National Cycle Network
Go Traffic Free in Scotland

Edinburgh, Fife, Central and Borders
This booklet introduces you to the safe and attractive cycling and walking options in and around Edinburgh and across central and south-east Scotland. It shows the main traffic-free sections on the National Cycle Network, Regional Routes and key local routes. Use it to plan your (carbon-free) trips around town and out of town. See how far you can go without a car.

For information on cycle routes across Scotland, see Sustrans’ Routes2Ride website, where you can also add your own routes, comments and photos. www.routes2ride.org.uk/scotland

Use Ordnance Survey maps and the SPOKES maps of Edinburgh and the Lothians (www.spokes.org.uk) to plan your own routes. Contact the relevant local authorities for more information on cycle routes in each area.

How to use this booklet

This booklet highlights walking and cycling routes in the following areas:

- Edinburgh & Lothians ................. p4
- Routes around the Forth ................. p24
- South Fife .................................. p38
- Galashiels, Melrose & Dryburgh ....... p40

Each detailed map uses the following key

- Featured route
- National Cycle Network traffic-free
- National Cycle Network on-road
- Other routes
- Proposed cycle route
- Track
- Railway (station)
- Take care point / section
- Steep hill / One way
- Campsite/Caravan/Youth Hostel
- Public house
- Cafe
- Bike Shop
- Shop
- Public toilets
- Post office
- Tourist Information
- Castle
- Tourist attraction
- Signalled crossing
- Millennium milepost

Time: The time given to complete a route is calculated on an average travelling time of 7 miles or 11 km per hour. This allows for a leisurely cycling pace or for plenty of stops.

Scottish Outdoor Access Code

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 phoning your local Scottish Natural Heritage office.
Time: The time given to complete a route is calculated on an average travelling time of 7 miles or 11 km per hour. This allows for a leisurely cycling pace or for plenty of stops.

Whilst every effort has been made to achieve accuracy of information in this booklet at time of publication. Sustrans can take no responsibility for: loss or injury (including fatal) to persons; loss of damage to property or equipment; trespass, irresponsible riding or any other mishap that may be suffered as a result of following route descriptions in this booklet.
Cramond Brig to the Forth Road Bridge

Category: Urban, coastal, cycle path, suspension bridge

Distance: On Route 1: 7 miles/11 kilometres
          On Route 76: 8 miles/13 kilometres

Time: 1 hour (allow a bit longer if taking the route round the coast)

Gradient: Undulating

Surface: Tarmac surfaces. Track through Dalmeny Estate (a bit rough in places).

There are two options. Route 1 follows a cycle track alongside the A90, cycle lanes and a quiet road to Dalmeny, residential streets, and then the cycleway on the Forth Road Bridge. Route 76 is less direct, but offers a more pleasant coastal route along quiet tracks in the grounds of Dalmeny House (www.dalmeny.co.uk), under the Forth Rail Bridge, along the High Street of historic South Queensferry, to below the Forth Road Bridge. Cycle or push your bike up the ramp and pedal across the bridge on the cycleway. Great views! Why not try one way out and the other on the return journey?
**Category:** Urban, railway path, residential streets

**Distance:** 5 miles/8 kilometres

**Time:** 45 minutes

**Gradient:** Relatively flat, but a bit up and down through Barnton

**Surface:** Tarmac

A mainly traffic-free cycle from Haymarket Station. The route follows the tree-lined corridor of the old Granton Branch of the Caledonian Railway out to Davidson’s Mains, residential streets through Barnton, a cycle track over the golf course and then down quiet roads to Cramond Brig. You can link into the North Edinburgh paths (see Map 3) at Craigleith, down to the esplanade between Granton and Cramond, or carry on to the Forth Road Bridge (see Map 1). Lauriston Castle ([www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)) is close to the route and look out for the Shetland ponies just before Cramond Brig!

**Note:** The alignment of the route west of Haymarket station may change when the Edinburgh tram route is complete.
The north of Edinburgh is fortunate to have a legacy of old railway lines that now form an excellent network of cycle and walkways. National Route 75 runs from The Shore at Leith to Broughton Road, Canonmills (by the supermarket). Three tracks head north from Route 75 to join the Ferry Road cycle route and link to the coast at Granton, Trinity and Newhaven. New cycle tracks are being created in the Granton Waterfront area and from here you can join the Silverknowes Esplanade all the way to Cramond. A cycle and walkway is planned along the coast from Portobello to Cramond and will be built in phases.
The Water of Leith is an important green corridor through Edinburgh, rich in woodland, wildlife, and heritage. You’ll pass the remains of old mills along the river, evidence of the role it played in the development of the city. Visit the Water of Leith Visitor Centre at Slateford (www.waterofleith.org.uk) to find out more. Heron and waterfowl are a common sight along the water. Kingfisher and otter can also be seen if you are lucky. The path diverts onto public road in places, so have a detailed map to help you pick up the path again.
There is an extensive network of cycling and walking routes in Livingston. See Spokes’ West Lothian cycle map or Sustrans’ online mapping.

This route links to the end of the Water of Leith path at Balerno. The first 5 miles/9km are on fairly quiet road, but at East Calder you join a traffic-free path through Almondell and Calderwood Country Park and then a cycle track into Livingston (there is a network of paths in Livingston so keep your eyes open for the Route 75 signs). You head along the main street of old Livingston Village and past the Almond Valley Heritage Trust (www.almondvalley.co.uk), before following more cycle track across Easter Inch Moss, ‘fly over’ the M8, and into Bathgate. Follow the signs into the town centre and catch the train back to Edinburgh (trains every 15 minutes during the day).

Alternatively, carry on along Route 75 on the 14 mile track to Airdrie (and ultimately to Glasgow). This is a mainly traffic-free route which runs alongside the new Airdrie to Bathgate railway line and past several new stations. It is surprisingly remote and you will have fine views across the Central Scotland Plateau as you pass remains of mining and industrial heritage and forest regeneration.

**Note:** The original railway path closed in August 2008 to allow the line to be rebuilt and the Airdrie to Bathgate train service opened in December 2010. The realigned path opened in 2011.

**Category:** Urban and urban fringe. Fairly quiet road, cycle path

**Distance:** 17 miles/28 kilometres

**Time:** 3 hours

**Gradient:** Heads down towards Livingston and then back up. A few steep hills

**Surface:** Tarmac, with dust track in country park
Starting at the Engine Shed café (closed Sundays) just off St Leonard’s Lane, Route 1 signs lead you down an exciting 320m tunnel, part of the former ‘Innocent Railway’, built in 1831 and one of the earliest railways in Scotland. Follow the tree-lined railway path and then multi-use path alongside the Niddrie Burn. There are several kerbs across a car park and steps over the railway by Brunstane Station to be negotiated (or take the track up to Milton Road and back on road to the station). Here you have a choice – follow the Brunstane Burn path to the back of Newhailes House (www.nts.org.uk), or carry on Route 1. Take care crossing Newcraighall main street. Finally, the cycle track sweeps past the new Queen Margaret University campus to reach Musselburgh Station.
Route 1 from Musselburgh Station joins the River Esk path, where you can turn left along the riverside on Route 76 to the centre of Musselburgh and the coastal paths, or right to Dalkeith. Route 1 heads through Whitecraig and then turns on to a fine railway path all the way to the outskirts of Dalkeith. Half way along you can turn left to join the Pencaitland Way (Route 196) which takes you 12 miles into the East Lothian countryside (Map 8). Cycle track alongside the B6414 in Dalkeith takes you across the River South Esk on a footbridge. On the last stretch into town you may wish to get off and push if you don't like hills or traffic. When you reach the High Street, turn right to enter Dalkeith Country Park which has acres of semi-natural woodland, wildlife, guided tours and activities. (www.dalkeithcountrypark.com).

When the Borders Railway project begins, Route 1 will be realigned through Dalkeith, avoiding the High Street. Follow the Route 1 signs.

Category: Urban, residential streets, riverside path, short stretch along main street of Whitecraig, railway path
Distance: 5 miles/8 kilometres
Time: 45 minutes
Gradient: Slight down and up just before Whitecraig, then fairly flat to Dalkeith
Surface: Tarmac
You can join this route by following the quiet roads leading from the Whitecraig to Dalkeith cycle track (Map 7) or begin on the track near Crossgatehall. Along the way, you’ll see evidence of the many coal mines that the railway used to serve. It’s well worth making a detour to Ormiston, Scotland’s first planned village, built in 1735 on the model of an English village ([www.ormistonvillage.com](http://www.ormistonvillage.com)). Pencaitland is another attractive and historic village and, further on, a short detour on public roads will take you to Glenkinchie Distillery which offers tours and tastings – and a shop if your panniers are big enough! ([www.discovering-distilleries.com/glenkinchie](http://www.discovering-distilleries.com/glenkinchie)) The path ends at a car park near the hamlet of West Saltown. Route 196 continues to Haddington on minor roads.
Follow the Route 1 signs off Eskbank Road in Dalkeith (by the watertower) and onto the cycle track which follows the former Waverley Railway line out of Dalkeith and then the old line through Bonnyrigg, where you join Route 196 to Penicuik. West of Rosewell, there are fine views of the Pentland and the Moorfoot Hills to either side. To the north-west you can see the large barn-like structure that currently protects historic Rosslyn Chapel, built in 1446 ([www.rosslynchapel.org.uk](http://www.rosslynchapel.org.uk)). Past the remains of Rosslyn Castle station, there is access to the Roslin Glen Country Park (steps), where footpaths lead to Rosslyn Chapel and Rosslyn Castle ([www.midlothian.gov.uk](http://www.midlothian.gov.uk)). Route 196 continues along the old railway line through woodland, farmland and tunnels to Penicuik. When the Borders Railway project begins, Route 1 will be realigned through Dalkeith, avoiding the High Street. Follow the Route 1 signs.

**Category:** Semi urban and rural railway path

**Distance:** 9 miles/15 kilometres

**Time:** 1 hour 15 minutes

**Gradient:** A few gentle hills, but mainly flat

**Surface:** Tarmac to Rosewell, then gravel. Can be muddy
On road section

Traffic-free sections

Time: The time given to complete a route is calculated on an average travelling time of 7 miles or 11 km per hour. This allows for a leisurely cycling pace or for plenty of stops.
Category: Semi urban and rural
Distance: Fallin to Railway Station 2 miles/3 kilometres
          Abbey Craig to Tullibody 2.5 miles/4 kilometres
Time: Various
Gradient: Flat railway path and old road
Surface: Tarmac

Various Routes
- The Fallin Path along a former railway line is well established – look out for a rare example of a timber truss railway bridge.
- From the end of the Fallin Path, Route 76 crosses the A905 (Toucan Crossing) and follows cycleway through the new Forthside development to near the railway station, passing close by the sports stadium.
- New path along the old railway from Cambus to Tullibody was completed in summer 2011. This links to the traffic-free route along the old road (now cycle route) past Manor Powis to the A91 roundabout. You will still be able to follow the path through the Cambus Pools Nature Reserve, although it can be muddy.
Category: Railway Path
Distance: 11 miles/18 kilometres
Time: 1 hour 45 minutes
Gradient: Gradual, easy climb
Surface: Tarmac

The West Fife Way runs all the way from Clackmannan to Dunfermline – see maps 12 and 13 for the full route. Join the track via a ramp off the B910 to the north-east of Clackmannan. Heading east on the cycleway, it’s an easy run to Dunfermline, with the option of diverting to the mountain bike tracks in Devilla Forest or onto minor roads to join Route 76 along the coast of the Forth Estuary. Heading west out of Clackmannan, you can follow Route 76 on a pleasant, tree-lined track that takes you to Alloa and past famous Alloa Tower. Other interesting routes in the area are the Devon Way, a railway path which runs from the centre of Alloa to Dollar, and pleasant recreational routes around Gartmorn Dam.
Starting just to the east of the old Kincardine Bridge, a cycleway runs near the road and, after a couple of turns on quiet public road, joins an excellent cycle track which hugs the road and then joins the ‘pipe path’ into Culross. (The ‘pipe path’ runs above the pipe that carries ash slurry from Longannet Power Station to the ash lagoons around Preston Island.) Culross, a 17th century town, is well worth a visit (www.nts.org.uk) before you carry on along the shore. After crossing over the railway line you can explore the ash lagoons and Preston Island, which are the focal point of the Torry Bay Local Nature Reserve. There’s a short section of urban road through Newmills, before you turn right onto a great stretch of track by beautiful Torry Bay. Excellent bird watching territory. There’s a bit of a climb up quiet roads to Crombie and a section of cycleway alongside the busy A985 before you drop down on a rough road to the planned village of Charlestown. The original layout of the village is still visible in the form of the letters “CE”, after founder Charles Elgin.
Various routes

**Dunfermline** – from the end of the West Fife Way, follow the Fife Millennium Cycleway signs onto a railway path leading to Queen Margaret railway station and Route 1.

**Limekilns** – a rough track by the shore and leads onto a steep, but well surfaced track up to the A985 and then turns down into Rosyth on quiet road.

**Rosyth** – fine stretches of cycleway alongside the roads leading from the Forth Road Bridge to the ferry terminal.

**Dalgety Bay** – head from the centre of Inverkeithing on Route 76 to join a coastal path round to Dalgety Bay (short section on residential roads). Continues to Aberdour and Burntisland.
To join the Union Canal route, head uphill from the Falkirk Wheel, through the tunnel and turn left onto the towpath, which runs all the way into Edinburgh. You can also join the canal directly from the south platform of Falkirk High Railway station. The towpath is narrow, so take care. Alert other users to your presence in advance by ringing your bell or calling out. Slow down when passing other people and animals. Ring your bell before going round blind corners – you may meet another you!

Just east of Falkirk, you pass through the 0.5 km long tunnel, which is lit, but gloomy (bring lights!). It is a strange, echoing experience. Linlithgow is a good stopping off point for its palace, pubs and restaurants.
Heading east from Phlipstoun, the towpath winds its way through the old mining towns of Winchburgh and Broxburn. At Ratho, accessible up steps directly from the route, you can visit the spectacular climbing arena, built on the site of a disused quarry. Stop in the café for a great view of the climbers on the indoor wall. The canal heads through Wester Hailes, where it was rebuilt as part of the Millennium Link project. It joins up with National Route 75 at Slateford and provides an unbroken route to Fountainbridge in Edinburgh, where at Edinburgh Quay there are numerous cafés and restaurants to refresh the weary cyclist. See Map 4.
There are numerous short sections of traffic-free route in Fife. A good day out is to head from Inverkeithing along the coastal route through Dalgety Bay to the Silver Sands beach at Aberdour (a Blue Flag beach) and then on along the narrow wooded coastal track to Burntisland. You can hop on the train back home at several points along this route. The new Loch Leven Heritage Trail starts from the pier at Kinross and is a very family-friendly 8 mile/13 km cycle round the loch to the RSPB centre. Eventually the path will circumnavigate the loch. The path between Falkland and Strathmiglo offers further family-friendly cycling – with the opportunity to stop off at the Pillars of Hercules organic farm and café.
Category: Cycle path, railway path  
Distance: Various  
Surface: Tarmac

Various Routes
Traffic-free routes in this area include:
- A 2-mile farm track between Peel and Yair (rough surface)
- A 2-mile section on a no-through road and cycle track alongside the River Tweed by Boleside
- A 3-mile path along a disused railway line between the centre of Galashiels and Darnick
- A 2-mile section of closed road between Melrose and Newtown St Boswells with no through traffic
- A no-through road heading down to a picturesque footbridge over the River Tweed and to Dryburgh Abbey (although there is a busy section through Newtown St Boswells and crossing of the A68 before you get there)

NOTE: The alignment of the cycle path through Galashiels and Tweedbank will change when construction begins on the Borders Railway. The railway is due to open in 2014.
From gentle rides along old railway lines, canal towpaths and quiet country routes over moorland, mountain and forest terrain, cycling in Scotland has something for everyone.

This map shows the National Cycle Network routes in Scotland. You may want to cycle part of them as a day trip or enjoy a longer cycle.

See page 46 for a list of maps and guides available from Sustrans.
About Sustrans

Sustrans makes smarter travel choices possible, desirable and inevitable. We’re a leading UK charity enabling people to travel by foot, bike or public transport for more of the journeys we make every day. We work with families, communities, policy-makers and partner organisations so that people are able to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

It’s time we all began making smarter travel choices. Make your move and support Sustrans today. www.sustrans.org.uk

We’d love you to help us.

If you like the sound of what we do, please help us to improve cycling and walking for more people across the UK. By giving from £5 a month you’ll be making a difference: more paths to places you want to go and more projects to make local travel safer, healthier and greener for everyone.

To become a Sustrans supporter today please complete the form on the opposite page and send it to:

Sustrans
Freepost BS7739
Bristol
BS1 5FA
or call 0845 838 0651

For more information on the National Cycle Network, to buy maps and guides or to find out more about Sustrans, visit www.sustrans.org.uk or call 0845 113 00 65

If you’d like to help Sustrans in a hands-on way, why not become a volunteer ranger?

As a Sustrans volunteer ranger you will help to look after and promote a section of the National Cycle Network near your home, and so encourage more people to cycle and walk.

To find how to become a volunteer ranger visit www.sustrans.org.uk/rangers

Please complete this form and send it to:
Sustrans, Freepost BS7739, Bristol BS1 5FA.
Alternatively, you can make a donation online by visiting www.sustrans.org.uk or over the phone on 0845 838 0651.

First name...........................................Surname..................................................
Address.................................................................................................................................
Postcode.....................................................Telephone..............................................
E-mail address ..........................................................................................................................

Data protection: We’d like to keep you updated on Sustrans’ activities and events by post, telephone and/or email. If you’d prefer not to receive details about our special appeals, please tick here ☐ Your details will not be shared with anyone else.

How to donate: Choose your preferred donation method and complete either section A or B and section C

A YES I’ll join Sustrans with a Direct Debit

(Please tick) £5 ☐ £10 ☐ £15 ☐ £ ☐ other
Please complete the Direct Debit instruction overleaf.

B YES I’ll join Sustrans with a Donation

(Please tick) £20 ☐ £30 ☐ £50 ☐ £ ☐ other
Please enclose a cheque/PO/Charity Voucher payable to Sustrans and send this form to: Sustrans, Freepost BS7739, Bristol BS1 5FA ☐ Please send me a pack on leaving a legacy to Sustrans

C Gift Aid Make your support go further for free
Use Gift Aid and you can make your donation worth even more. For every pound you give to us, we get an extra 25 pence from HMRC. So just tick here. It’s that simple. ☐ I am a UK taxpayer and I want all donations I’ve made to Sustrans in the last four years and all donations in future to be treated as Gift Aid donations until I notify you otherwise. Note: You must pay an amount of UK income tax and/or capital gains tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax that the charity will reclaim on your gifts for the tax year (currently 25 pence for every pound given).

Registered Charity No. 326550 (England and Wales)
SCO39263 (Scotland)
## Instruction to your Bank or Building Society to pay by Direct Debit

Please fill in the whole form and send it to:
Sustrans, Freepost BS7739, Bristol, BS1 5FA

<table>
<thead>
<tr>
<th>Name and full postal address of your Bank or Building Society</th>
</tr>
</thead>
<tbody>
<tr>
<td>To: The Manager Bank/Building Society</td>
</tr>
<tr>
<td>Address</td>
</tr>
<tr>
<td>Address</td>
</tr>
<tr>
<td>Address</td>
</tr>
<tr>
<td>Postcode</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name(s) of Account Holder(s)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Bank/Building Society account number</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Branch sort code</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Originator’s indentification number</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 7 2 6 7 7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Reference number</th>
</tr>
</thead>
</table>

### Instruction to your Bank or Building Society

Please pay Sustrans Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Sustrans and, if so, details will be passed electronically to my Bank or Building Society.

<table>
<thead>
<tr>
<th>Signature(s)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Date</th>
</tr>
</thead>
</table>

Banks and Building Societies may not accept Direct Debit instructions for some types of account.

---

To order maps and guides for stunning cycling and walking routes throughout Scotland and the rest of the UK please call 0845 113 00 65 or visit www.sustranshop.co.uk

## National Cycle Network Maps for Scotland:

### Lochs & Glens Pack
Covering National Route 7 between Inverness and Carlisle
Code NNP01, £18.00

### Lochs & Glens South
Carlisle to Glasgow via the Ayrshire coast
Code NN7B, £6.99

### Lochs & Glens North
Northern section of the Lochs and Glens cycle route between Glasgow and Inverness
Code NN7C, £6.99

### Coast & Castles North
Edinburgh to Aberdeen
Code NN1D, £6.99

### Coast & Castles South
Edinburgh to Newcastle
Code NN1C, £6.99

### Salmon Run
Dundee to Perth and Pitlochry plus five circular rides in the Tay Valley
Code NN77, £3.99

### Aberdeen to Shetland
Code NN78, £8.99

### Aberdeen to Shetland (2 map pack)
Code NN1E, £8.99

### Forth & Clyde Cycle Routes
Code NN75, £6.99

### Round the Forth
Code NN76, £6.99
To find maps, route information and suggested routes from cyclists throughout Scotland visit: www.routes2ride.org.uk/scotland

**Sustrans and the National Cycle Network**

The routes in this book form part of the National Cycle Network, more than 13,000 miles of traffic-free paths, quiet lanes and on-road walking and cycling routes around the UK.

The Network is coordinated by Sustrans, the charity that’s enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Our work makes it possible for people to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

It’s time we all began making smarter travel choices. Make your move and support Sustrans today.

www.sustrans.org.uk 0845 838 0651

Registered Charity No. 326550 (England and Wales) SC039263 (Scotland)