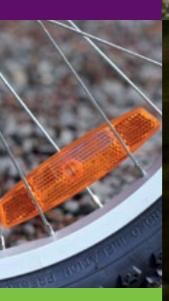


### Cycling in the Pentland Hills Regional Park

www.pentlandhills.org







Everyone, including cyclists, now has access to most land and water in Scotland, as long as they act responsibly.

There is a long tradition of public access to the Pentlands and there are over 100 kilometres (60 miles) of paths to explore. Many of these paths are suitable for cyclists as well as walkers and horse riders. Whether you are out with the family or looking for a more gruelling challenge there are routes for all levels of fitness and ability.

Please cycle responsibly and help us to keep the Pentlands a great place for everyone to enjoy!

### Take responsibility for yourself

- Wear a helmet at all times.
- Be aware of natural hazards such as rocks, tree roots and ice.
- Carry a pump, inner tube, puncture repair kit, basic tools and a map and compass if necessary and know how to use them.
- Make sure you are suitably equipped for the hills with plenty of food, water, wind/waterproof clothing and sunscreen. Mobile phones are useful in an emergency but be aware that some areas have no reception.
- Make sure you are visible especially at night or in poor weather. Use effective lights.
- Tell someone where you are going and when you expect to return.









You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact the Interpretation and Translation Service (ITS) on 0131 242 8181 and quote reference number 13-0312A. The ITS can also give information on community language translations.



### Supported by:









### Contact us

Pentland Hills Regional Park HQ Hermitage of Braid 69A Braid Road Edinburgh EH10 6JF

Telephone:
0131 529 2401
Facsimile:
0131 447 9441
E-mail:
pentlandhills@edinburgh.gov.uk
www.pentlandhills.org

Images supplied by: Ela Dzimitko, Stuart MacLaren, Think Stock

Designed by the City of Edinburgh Council.
Corporate Governance 13.160.2/SFC/SGe/July/2013.
Printed by the City of Edinburgh Council Print Services.

## out for these symbols Path information - look



other visitors aware of your presence and ride at Surfaced paths or tracks, suitable for careful cycling. Many of these paths may be busy so please make pedestrians and other visitors aware a safe speed. Watch out for vehicles on roads and tracks.

park

regional

Fairmilehead

**EDINBURGH** 

Bonaly

Capelaw Hill

7

Black

pentland hills



be steep, rough or boggy. They are vulnerable route when the ground is wet. You may need to Unsurfaced paths. These paths may to erosion so please use an alternative lift your bike over gates or stiles.

The paths over the hilltops are not recommended for cycling because they are very

vulnerable to erosion and the vegetation takes a long time to re-establish. These paths

Stagecoach Buses

Car Parking

Toilets

Park Boundary

Key

Lothian Buses



are not marked on the map.

Some of these paths run through the Castlelaw Military Training Area. Please be aware of sudden noises and troop and vehicle movement.

# Respect the interests of others and take care of the environment:

Opening Hours Monday to Friday I lam – 3.30pm Saturday and Sunday I I.30am – 3pr

HARLAW HOUSE VISITOR CENTRE

- or endanger others. If other visitors are not aware of your presence, give them advance warning or dismount and give way to them on a children. narrow path. Look out for dogs or young Travel at a safe speed and do not alarm
- Take care not to alarm farm animals, horses or wildlife. Take extra care during lambing season (April to June), bird nesting season (April to July) and tupping (November to December). If you have a dog with you, always keep it under proper control.
- Avoid cycling on wet, boggy or soft ground and churning up the surface.
- Avoid locking up your back wheel on descent and avoid paths likely to be muddy in wet conditions.

