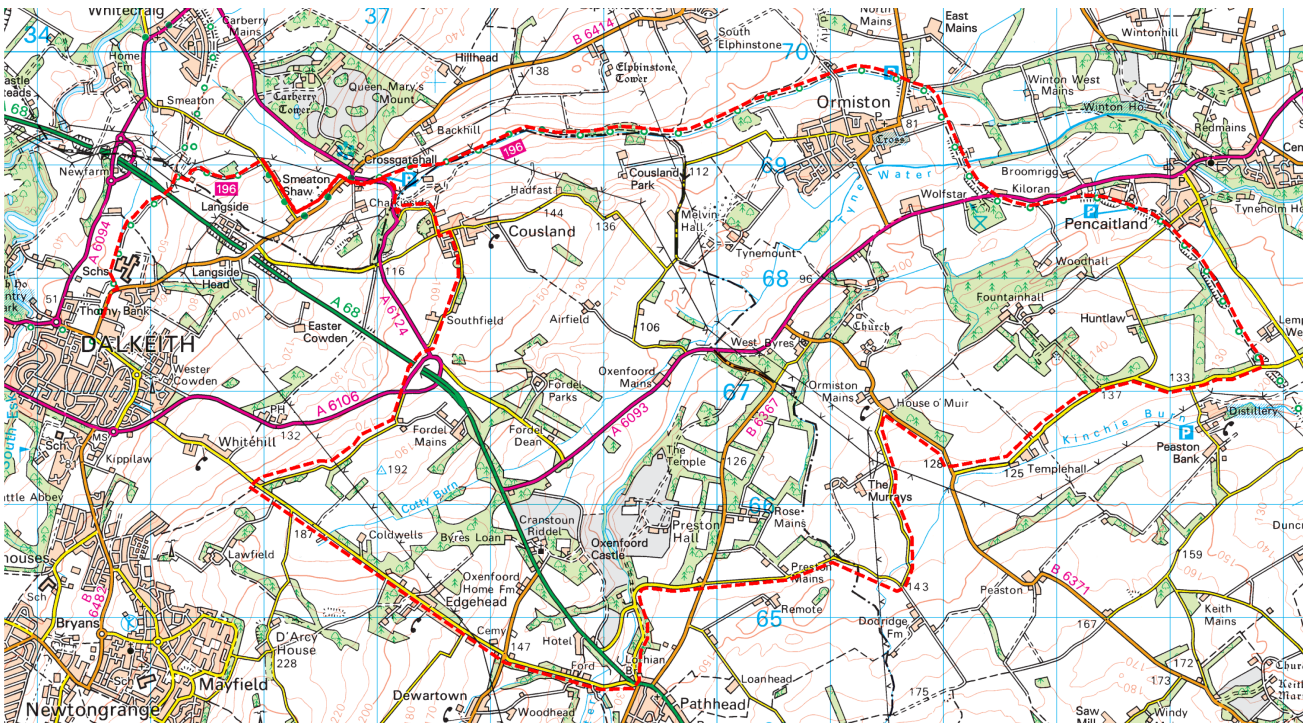


Out and about in *Midlothian*



Introduction

An undulating cycle ride around the borders of Midlothian and East Lothian (see next page for larger map).

Route Details

Start at Dalkeith Campus (if cycling from Edinburgh or East Lothian take National Cycle Route 1 to the Campus) then take the cycle path to Whitecraig. Once past the tunnel under the A68 take the right turn to Smeaton - by the large electricity sub-station. Once at Smeaton Shaw turn right up the hill following NCR 196. On reaching the T-junction at the top of the hill, turn left. After 400m a traffic lit junction is reached. Go straight ahead at the lights

and cycle for approximately 200m then turn left onto the Pencaitland Railway Path.

Follow the cycle path for around 2.5miles all the way to the north side of Ormiston. The path then swings around the town heading south until a you reach the A 6093. Cross this road and the path continues on the other side for a further one and a half miles. The off-road path then stops at a minor road.

Turn right at the minor road heading towards Templehall. (You may decide to stop by the Glenkinchie Distillery, a short diversion on your left). Continue along the Templehall road for around 1.5 miles until a T-junction. Turn right here heading towards House o' Muir.

After about 0.5 miles take the road sharp left heading southwards towards the Murrays.

After around half a mile and about 200m before reaching Dodridge Farm the road takes a sharp right bend. Follow the road round this bend for around a mile until a crossroads where the road intersects with the B6367. Go straight across at the crossroads following the road round a left bend and then up a shallow incline until you reach for about three-quarters of a mile until you reach the A68 at Pathhead.

Dismount at the junction of this busy road and cross the A68. Once across the road remount your bike on the road to Ford some 50m away from the crossing point. Head down into Ford

Key Points of Interest

Glenkinchie Distillery—home of the “Edinburgh Malt” (check opening times)

Prestonhall and Oxenfoord Estates—Grounds are accessible but respect owners' privacy.

then up the steep hill on the other side of this hamlet. On reaching a cross-roads after two thirds of a mile continue across the junction towards Edgehead. Go through Edgehead and cycle for about a further mile until the road descends again. Take the right turn towards Fordell Mains which will bring you out at the busy A68. Using the pavements at the roundabout, follow the signs to Cousland taking the



Gates to Prestonhall

A 6094. After around 100m take the right- turn signed for Cousland. On reaching the T-junction in the centre of Cousland turn left and after around 150m take the first right turn. Follow the road downhill to a T-junction. Turn right here. The road will return you to the entrance of the Pencaitland Railway Path.

From this point retrace your steps back to the start point and then onwards to Musselburgh if you cycled from East Lothian or Edinburgh.

Cycle

Midlothian East 1

Distance: 21 miles / 34 km

Ascent: 685ft / 209m

Time: 3 hours

Terrain – Off road • Tarmac • Minor roads • Main road

OS Map: No 66 Edinburgh

Start point: T-section near Thornybank Industrial Estate

Gr: NT 34546 67633

For Sat Nav users:

Lat: 55.897347
Long: -3.0482728

Public transport: N/A

Car Parking: Yes

Refreshments: Pathhead, Pencaitland, Ormiston

Routes: JD/JK

Photos: JK

