

ELPCSG
WALKING SECTION

Social Contact : Exercise : Local Information

Hello Everyone, -

WALK No 30 - INFORMATION *(please read Health and Safety note below)*

WALK DETAILS for TUES 28 Aug 2018 : (OS Landranger Map No 66)

Theme : Edinburgh City - Green Spaces, Water & Gardens - **Route** in 2 Parts :-

Part 1 - Princes St Gardens, Meadows, Bruntsfield. - Dist approx 3.25 mls

Bus to Part 2 – Bruntsfield to Roseburn

Part 2 – Roseburn, Inverleith Park, Botanics - Dist approx 3.25 mls

For part 2, meet at the bus stop at the west end of Roseburn Tec, just beyond

Roseburn Gds

and the pub called Murrayfield Bar Kitchen (EH12 5NQ) – Time – approx 11.50am.

Please be prepared to wait a short time if Part 1 party is slightly late.

Distance : Total Approx 6.5 mls, plus ½ mile after lunch.

Ascent – Approx 400ft mostly in first part

Terrain: Tar/Paved -75%, Gravel Path -25%

Pace : Fairly comfortable at approx 2 to 2½ mph

Walk Start Time : Approx 9.45 am (from Princes St Café)

Approx Arrival Time at Roseburn : 11.50 am

Finish Time : Approx 1.30 pm.

Meeting Place Time, Coffee, Walk Start 7

Meet at Martone, 1 Waterloo Place (east end Princes St)_Edinburgh EH1 3BG at 9.0 am,

where we will have the usual pre-walk refreshments and banter.

Walk Start will be approx 9.45am.

Stops & Snacks

I'm hoping you won't need too much to eat during the walk, remembering we will have lunch at the end. Take a snack bar or fruit if you like. Stops will be short and dependent on weather.

Post Walk Refreshment/Lunch (approx 1.30 pm)

At the Gateway Restaurant, Royal Botanic Gardens, Arboretum Place, Edinburgh EH3 5NZ

(West Gate)

Transport back to Edinburgh City Centre and Home –

Firstly a pleasant ½ mile walk to the Botanics East Gate (approx 15 mins) to Inverleith Row for buses to city centre and other parts of town.

What to Take

Walking Boots with good ankle support are advised, but if you wish to take trainers, then this is up to you. Small rucksack, with waterproof jacket, waterproof trousers, warm hat, gloves, fleece, sun hat, sun cream, water - (essential), light snack if you want.

Health & Safety – *Please Read*

It is important that you all recognise the potential hazards of walking in the countryside or urban areas and the possibility of the risk of injury and to health. While reasonable effort will be made to highlight any risks on route, all participants take part entirely at their own risk and are responsible for their own safety. It is also the responsibility of the participants to read the “Walk Information” above and to make sure that they are capable of the physical effort required, take the required equipment, and wear the appropriate footwear and clothing. (See note on - ”What to Take “)

It is also important that participants pre-warn the leader (confidentially) of any health conditions that may impact on the day’s activities. Please have a note of your Next of Kin Tel No.

Please stay together and in site of the party at all times throughout the walk.

Issues Specific to this walk

There may be a slippy steps descent at the start of part 2 plus some exposed tree roots throughout the day.

There will also be some road crossings, so care and attention is required (cross together if possible and use pedestrian crossings if available).

Contact Information - Please Note

If there are any questions or concerns, please don't hesitate to contact me on – 0131 445 3280 OR text on 0778811 2825.

Please make a note of these numbers in case of a last minute cancellation on the day. (I won't be at my computer on the morning of the walk).

It's important to inform me of cancellations with as much warning as possible, as bookings have been made for catering

Looking forward to seeing you on the day

All the best

Iain