



## 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. It allows you to make a donation for environmental improvements within the 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)

## Reducing congestion in the Pentland Hills

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

- walk or cycle
- avoid parking at Flotterstone, Harlaw and Threipmuir on Sundays
- park instead at Castlelaw, Boghall, Hillend, Bonaly, Carlups or Nine Mile Burn
- use public transport:  
Lothian Buses: numbers 4, 10, 11, 15, 16, 27, 44 and 44A.  
Visit [www.lothianbuses.co.uk](http://www.lothianbuses.co.uk) or phone Traveline Scotland 0871 200 2233  
Stagecoach West Scotland: numbers 101, 102.  
Visit [www.stagecoachbus.com](http://www.stagecoachbus.com) or phone Traveline Scotland 0871 200 2233



HAPPY TO TRANSLATE

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 14-0382. The ITS can also give information on community language translations.

### Contact us

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

Telephone: 0131 529 2401  
email: [pentlandhills@edinburgh.gov.uk](mailto:pentlandhills@edinburgh.gov.uk)  
[www.pentlandhills.org](http://www.pentlandhills.org)



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 panoramic views 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.

For practical advice and information relating to the Scottish Outdoor Access Code visit: [www.outdooraccess-scotland.com](http://www.outdooraccess-scotland.com)

### Responsible access

#### What you can do throughout the year

January

February

March

April

May

June

July

August

September

October

November

December

**Pregnant sheep may abort their lambs. Please keep your dog under close control or on a short lead.**

**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.**

**Birds nesting. Please keep your dog under close control or on a short lead.**

**High fire risk.**

**Grouse shooting – follow the advice of posted signs. Harvest begins.**

**Large machinery needs access to fields. Please park your car sensibly.**

**Disturbance or gates left open can ruin the sheep breeding season. Please keep your dog under close control or on a short lead.**

#### The Pentland farming year

**Shepherds busy feeding sheep.**

**Sheep heavily pregnant. Heather burning, to improve quality for grouse and other moorland birds.**

**Sheep lambing.**

**Birds nesting on hills and moorland.**

**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.**

**Sheep tugging.**

**Grouse shooting ends.**

#### The Pentland wildlife year

**Snowdrops sprinkle the hillsides.**

**Spring migration – geese fly north. Listen out for the cuckoo. Swallows arrive.**

**The fragrance of bluebells fills the woods. Abundance of wildflowers.**

**Look out for butterflies. Heather in bloom.**

**Abundance of fungi.**

**Winter migration – geese and whooper swans arrive from the North.**

**Stoats and mountain hares turn white.**



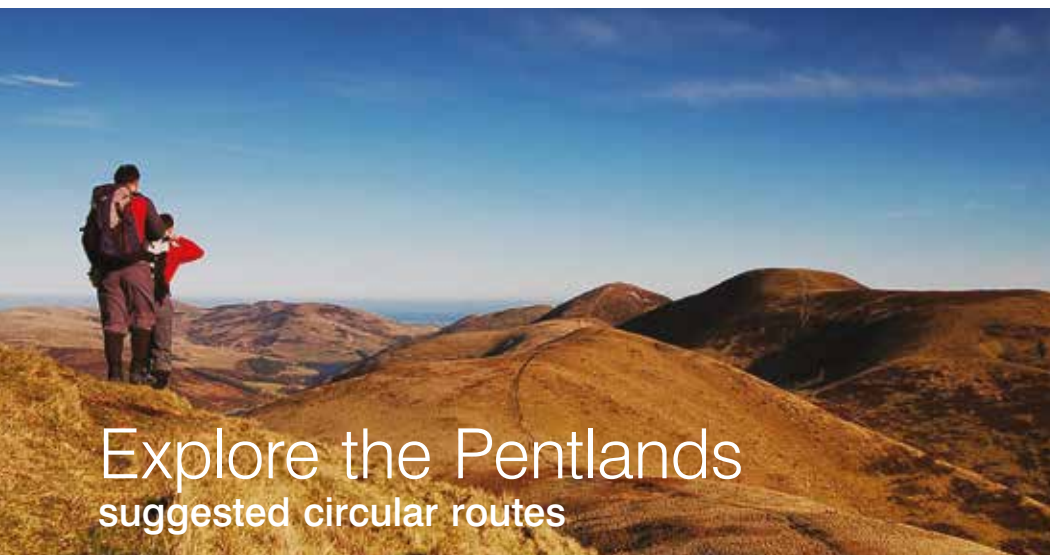
Respect the landscape when you visit the Park



**Respect the interests of other people** – all responsible recreational users are welcome in the Regional Park. Leaflets with specific guidance are available. Acting with courtesy, consideration and awareness is very important. Make sure that you respect the privacy, safety and livelihoods of those living or working in the outdoors, and the needs of other people enjoying the outdoors.

**Care for the environment** – the paths in the Regional Park are vulnerable to erosion. Please be mindful of path conditions in poor weather. Look after the places you visit and enjoy, and leave the land as you find it.

**Take responsibility for your own actions** – you may come across the following features on the 100km path network: gates, stiles, bridges, dykes and drainage features. Please respect these features. Remember that the outdoors cannot be made risk-free and act with care at all times for your own safety and that of others.



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.



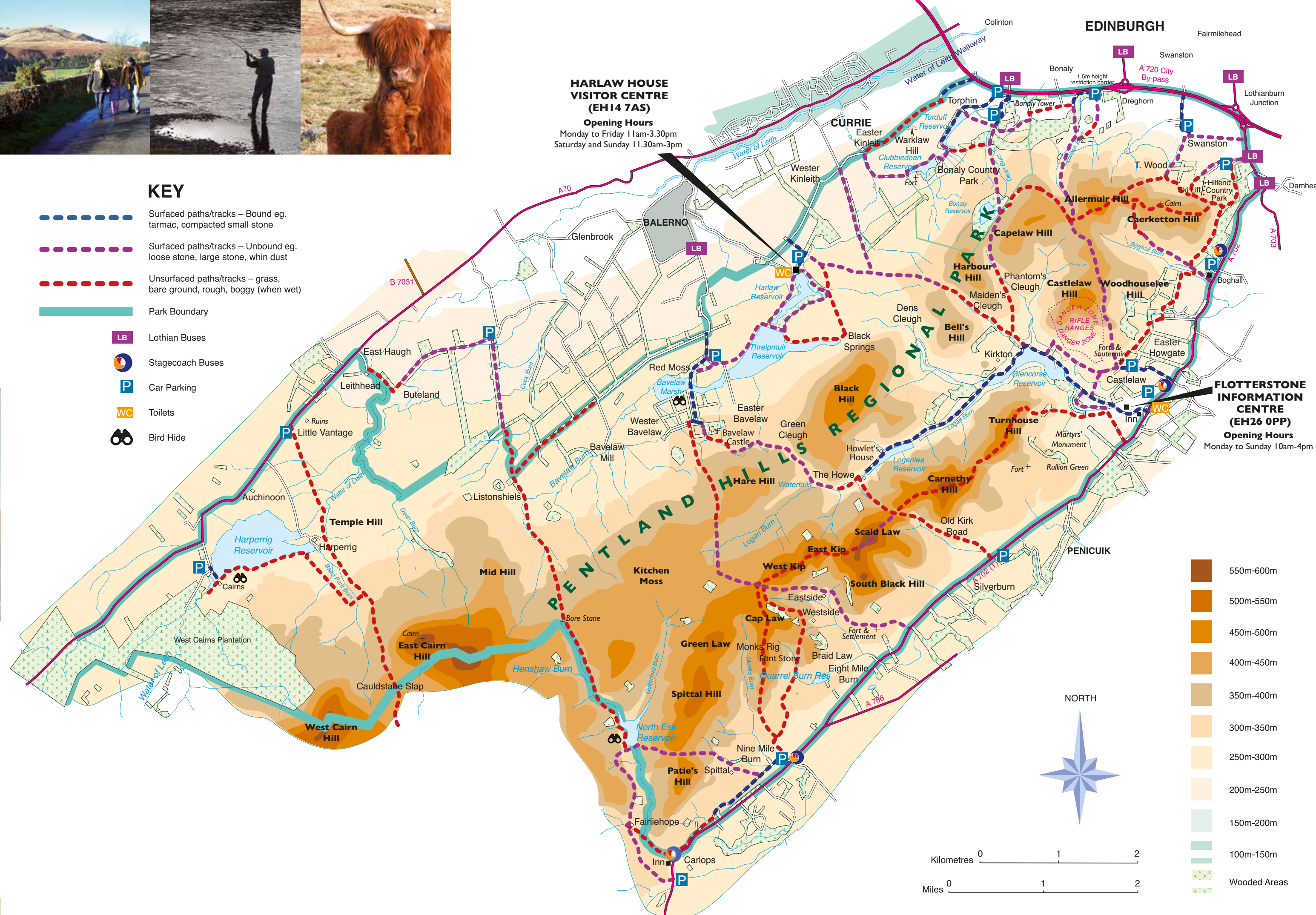
**Capital View (2.5 miles/4 km) Moderate/Strenuous**

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.



**KEY**

- - - - - Surfaced paths/tracks – Bound eg. tarmac, compacted small stone
- - - - - Surfaced paths/tracks – Unbound eg. loose stone, large stone, whin dust
- - - - - Unsurfaced paths/tracks – grass, bare ground, rough, boggy (when wet)
- Park Boundary
- LB Lothian Buses
- S Stagecoach Buses
- P Car Parking
- WC Toilets
- 🕒 Bird Hide

**FLOTTERSTONE INFORMATION CENTRE (EH26 0PP)**  
Opening Hours  
Monday to Sunday 10am-4pm

**HARLAW HOUSE VISITOR CENTRE (EH14 7AS)**  
Opening Hours  
Monday to Friday 11am-3.30pm  
Saturday and Sunday 11.30am-3pm

