

East Lothian Carers' Adventure Wellbeing Group

Activity Programme - June to August 2026

Wednesday 3rd June, Pressmennan Woods & Deuchrie Dodd Walk 10.30am to 2.30pm

Join us for a walk around the beautiful Pressmennan Woods and up to Deuchrie Dodd. This walk will be at a gentle pace but will involve some ascent and uneven ground. Depending on the route we choose, the distance will be between 10 and 12k.

Difficulty Level 2

Tuesday 16th June, Coasteering at Dunbar, 10am to 2pm

Join us for an exploration of the intertidal zone! Wearing full protective equipment, we will explore the coastline, travelling from rocks to small islands and exploring small sea channels (picture above gives you an idea - but you don't have to jump!). You must be able to swim 25m to join this activity.

Difficulty Level 3 (requires a level of physical fitness and we will be walking on uneven ground)

Thursday 25th June, Trail Cycle to Arthur Seat, 10am to 2.30pm

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

Wednesday 15th July, 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 30th July, Binning Woods to Tynninghame Beach Walk (with Hammocks!), 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. We will take this walk at an easy pace and each take a hammock (will be supplied) to let us stop, rest and have some quiet time.

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
www.venturingout.org.uk



East Lothian Carers' Adventure Wellbeing Group

Activity Programme - June to August 2026continued

Saturday 15th August, Coasteering at Dunbar, 12.30pm to 4.30pm

Join us for an exploration of the intertidal zone! Wearing full protective equipment, we will explore the coastline, travelling from rocks to small islands and exploring small sea channels (picture above gives you an idea - but you don't have to jump!). You must be able to swim 25m to join this activity.

Difficulty Level 3 (requires a level of physical fitness and we will be walking on uneven ground)

Wednesday 19th August, Summer Bushcraft Reset, Dirleton, 10am to 2pm

Meeting at Dirleton, we will head to the woods for a gentle and relaxing session in the trees. We will come together to build shelters, light fires, cook food and take time to sit round the campfire! You are welcome to bring food cook on a griddle!

Difficulty level 2 (short walk to the woods over uneven ground but then we remain in one place)

Monday 31st August, Pencaitland Railway Line to West Saulton Loop Trail Cycle, 10am to 2pm

Meeting at Ormiston, we will follow a route to Pencaitland, West Saltoun, Saltoun Hall and back to Ormiston through Winton Estate. The planned route is 15k but there will be opportunities to extend the route depending on the group on the day. The terrain will be mixed with short sections of road.

Difficulty Level 2 to 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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