

East Lothian Carers' Adventure Wellbeing Group

Activity Programme - December 2025 to February 2026

Monday 1st December , Bushcraft Cookout, Dirleton, 10am to 2pm

Meeting at Dirleton, we will head to the woods to make fires, build dens, cook food and have some fun! These sessions have become a culinary experience so please do bring food to cook on a griddle! Ingredients to make soup and campfire bread will be provided at this session.

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

Thursday 11th December - Spott Walk & Christmas Party, 10am to 2pm

Meeting in Spott, we will explore the short memorial walk before gathering in Spott Village Hall for our inaugural annual party! We have use of Spott Village Hall from 11am to 1pm to play some games and share some christmas food. All welcome!

Difficulty Level 1

Wednesday 17th December, Aberlady Bay Circular, 10am to 2pm

Meeting at the Aberlady Bay Nature Reserve Car Park, we will take a coastal loop towards, Gullane. We will hopefully be able to see the submarines as we go. We will return via the John Muir away. This walk is approx 10k - distance will vary depending on whether the subs are visible.

Difficulty Level 2

Thursday 8th January - Coastal Hammock Walk, Yellowcraigs, 10am to 2pm

Let's start the new year off with a coastal wander, looking for spaces where we can put up our hammocks and have some quiet time under the rustling leaves. We will stop for regular breaks on our journey. The meeting point will be Dirleton with the option to join in from Yellowcraigs for a shorter route. Venturing Out CIC will bring storm kettles to make hot drinks. Lying in a hammock is not compulsory - there will be other forest based activities too!

Difficulty Level 2 (but this will be a very gentle walk)

Tuesday 20th January, Carberry Woods Walk, 10am to 2pm

Meeting at the Carberry end of the Pencaitland Railway line, we will journey to Carberry Woods, exploring the famous sequoias and historical sites. We will return via a network of paths that takes us towards Elphinstone and the Pencaitland Railway. This walk is approx 10k.

Difficulty Level 2 (walking on uneven terrain)

Thursday 29th January, Binning Woods to Tynninghame Beach Walk, 10am to 2pm

Meeting at the public car park at Binning Woods, this walk will take us through the woods and onwards to Tynninghame Beach and St Baldred's Cradle. This is a relatively flat walk over woodland and coastal tracks and trails. This walk is approx 10k with an option to meet us at Tynninghame for a shorter route.

Difficulty Level 2

Continued on page 2.....

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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Tuesday 10th February, Indoor Climbing, Forester Park, Tranent, 10am to 2pm

Something a bit different for the winter! Join us to have a go at climbing on a climbing wall. There are a number of different indoor routes that we can try and also can provide coaching on climbing techniques.

Difficulty Level 1

Wednesday 25th February, Bushcraft Cookout, Dirleton, 10am to 2pm

Join us for the last Bushcraft cook out session of the winter, we will head to the woods to make fires, build dens, cook food and have some fun! These sessions have become a culinary experience so please do bring food to cook on a griddle!

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

Saturday 28th February, Grey Mares Tail Walk, nr Innerleithen, 10am to 4pm

This is a classic walk taking us up to the Gray Mare's Tail Waterfall and on to Loch Skeen. The walk will then continue to rise towards the Corbett, White Coomb. This is a full day walk that does involve some climbs. As with all walks, we take uphill sections slowly and will take lots of breaks. A wonderful chance to get up high so far south in Scotland!

Difficulty Level 3

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

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.

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