



- Wear a helmet at all times.
- Be aware of natural hazards such as rocks, tree roots and ice.
- Carry a pump, inner tube, puncture repair kit, basic tools and a map and compass if necessary and know how to use them.
- Make sure you are suitably equipped for the hills with plenty of food, water, wind/waterproof clothing and sunscreen.
- Mobile phones are useful in an emergency but be aware that some areas have no reception.
- Make sure you are visible especially at night or in poor weather. Use reflective lights.
- Tell someone where you are going and when you expect to return.

Take responsibility for yourself:

Please cycle responsibly and help us to keep the Pentlands a great place for everyone to enjoy!

Everyone, including cyclists, now has access to most land and water in Scotland, as long as they act responsibly. There is a long tradition of public access to the Pentlands and there are over 100 kilometres (60 miles) of paths to explore. Many of these paths are suitable for cyclists as well as walkers and horse riders. Whether you are out with the family or looking for a more gruelling challenge there are routes for all levels of fitness and ability.



Know the Code before you go...

Enjoy Scotland's outdoors - responsibly! Everyone has the right to be on most land and inland water providing they act 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 to:

- Take responsibility for your own actions;
- Respect the interests of other people;
- Care for the environment.

Find out more by visiting: www.outdooraccess-scotland.com or by phoning your local Scottish Natural Heritage office on 0131 654 2466, or call 01738 444 177 or email: pubs@snh.gov.uk for a free copy of the full Code.

For more information about cycling please look up:
 Scottish Cycling - www.scottishcycling.com
 Cycling Scotland - www.cyclingscotland.org.uk
 Suggested routes: <http://cycling.visitscotland.com/>

For more information or advice about the Pentlands please contact:
 The Pentland Hills Regional Park
 Boghall Farm
 Biggar Road
 EH10 7DX
 0131 445 3383
www.pentlandhills.org

The Pentland Hills Regional Park is supported by:



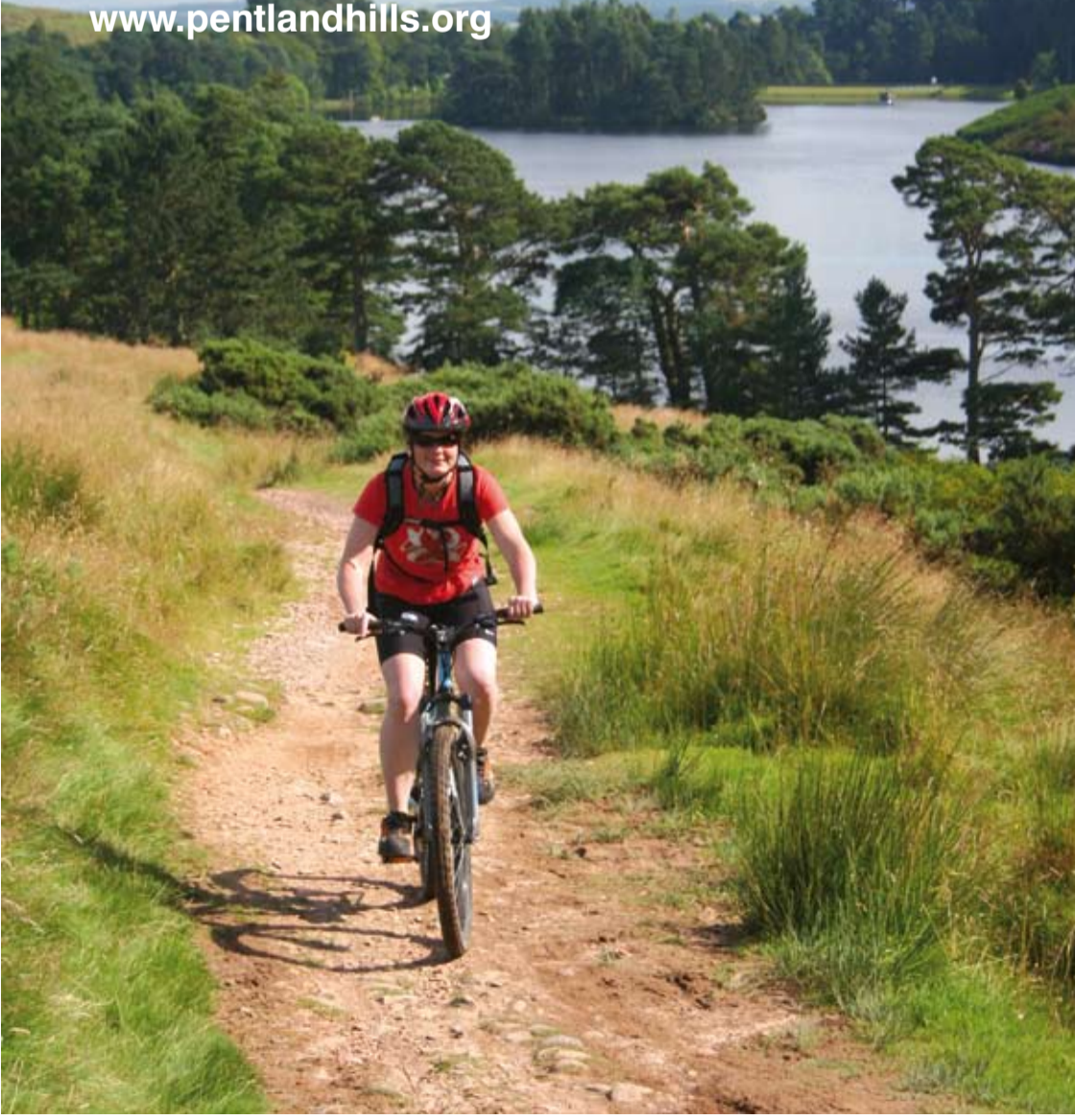
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pentland hills
regional park

Cycling in the Pentland Hills Regional Park

www.pentlandhills.org



Path information - look out for these symbols



Surfaced paths or tracks, suitable for careful cycling. Many of these paths may be busy so please make pedestrians and other visitors aware of your presence and ride at a safe speed. Watch out for vehicles on roads and tracks.



Unsurfaced paths. These paths may be steep, rough or boggy. They are vulnerable to erosion so please use an alternative route when the ground is wet. You may need to lift your bike over gates or stiles.



The paths over the hilltops are not recommended for cycling because they are very vulnerable to erosion and the vegetation takes a long time to re-establish. These paths are not marked on the map.

Some of these paths run through the Castlelaw Military Training Area. Please be aware of sudden noises and troop and vehicle movement.

Respect the interests of others and take care of the environment:

- Travel at a safe speed and do not alarm or endanger others. If other visitors are not aware of your presence, give them advance warning or dismount and give way to them on a narrow path. Look out for dogs or young children.
- Take care not to alarm farm animals, horses or wildlife. Take extra care during lambing season (April to June), bird nesting season (April to July) and tupping (November to December). If you have a dog with you, always keep it under proper control.
- Avoid cycling on wet, boggy or soft ground and churning up the surface.
- Avoid locking up your back wheel on descent and avoid paths likely to be muddy in wet conditions.
- Follow any reasonable advice on land management signs.
- Take your litter away with you.



pentland hills regional park



KEY

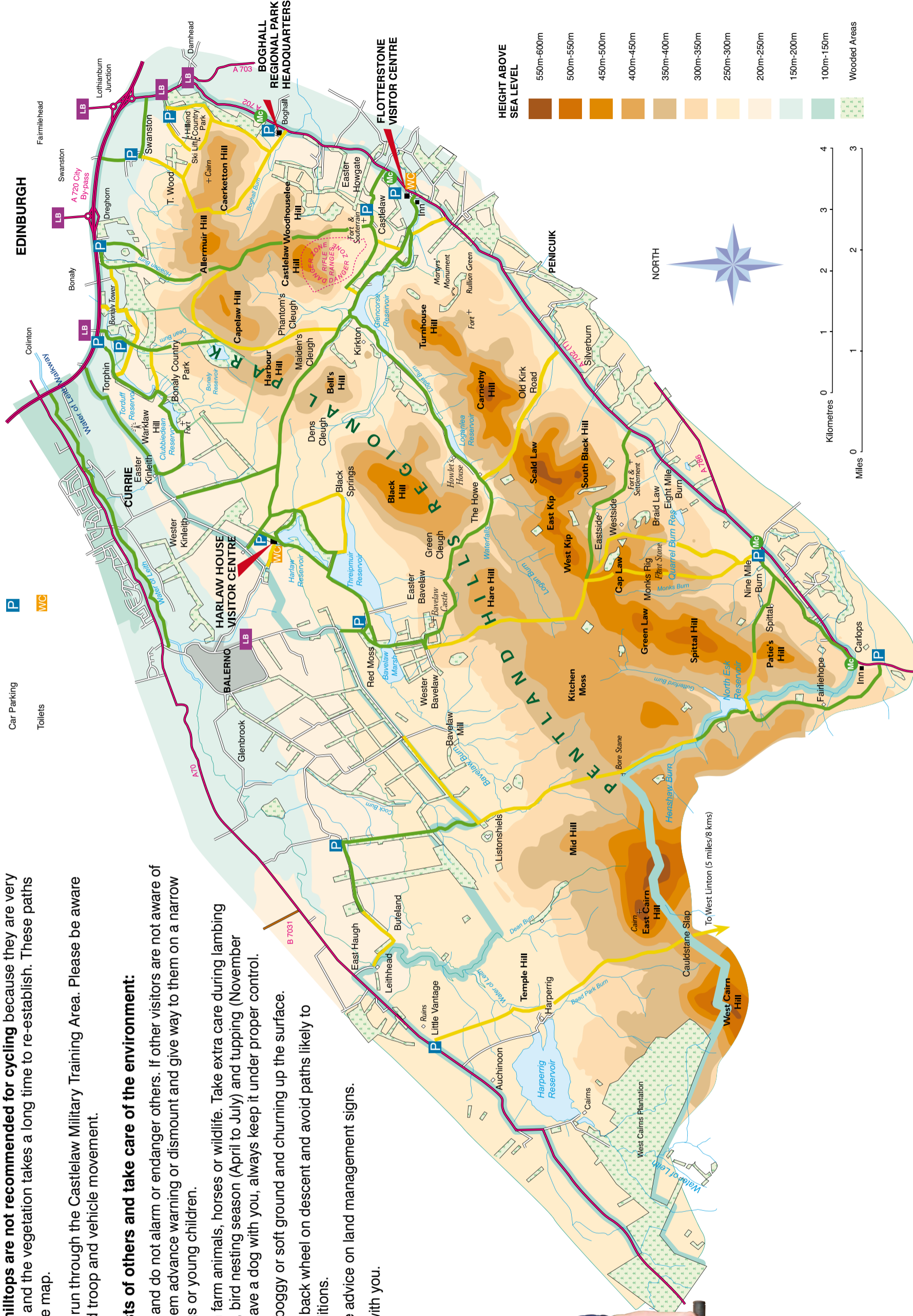
Park Boundary

Lothian Buses

MacEwans Coach Services

Car Parking

Toilets



HEIGHT ABOVE SEA LEVEL

