

July Summer Activity Information 2017

Please inform a staff member know if you would like to take part in any of the activities

- **Monday 3rd July, 10am - 4.30pm, Inchcolm Island Boat Trip, LIMITED SPACES (Rachel, Graeme).** There are **limited spaces** available, please let a staff member know asap if you would like to go on the trip. Meet at Number 6 at 10am. We will leave promptly at 10.15am to get the Lothian Country 43 bus to South Queensferry (unfortunately, if you are late, we won't be able to wait for you). The boat leaves Hawes Pier, South Queensferry at 12.15pm and we will spend a few hours on the island. It will cost £17.80 per person, and you will need to bring a packed lunch to eat while we are away and extra money if you would like to buy a drink, snack or souvenir. The ferry crossing will take approximately 45 minutes and depending on the weather it can be very choppy. If you suffer from seasickness or travel sickness please think carefully about coming along. Please wear appropriate footwear and bring waterproofs just in case it's bad weather. We will be aiming to get the 3.45pm bus back to Edinburgh. This should get us back by 4.30pm.
- **Thursday 6th July, 12noon - 3pm, Rounders at the Meadows (Maff, Ant).** Meet at Number 6 at 12noon. We will leave Number 6 at 12.15pm to walk to the Meadows. We will spend an hour or so playing Rounders in the Meadows. Feel free to bring your lunch along to eat while we are out. We will aim to be back at Number 6 for 3pm.
- **Friday 7th July, 10am - 3pm, Walk from Portobello to Musselburgh (Stew, Graeme).** Please meet at Number 6 at 10am. We will leave at 10.15am to get a bus along to Portobello. We will start the walk by Figgate Burn at Portobello Beach and will walk along to Musselburgh. This is around a 3 mile walk and will take approximately 1 and a half hours. The plan is to stop in Lucas for an ice cream so please bring along money if you would like one. We will aim to be back at Number 6 for 3pm.
- **Monday 10th July, Time still to be confirmed - Karaoke at Supercube, LIMITED SPACES, George Street (Kim/Stew) There are limited places available.** Please let a staff member know if you would like to take part. It will cost £4 per person. At the time of publishing this information the time hadn't been confirmed. Please check the website and facebook nearer the time.
- **Tuesday 11th July, Time still to be confirmed, Cinema Trip to see the new Spider-man: Homecoming, Fountainpark Cinema (Kim).** Kim will update our website and Facebook page when the film times are released. Please check them on Friday 7th for more information. Tickets will cost approximately £8.60 and you will need extra if you would like to buy and drinks or snacks.
- **Thursday 13th July, 12noon - 3.30pm, Running Group at Arthurs Seat (Ant, Maff).** Meet at Number 6 at 12noon. Depending on the weather we may walk to Dynamic Earth which will take half an hour or get a bus close by and walk down the Royal Mile. The route is 3 miles long so may take around 2 hours to run. There is no pressure to run all the way. Please wear appropriate footwear e.g. trainers and clothing e.g. jogging bottoms/shorts and a t-shirt. The group will aim to be back at Number 6 by 3.30pm or before.

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- **Monday 17th July, 10 - 5pm, Meet up with Borders Social Group, Visit Abbotsford House (Maff).** Maff will be driving down therefore there are limited spaces so it is important to let a staff member know if you would like to go. Alternatively you can get the train to Tweedbank and Maff can taxi people from the station to Abbotsford House or you can walk which will be around a 30 minute walk. Neil will meet us there and will be able to drive a couple of us from the station to Abbotsford House. The rest of us will start walking from Tweedbank Station to Abbotsford House which will take up to half an hour. Admission to the house and gardens is £9.60 adult or £8.95 for a concession ticket or if you would like to only access the gardens it will cost £5 adult or £4.50 for a concession ticket. We will aim to leave around 3pm to drive back to Edinburgh. If people are getting a train there is one at get a train back around 3.30pm to get back in Edinburgh for 5pm. Please bring along a packed lunch, wear appropriate footwear and clothing.
- **Wednesday 19th July, 10am - 5pm, Deer Park Fife, LIMITED SPACES (Kim/Andy).** Please meet Kim and Andy at Number 6 at 10am. We will leave around at 10.30am to drive to the deer park. **There are limited spaces due to travel restrictions.** Please let a staff member know if you would like to go. We will arrive around 11.30am and will spend 3 or 4 hours exploring the park. There are lots of different activities and talks to take part in which we can decide on the day. Tickets will cost £8.50 adults and £5.70 concessions. We will be out for most of the day so please bring a packed lunch or money to buy something there. We will aim to be back at Number 6 by 5pm.
- **Friday 21st July, 11am - 2.30pm, Walk from Number 6 to Chesser, (Rachel/Ant).** Meet Rachel and Ant at Number 6 at 10am. We will be leaving at 11.15am to walk to Akva at Fountainbridge to start walking along the canal towards Chesser where the canal joins up with the Water of Leith. The first half of the walk is around 2 miles and will take about an hour. We will stop when the canal meets the water of Leith for a bite to eat (please bring a packed lunch). There will be an option after lunch to walk back along the water of Leith to town which is 3 miles or to get the bus back to town. This will be decided on the day. We will aim to be back by 2.30pm.
- **Monday 24th July, 11am - 4pm, Tantallon Castle, LIMITED SPACES (Andy/Graeme).** Please meet at Number 6 at 11am. We will leave at 11.15am to drive to Tantallon Castle. **There are limited spaces on this trip due to travel restrictions.** Please let a staff member know if you would like to go. Tickets cost £6 adults or £4.80 concession. Please bring a packed lunch and wear appropriate clothing and footwear. We will have lunch when we first arrive and then spend a couple of hours exploring the castle. We will aim to be back at Number 6 by 4pm.
- **Tuesday 25th July, 1 - 5pm, Ice Skating at Murrayfield, (Andy/Ant).** Meet at Number 6 at 1pm. We will leave at 1.15pm to get a bus along to Murrayfield Ice Rink to begin skating at 2pm. If you would like to meet us there please let us know. Admission is £5.50 and Skate Hire is £1.80. The session is 2 hours long but it is up to you how long you would like to skate for on the day. Please bring extra money if you would like to buy any snacks or drinks while you are there. We will aim to be back at Number 6 for 5pm.

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- **Friday 28th July, 10am - 4pm, Alpaca Trekking, Borders, LIMITED SPACES (Ant, Rach).** Please meet Ant and Rachel at Number 6 at 10am. We will leave promptly at 10.45am to drive to Velvet Hall, Innerleithen. The plan is to walk 9 Alpacas for an hour, there wont be enough for 1 Alpaca each so we will share the responsibility of walking the herd. Jean, who runs the farm will spend time with us and share information about her herd of Alpacas and we may be able to feed them too. There will also be an opportunity to meet some new born Cria (baby alpacas). Please bring a packed lunch with you. If it is nice weather we will sit outside for lunch otherwise there is a covered area available if the weather isn't good. There is limited space for this trip so it is important that you put your name down as soon as possible to guarantee a space. We plan to leave at 3pm to drive back to Edinburgh and hope to be back at Number 6 for 4.30pm. **£10 per person**
- **Monday 31st July, (time still to be confirmed but will be approximately 7.45am - 8pm, Visit Inverness One Stop Shop (Andy, Graeme).** Details and times will be confirmed once we book the bus. Please bring a packed lunch to eat when we arrive at Albion House. For those of you that would like to, a group will be going out for a walk or for a look around the centre. **If you would like to go on this trip please let a staff member know as soon as possible and no later than Monday 10th July because we will need to book tickets for the bus. When booking your place please let the staff member know what your bus pass number is and whether you have a plus one or not.**
- For **all** of the extra summer activities, please let a staff member know if you would like to take part.
- Please be prepared for each trip (wear appropriate clothing/footwear) and varying weather (being equipped with sun cream, a hat, antihistamines if you suffer from allergies).
- You can email Kim on kim.maxwell@aiscotland.org.uk or call the office on 0131 220 1075.