



Kellogg's cycle10 Challenge



Dalkeith to Penicuik

Discover nine wonderful miles along the valley of the River North Esk, which is not only beautiful but steeped in history.

www.kelloggs.co.uk/cycling
www.kelloggs.ie/cycling



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Attractions:

Take your time enjoying the beautiful Roslin Glen Country Park, where you can explore the remains of Rosslyn Castle and visit the world famous Rosslyn Chapel. There are also the majestic woodlands for you to wander through which support a rich habitat for wildlife.

There is much to do in and around Dalkeith, including Butterfly World & Bird of Prey Centre and Dalkeith Country Park. For more information go to www.visitscotland.com

Good to know:

If you begin your ride at Dalkeith Country Park, you may have to wheel your bike through the town. This route will be diverted from early 2008 to allow the rebuilding of the Waverley Railway Line; diversions will be sign posted.

You can visit www.kelloggs.co.uk/cycling or www.kelloggs.ie/cycling where you can download more guides and share your experiences with others.



Who'd enjoy this ride?
 Everyone as this is a fantastic ride on a shared-use path for walkers and cyclists with only a couple of hills. After wet weather, the path can be muddy, so dress accordingly.

Start/finish points:
 Eskbank Road, Dalkeith / Valleyfield Road, Penicuik.

Nearest railway stations:
 Dalkeith, Bonnyrigg, Rosewell and Penicuik.

Parking:
 Dalkeith, Bonnyrigg, Rosewell and Penicuik.

Refreshments:
 There are cafes in Dalkeith, Bonnyrigg and Penicuik. Auchendinny and Roslin have pubs. Rosslyn Chapel has a cafe.

Public toilets:
 Dalkeith, Bonnyrigg and Penicuik.

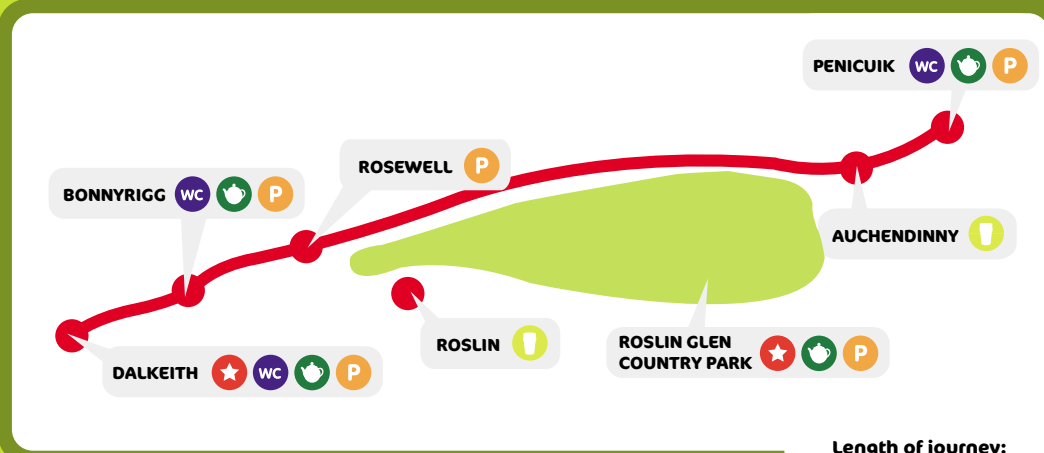
Dalkeith to Penicuik

Begin your ride at the access point on Eskbank Road if you want to avoid the busy roads through Dalkeith. This shared-use path for walkers and cyclists will take you to Bonnyrigg, which is only a short distance away. From here you leave Route 1 and join Route 73 (follow the signs across the main road).

The route then crosses open country where you will have fine views of the Pentland and Moorfoot Hills either side of you.

Just past the old Roslin Castle station, there is an entry point (steps) into the Roslin Glen Country Park where a detour is a must!

After your detour, continue along the old railway line through woodland, farmland and several tunnels until you come to Penicuik. You can continue skirting the edge of the town until you enter a small car park which marks the end of this journey.



- PARKING**
- PUBS**
- CAFÉS/TEA ROOMS**
- TOILETS**
- ATTRACTION**



When you are on the National Cycle Network look out for these signs.

The numbers on the signs relate to the route you are following.

Length of journey:
9 miles (one way)

This map is a representation of the route, use the signage on route or OS maps for further detail if required.

TIME TAKEN: **DISTANCE COVERED:**

NOTES:

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Did you know 20 minutes of gentle cycling burns up to 100 calories? There are no emissions from cycling so you are being good to yourself and the planet!

Enjoyed your ride on the National Cycle Network?
 Sustrans is the charity behind the National Cycle Network.
 For more information visit www.sustrans.org.uk

