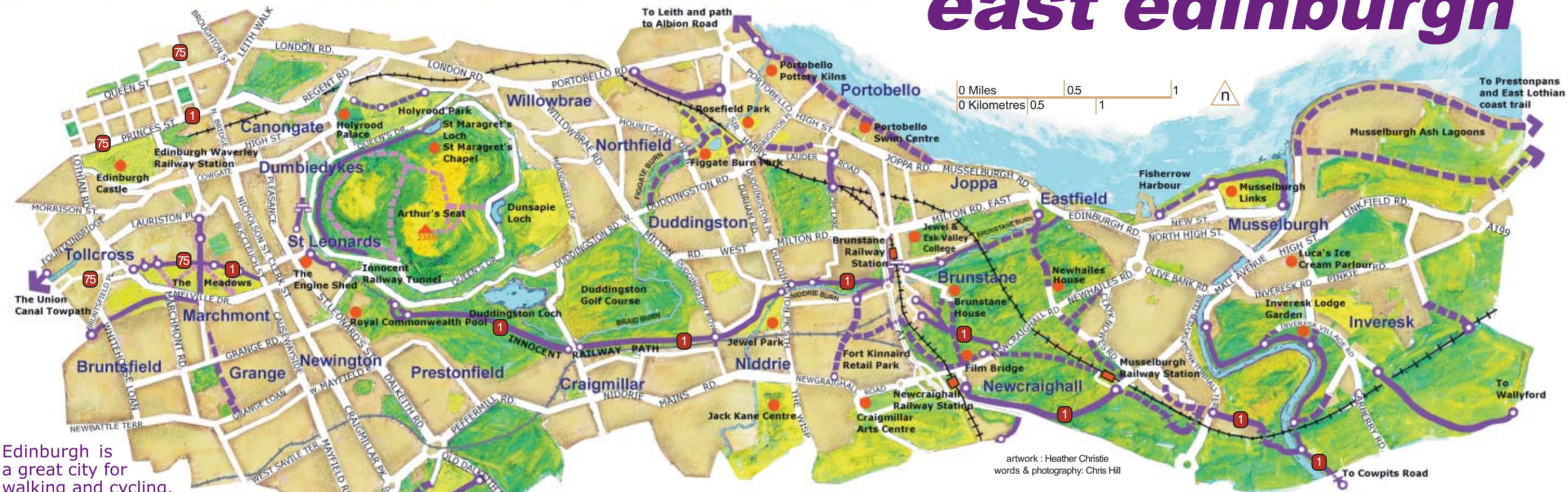


EXPLORING EDINBURGH

east edinburgh



artwork: Heather Christie
words & photography: Chris Hill

Edinburgh is a great city for walking and cycling.

Some places do have too much traffic, but there are also miles of car free routes, which could easily become part of your route to work - or just somewhere for a Sunday stroll.

Previous issues of *Outlook* have visited the North Edinburgh Path Network (www.nepn.org.uk) and the Water of Leith (www.waterofleith.info). This time we travel to the far east from the heart of the city.



Salsburgh Crags

It is possible to walk or cycle from the Old Town to Musselburgh either on paths or on quiet roads all the way. The recent opening of the first two stations on the new CrossRail line even means that you could cover some of your journey by train. Bikes are carried free on all ScotRail trains and no booking is required on any service in the Edinburgh area.

Edinburgh is the city with a green mountain in the centre. Most residents will have noticed Arthur's Seat, but some perhaps take it for granted. You are probably unaware that this long extinct volcano is an SSSI (a Site of Special Scientific Interest) with great habitat diversity. Holyrood Park itself is closed to vehicles on a Sunday, making it an ideal venue for many events throughout the year, from Fringe Sunday to numerous charity runs round the Queen's Drive, but it's also a fantastic place for your own day out. You can spend some or all of the day walking the short routes up and between Arthur's Seat's volcanic forms, and the summits give magnificent views across the city and beyond. If you are interested in the geology of Arthur's Seat, Angus Miller runs specialist group walks (Geowalks). He can be contacted on **0131 555 5488**.



The Engine Shed (above)
The Innocent Railway Tunnel (below)



would have tunneled through Calton Hill and landed at the top of Leith Walk was launched in the Jeanie Deans Trustee pub.

A few yards on is the Engine Shed. This fine building contains a bakery and most pleasant cafe, where you could meet, plan your journey or just relax after slogging through the tunnel if you started your trip from the east of the city.

The tunnel is truly historic as it is now over 170 years old and was on one of the earliest railway lines in Scotland - the Edinburgh and Dalkeith. It was built to carry coal from Midlothian, but also, unexpectedly, became a popular passenger route. Trains were originally horse drawn, which led to the railway being nicknamed "The Innocent" as steam engines, at that time, were quite dangerous.



The sign...

The path passes Duddingston Loch, which is hidden behind trees. This section of the Innocent Railway Path has recently been cleared of quite a few trees because their roots had been damaging the surface. Not surprisingly there were mixed feelings about this, but now the area is much more open and bright, without looking barren.



Brunstane Railway Station

Of course you may decide to take the train to the new Brunstane Station and just explore the final section. The path takes you through the Brunstane Burn Community Woodland and then along a narrow path where you can view what must be the only thatched house in Edinburgh with its own golf course!

The route opens out by some new houses and continues to Edinburgh Road. However if you turn right into the woodland you are sure of a nice surprise. Once through the gate you are in the grounds of Newhales House, officially opened in July by Prince Charles. This jewel is now owned by the National Trust for Scotland (open Thursday to Sunday). The grounds are open at all times and include a variety of interesting structures including a shell grotto. NTS requests that cyclists dismount in the grounds.



Newhales House (above). Look out for the shell grotto in the grounds (below)



The famous filmed railway bridge at Newcraighall

After seeing the house you could retrace your steps or complete a circular route back to Brunstane Station. A further option would be to go instead through the former mining village of Newcraighall, pausing at the Jake Harvey sculpture and perhaps taking a detour to stand on the bridge where famous directors Bill Douglas and Lindsey Anderson filmed. You could then get a train (every half hour) from Newcraighall Station to Waverley (or as far as Dunblane!). Other possibilities for an extended day out include exploring Portobello, which is full of clues to its industrial and holiday resort past (including two bottle shaped Kilns behind the promenade), or you could walk or cycle as far as Fisherrow Harbour and on into Musselburgh (stopping at Luca's Cafe for an ice-cream!). Or follow the River Esk, detouring to Inveresk Village for a stroll round the secluded Inveresk Lodge Garden, before heading back to Musselburgh or Newcraighall Railway Stations.



key	shared path & access points	path where cyclists may have to dismount	pedestrian only path	stepped access	route goes through tunnel	passenger rail service	disused or freight rail line	public park	sustrans national cycle network
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If you're looking for a challenge, how about cycling from Glasgow to Edinburgh on the Pedal for Scotland ride?

Sunday 15 September 2002

Every once in a while it's good to accept a personal challenge! For your health's sake, for charity, for your own sake and because it's fun!

Pedal for Scotland is just such a challenge. Can you cycle the 50 miles from George Square, Glasgow to Meadowbank Stadium, Edinburgh?

It's a beautiful ride and there is no rush. This year the organisers are planning to have at least 2002 riders and hope that you will be one of them. Why not turn your miles into money? By raising sponsorship money you will be supporting the children's charities BARNARDO'S SCOTLAND and CHILDREN 1ST so come on, get your bike out, tell your friends, form a team from work or ride on your own and Pedal for Scotland.

There are rest stops along the way and mechanical backup in case of difficulties. Add to this a carefully marshalled and signposted route, free snacks, entertainment and some well known personalities accepting the challenge with you.

Go on - accept the challenge!
Pedal for Scotland

Entry line **0131 657 4393**
www.pedalforScotland.org



We want you to enjoy Edinburgh's path networks safely and comfortably and CLARENCE can help to achieve this. So, when you see a problem, don't ignore it - report it to CLARENCE. Freephone CLARENCE on 0800 23 23 23 or e-mail clarence@edinburgh.gov.uk



SPOKES, the Lothian Cycle Campaign, produces a map for the whole of Edinburgh (6th edition published last September). Available in all good book and bike shops and online at www.spokes.org.uk for £4.95 (post free).