

## Summer Activities – ideas for 2018: Edinburgh, Lothians and Central Areas



We've got some ideas and basic information together to help enjoy the summer. Please feel free to get in touch and send us more – you can private message us via our [Facebook](#) page or email [enquiries@kindred-scotland.org](mailto:enquiries@kindred-scotland.org). We've gone online to find information supplied by other organisations which we hope is accurate but can't ensure is. Feel free to contact them (hyperlinks supplied\*) to double check any information. May the sun shine!

### FREE PLACES TO GET OUT AND/OR SEE THE SIGHTS

Also see our section on *Edinburgh in Festival Time* for more FREE (and ticketed) event ideas at the end of this document

#### The Botanics in Edinburgh

- Free
- Open 10 am – 5.30 pm
- Lost Words Trail throughout summer £2 p/p

#### Dynamic Earth – free and/or ticketed- see below

- Open 10 am – 5.30 pm
- **Contact Kindred for Golden Ticket as families of child/YP with additional needs go free** (advance booking required)
  - Otherwise costs are:
    - Adult: £14.00
    - Child: £8.80
    - Carers go free
    - Concession: £12.20

#### Vogrie Country Park

- **Midlothian**
- Open 7.30 am – Dusk
- Free entry with £2 charge for parking
- Miniature railway: Sunday 2 pm – 5 pm

#### Gorgie City Farm

- **Edinburgh**
- Open 9.30 am – 4.30 pm
- Free and Disabled parking available

#### Scottish National Museum on Chamber Street

- **Edinburgh**
- Open 10 am -5 pm
- Free and Disabled parking available
- [See their What On section for events](#)

### Dalkeith Country Park

- **Midlothian**
- Open 7 am – 7 pm
- Free and Disabled parking available
- Cafés and Fort Douglas Adventure Park (see Ticketed events)

### Roslin Country Park

- **Midlothian**
- Open 24/7
- Free with Parking

### Pittencrieff Park

- **Dunfermline in Fife**
- Free Open 24/7
- Has a fully [inclusive playpark](#)
- Disabled parking available

### Helix Park & Kelpies

- **Falkirk**
- Free Open 24/7
- Disabled parking available 10 am – 10 pm

### Longniddry Beach

- **East Lothian**
- Free Open 24/7
- Free parking
- Dog friendly

### Portobello Beach

- **Edinburgh, East**
- Free Open 24/7
- On street parking
- Arcades open 10 am – 9 pm
- Dog friendly
- *See about hiring Beach Wheelchairs for free below*

### Beach Wheelchairs - available at North Berwick and Portobello

- **East Lothian and East Edinburgh**
- Beach wheelchairs available for free loan
- Chairs are designed to enable individuals with disabilities to get back on the beach. Unlike a standard manual wheelchair they have large, rubber wheels which move easily over the sand. You will need someone to help push these wheelchairs.
- Each site has a range of beach wheelchairs and equipment, and you can see what is available and details of how to contact them for more info
- Here's a link to [their FAQ](#)

### ***Cycling ideas:***

#### ***Fancy trying a bike, tandem trike or tag-along instead, or adaptive wheelchair bikes:***

See the next page for more info – please note there may be a cost involved in hiring. Please enquire with each organisation

**Cycling – opportunities for those who need additional support to try a bike, tandem trike, tag-along or adaptive wheelchair bikes. Please note there may be costs involved in hiring out equipment.:**

### Charlotte's Tandems

- loan tandems and tag-alongs for bikes to people with disabilities or additional needs
- bikes are available for hire for a couple of a months at a time or longer
- there are volunteers in Edinburgh, Glasgow and the Highlands who can help facilitate borrowing one – see their website for more details

### Edinburgh ABC, the All-Ability Bike Club

This is the most recent info we can find if your child likes to cycle but doesn't want to even think about going on a tandem – you can contact them to see if there is anything special happening over the summer – please contact them re costs

- Adapted cycling sessions for all disability groups
- Where: Bangholm Outdoor Education Centre, Edinburgh
- When: Tuesday, Thursday and Sunday
- Who: People with a disability
- Age: All Ages
- Contact: David Glover
- 07500 069357
- [davidglover@cycling.uk.org](mailto:davidglover@cycling.uk.org)

### Lochore Meadows

- **Lochgelly, Fife**
- Great for [cycling for those who require some additional support](#)
  - A range of adaptive bikes for hire including recumbent and upright trikes, adaptive wheelchair bikes and tandems – please contact them re costs
  - Groups with carers or families can come along together to experience cycling in a traffic free area.
  - For carers who haven't used the bikes before they can offer advice and training.
    - *It is advisable to book in advance to avoid disappointment*
    - *Call Lochore Meadows on 01592 583388*
    - [See Active Fife's timetable](#)

## TICKETED ACTIVITIES

### Camera Obscura

- Royal Mile, Edinburgh
- 09:00am – 10pm
- Adult £15.50
- Child £11.50
- *Carers go free*

### Edinburgh Zoo

- Open 10 am – 6 pm
- Adult: £19.50
- Child: £9.95
- *Carers go free*
- Concession: £17.00
- Cheaper tickets available online

### RYZE Edinburgh – Xtreme Air Sports Park (foam pits, trampolines etc...)

- Open 11 am – 6 pm
- *We recommend you look at their website as they have different activities for different age ranges etc...*
  - Age 2 + depending on activity
  - A supervising adult may be required
  - Prices dependent on hours and activity e.g. one hour ranges from £7 to £11

### Blair Drummond Safari Park

- **Near Stirling**
- Open 10 am – 5.30 pm  
Adult: £16.25
- Child: £13.25
- *Carers go free*  
Concession: £13.25

### Deep Sea World

- **North Queensferry**
- Open 10 am – 5 pm
- Adult: £15.25
- Child: £10.75
- Concession: £13.25
- Cheaper tickets available online

### Dynamic Earth – free and/or ticketed- see below

- **Edinburgh**
- Open 10 am – 5.30 pm
- **Contact Kindred for Golden Ticket as families of child/YP with additional needs go free** (advance booking required)
  - Otherwise costs are:
    - Adult: £14.00
    - Child: £8.80
    - *Carers go free*
    - Concession: £12.20

### Five Sisters Zoo

- **West Calder**
- Open 10 am – 6 pm
- Adult: £12.95
- Child: £10.45
- *Carers get concession rate*
- Concession: £11.45
- *Soft Play: £5.50 per child*

### Auchingarrich Wildlife Park

- **Comrie in Perthshire**
- Open 10 am – 6 pm
- Adult: £8.95
- Child: £6.95

### Bo'ness and Kinneil Railway

- Open 10 am – 5 pm (Check timetable)
- Adult: £10.00
- Child: £6.00
- *Carers go free*
- Concession: £9.00
- ***Various themed events including “Days out with Thomas” in September***

### Scottish Deer Centre

- **In Cupar in Fife**
- Open 10 am – 5.30 pm July and August (closes 4.30pm Sept onwards)
- Adult: £9.00
- Child: £6.00
- *Carers go free*
- Concession: £7.50

### Almond Valley - Museum, Farm and Discovery Centre

- **West Lothian**
- Open 10 am – 5 pm
- Adult: £8.50
- Child: £6.50
- *Carers go free*

### Fort Douglas Adventure Park

- **In Dalkeith Country Park, Midlothian**
- Open 10 am – 6 pm
- Adult & Child Ticket: £8.00
- Under 2 yrs: Free
- Extra Child: £4.50
- Extra Adult: £2.50

### Butterfly World

- **Midlothian**
- Open 9.30 am – 5.30 pm
- Adult: £7.95
- Child: £5.95
- *Carers go free*
- Concession: £6.95

### Saltire Soft Play

- **Midlothian**
- Open 9.30 am – 5 pm
- Price is for unlimited play:
  - 3 years +: £7.00
  - 1 year – 3 years: £5.00
  - 6 Months – 1 year: £1.50
  - Adults: Free

### Craigie's Farm – Pick Your Own

- **South Queensferry**
- PYO Open 9 am – 4 pm (café may be open till 5pm)
- Prices vary depending on fruit picked e.g:
  - Raspberries: £5.99 per/Kg
  - Strawberries: £4.99 per/Kg
  - Gooseberries: £3.99 per/Kg
  - Rhubarb: £1.99 per/Kg

### Conifox Adventure Park

- **In Kirkliston, West Lothian**
- Open 10 am – 5 pm
  - Adult: £5.00
  - Child: £6.00
  - *Carers go free*

### Odeon Kids

- **various locations including 2 in Edinburgh**– see website to check if near you
- 10 am daily during school holidays
  - Adults/Children from £2.50 at cinema/ or £3.25 online
  - *Carers go free with a card*

### Jupiter Artland

- Wilkieston near Edinburgh, **West Lothian**
- Opening times: 12 May - 30 September 2018, 10am - 5pm everyday
  - Adult - £8.50
  - Children (5-16) - £4.50
  - Family (2 adults, 2 children) - £23.50
  - Family (2 adults, 4 children) - £31.50
  - OAP Concession - £6.00
  - Student - £4.50
  - National Art Pass – FREE
  - ***Under 5s & disabled badge holders and their carers – FREE***
- Please note that no dogs except guide dogs
- Further [accessibility guidance here](#)

### Downloadable treasure hunts

- **Various locations in [Edinburgh](#), Fife, the Lothians, North & South Queensferry etc... see website and put in your location for further details**
- Available from £6.99
- Further details for each treasure hunt are on line, including
  - length of walk
  - suitability for wheelchairs and buggies
    - (please note even if they say they are accessible they don't recommend their routes for powerchairs, or mobility scooters but are "looking into this")
  - recommended minimum age and no. of people
  - how to take part in a prize drawer
  - how to get clues whilst taking part in the walk

**Also see our section on *Edinburgh in Festival Time* for more ticketed (and FREE) event ideas, at the end of this document**

## **Edinburgh in August – it's Festival Time: more FREE and ticketed event ideas**



### **The Free Edinburgh Fringe Festival, 29th July to 26th August**

- lots of free children shows to choose from
- contact individual venues/performers if you have questions about accessibility etc...

### **The Edinburgh Festival Fringe, 3<sup>rd</sup> August to 27<sup>th</sup> August**

They say they “are committed to ensuring that the Edinburgh Festival Fringe is as inclusive as possible”. Find out more about their [Accessibility](#) here, including:

- the Access tickets service (which offers complimentary Personal Assistant/Carer tickets)
- the latest locations of fully accessible Changing Places in Edinburgh during the Fringe
- how children and adults on the autism spectrum can borrow a FREE sensory backpack for children/
- How to search the catalogue for shows that suit your needs
  - e.g. search the catalogue for [Children's Shows](#) then add advanced filters for
    - Accessibility Options, including “Relaxed Performances”, Audio Described, BSL etc...
    - for special ticketing options like “Preview”, “2 for 1” and even FREE

### **Edinburgh International Book Festival, 11<sup>th</sup> to 27<sup>th</sup> August**

- There are lots of FREE storytelling, drop-in events and child-friendly spaces at the Book Festival as well as some priced events:
  - Children £5
  - Adults also £5
  - *Carers free (you can select carer tickets on their online, in person or phone booking options)*
- you can search the catalogue for [Childrens Events](#) here
- and then refine that search for terms like FREE
- you can also select only to be shown BSL or Captioned or Learning Disability Friendly events
  - for instance there's a *free learning disability friendly* [“Sensory Space Adventures”](#) drop in event on Friday 17<sup>th</sup> August



## **Truckfest Scotland 2018**

- **4th & 5th August only**
- ***Must book in advance***
- Royal Highland Show Ground, Ingliston near Edinburgh
- Open 9 am – 5.30 pm
- Price Per Day:
  - Adult: £14.00
  - Child: £6.00
  - Under 5 years: Free

**We are sure you'll have lots of other ideas to share with parents.**

**If you do why not post something on our [Facebook page](#) or email us in suggestions to [enquiries@kindred-scotland.org](mailto:enquiries@kindred-scotland.org)**

**\*And as you know we can't guarantee the content of external websites so please tell us if anything needs changing.**

**Thank you**