



## Donation scheme for the Pentland Hills Regional Park

The donation scheme is an easy way for people to put something back into the Regional Park. The scheme allows people to make a donation for environmental improvements within the Regional Park.

All funds raised are used only for new 'added value' projects on the ground and not for the day to day running of the service.

For more information and to donate please visit the Regional Park's website at **[www.pentlandhills.org](http://www.pentlandhills.org)**

## The next time you visit the Pentland Hills

To avoid car congestion at Flotterstone, Harlaw and Threipmuir why not:

- Avoid parking there on Sundays
- Park at Castlelaw, Boghall, Hillend, Bonaly, Carlops or Nine Mile Burn
- Use public transport. Lothian Buses. Numbers: 4, 10, 11, 15, 16, 27, 44 & 44A  
Phone **0131 555 6363** or visit **[www.lothianbuses.com](http://www.lothianbuses.com)**  
Stagecoach East Scotland. Numbers: 100, 101, 102.  
Phone **01387 256533** or visit **[www.stagecoachbus.com](http://www.stagecoachbus.com)**
- Walk or cycle.



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-TBC. The ITS can also give information on community language translations.



Supported by:



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# Discover the Pentland Hills Regional Park

## Advice and information for your visit to the Hills



**[www.pentlandhills.org](http://www.pentlandhills.org)**



## Advice and information for your visit to the Park

The Pentland Hills Regional Park is a living, working landscape, that offers great opportunities to experience, learn about and enjoy the outdoors. Sculpted by glaciers and water, then shaped by people over thousands of years, the Pentland Hills are a special place for everyone.

With around 10,000 hectares of countryside and over 100 km of paths, the Regional Park is a great place for walking, cycling, horse riding, fishing and orienteering.

The Regional Park offers both gentle and challenging routes. Paths take you to summits, through cleughs and glens as well as around reservoirs. Vistas from the higher tops give a panoramic view across the Firth of Forth, the Borders and to Ben Lomond.

The Park contains a variety of important habitats. This rich mosaic of wildlife, open spaces, farmed land and natural beauty is a result of people having been part of the landscape for thousands of years.

Working closely with farmers, landowners and communities, the Pentland Hills Regional Park seeks to retain the essential character of the hills.



## Know the code

### Enjoying Scotland's outdoors responsibly



Everyone has the right to be on most land and inland water providing they do so responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access code.

Whether you're in the outdoors or managing the outdoors, the key things are:

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.

To find out more please visit: **[www.outdooraccess-scotland.com](http://www.outdooraccess-scotland.com)** or by telephoning your local Scottish Natural Heritage office on **0131 316 2600** or email: **[pubs@snh.gov.uk](mailto:pubs@snh.gov.uk)** for a free copy of the code.

Responsible Access What you can do throughout the year		The Pentland Farming Year	The Pentland Wildlife Year
January		Shepherds busy feeding sheep.	
February	Pregnant sheep may abort their lambs. Please keep your dog under close control or on a short lead.	Sheep heavily pregnant. Heather burning, to improve quality for grouse and other moorland birds.	Snowdrops sprinkle the hillsides.
March	Sheep lambing - wet, cold and hunger are a real threat to young lambs. Disturbance drives them from shelter and may separate them from their mothers. Please keep your dog under close control or on a short lead.	Sheep lambing.	Spring migration - geese fly north. Listen out for the cuckoo. Swallows arrive.
April			
May	Birds nesting. Please keep your dog under close control or on a short lead.	Birds nesting on hills and moorland.	The fragrance of bluebells fills the woods. Abundance of wildflowers.
June			
July	High fire risk.	Sheep are gathered and clipped. Grouse shooting season begins. Wheat and barley are harvested. Ground sown for winter wheat and barley. Lambs taken to market.	Look out for butterflies. Heather in bloom.
August	Grouse shooting - follow the advice of posted signs. Harvest begins.		
September	Large machinery needs access to fields. Please park your car sensibly.		Abundance of fungi.
October		Sheep tugging.	Winter migration - geese and whooper swans arrive from the North.
November	Disturbance or gates left open can ruin the sheep breeding season. Please keep your dog under close control or on a short lead.	Grouse shooting ends.	Stoats and mountain hares turn white.
December			





# Respect the landscape when you visit the Park

The Park is used by a variety of people for recreational purposes but it is also a working landscape. Please respect the farmers and land managers and adhere to your responsibilities laid out in the Scottish Outdoor Access Code.

**Walkers** - The network of routes highlighted on the map are waymarked to help you navigate around the Regional Park.

**Dog walkers** - The Regional Park consists mainly of private land which is grazed by sheep and cattle. It is an offence to allow your dog to attack or worry sheep. Keep your dog under close control or on a short lead. Please pick up after your dog.

**Cyclists** - Responsible cycling is welcome in the Regional Park. A dedicated 'Cycling in the Pentland Hills Regional Park' leaflet is available with further information. PDF and paper copies available.

**Horse riders** - Responsible horse riding is welcome in the Regional Park. A dedicated 'Horse riding in the Pentland Hills Regional Park' leaflet is available with further information. PDF and paper copies available.

**Anglers** - Fishing is permitted on some of the reservoirs within the Regional Park. Visit the Pentland Hill Regional Park website for further information.

**Water users** - Access rights extend to reservoirs. Scottish Water have a dedicated 'Take Care, Be Aware' leaflet with further information. Paper copies available.

For further information contact the Pentland Hills Regional Park.



# Explore the Pentlands suggested circular routes



**Glencorse View (2.7 miles/4.5 km) Moderate**  
From Flotterstone Information Centre, follow the Heron waymarkers along the burn to Glencorse Reservoir. Returning via the Castlelaw path, enjoying great views of the glen.



**Harlaw Woodland (2 miles/3.5 km) Easy**  
From Harlaw House Visitor Centre, follow the Squirrel waymarkers around Harlaw Reservoir. Enjoy spectacular views of Black Hill, with Turnhouse Hill and West Kip in the distance.



**Capital View (2.5 miles/4 km) Moderate/Strenuous**  
From Hillend Country Park lower car park, follow the Castle waymarkers, taking in spectacular views of Edinburgh and the Firth of Forth.



**Torduff Water (1.5 miles/2.5 km) Moderate**  
From the car park at Bonaly Country Park, follow the Tap waymarkers through the woodland to Torduff Reservoir. Enjoy views of the heather moorland and across Edinburgh.

