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 18,000 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 slopes and gles (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.

Responsible access

What you can do throughout the year

January

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

February

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.

March

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

April

High fire risk.

May

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

June

Sheep are gathered and clipped. Grouse shooting season begins. Wheat and barley are harvested.

July

Abundance of wildflowers. Groundosen for winter wheat and barley. Lamb taken to market.

August

Sheep tupping. Grouse shooting ends.

September

Snowdrops sprinkle the hillsides.

October

The fragrance of bluebells fills the woods.

November

Abundance of fungi. Winter migration – geese and whooper swans arrive from the North.

December

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 using 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

**Glenrose View (2.7 miles/4.5 km) Moderate**
From Flotterstone Information Centre, follow the Heron waymarkers along the burn to Glenrose Reservoir. Returning via the Castlelaw path, enjoy spectacular 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 Donalty Country Park, follow the Tap waymarkers through the woodland to Torduff Reservoir. Enjoy views of the heather moorland and across Edinburgh.