! Forget everything you know about orienteering from your childhood - it is all electronic now!

Difficulty Level 1

Wednesday 8th October, 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.

Difficulty Level 2 (walking on uneven terrain)

Thursday 23rd October, Trail Cycle to Arthur Seat, 10am to 2pm

Join us for an urban exploration on 2 wheels! We will journey from Musselburgh towards Arthurs Seat, making use of the National Cycle Network. We will cycle down the Innocent Railway and stop to look at the famous artworks. This is a longer cycle that makes use of tarmac paths and connecting roads. You do need to be comfortable cycling for around 3 hours for this activity. We will cover a distance of around 20k but will have lots of breaks and it will be at an easy pace.

Difficulty Level 2 to 3

Saturday 25th October, 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 30th October, Rock Climbing at North Berwick Law, 10am to 2pm

An introduction to Rock Climbing and Scrambling. This sessions is run entirely at your own pace and gives the opportunity to try your hand out outdoor climbing. All equipment provided.

Difficulty Level 2

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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
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Activity Programme - September to November 2025...continued

Thursday 6th 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 3 (we will be walking on uneven terrain)

Thursday 13th November, Walk from Haddington to Amisfield Walled Garden, 10am to 2pm

This gentle paced walk will take us to Amisfield Walled Garden, where we can spend time exploring the amazing gardens before returning to Haddington. This walk offers the option to meet the group at Amisfield. The walk is 5k and will be taken at a gentle pace.

Difficulty Level 2

Tuesday 25th November, Coastal Walk & Winter Card Marking, 10am to 2pm

Join us for a walk from Musselburgh to Morrisons Haven where we will hunt for sea glass, shells and other beach finds. We will use this to make winter themed cards. This session is held fully outdoors. The walk will be at a gentle pace and around 5 to 6k. There is an option to meet us at the beach and not do the walk.

Level 2 (walking entirely on flat tarmac paths)

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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