

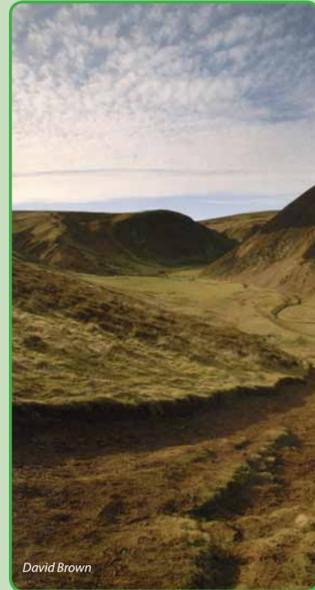
To Robert Louis Stevenson the Pentland Hills were the 'Hills of Home'. The Pentlands are often described as Edinburgh's lungs. The Friends of the Pentlands seek to protect and enhance the Pentlands, but we also wish to encourage responsible access.

Mankind and nature interacted in the Pentlands long before the term 'recreation' was coined. Visitors today can pursue investigative and recreational activities in a working environment that exudes cultural and natural heritage and significant biodiversity. Visit, relax, enjoy and respect.

THE NATURAL LANDSCAPE

Geology of the Pentlands

The oldest rocks in the Pentland Hills were formed 430 million years ago under the ocean. They formed from mud, silt and sand which were washed into an ocean which separated two continents. These two continents came together and the rocks that had formed under the ocean were folded and uplifted to form land. These vertical layers of rocks can be seen clearly at the Howe, to the west of Loganlea Reservoir.



David Brown

A later period of volcanic activity produced most of the rocks and hills in the Pentlands. Volcanic vents situated near Swanston and Colinton produced ash and lava which created rocks accumulated to over a kilometre in thickness. A visit to any of the high hills will allow you to find dark-coloured rock produced by one of these ancient volcanoes.

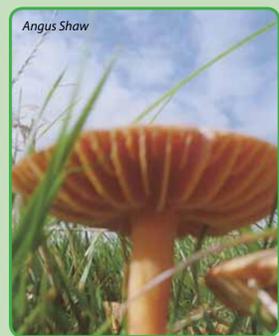
Around 370 million years ago in rivers and lakes sandstone was deposited which can best be seen on East and West Cairn Hills. The Pentland Fault, running along the route of the A702, lifted the older rocks of Pentlands up beside younger rocks. During the Ice Age the shape of the hills we see today was formed by erosion. Ice flowed over the tops rounding them off and meltwater eroded the glens and cleuchs.

Wildlife

The varied habitats of the Pentlands give rise to rich diversity of wildlife. Grasslands are home to brown hares, short-eared owls, common shrew and meadow brown and ringlet butterflies, whilst heather moorland accommodates red grouse, mountain hare, merlin, emperor moth and green hairstreak butterfly. The deliberate but carefully-supervised burning of heather (muirburn) creates a mosaic of differing ages and varying heights of heather and grasses whose new shoots and structures provide food and shelter for mammals, birds and insects.

The numerous reservoirs in the Pentlands are especially good for wildfowl. Bavelaw Marsh, West Water and Threipmuir Reservoirs are significant sites for pink-footed geese, mallard, teal, whooper swan and great crested grebe. North Esk Reservoir has a noisy colony of black-headed gulls. Smaller ponds support colourful insects like the large red damselfly and common hawk dragonfly, as well as amphibians such as common frogs and palmate and smooth newts.

Whatever the extent of scrub and woodland in times past, the Pentlands are not heavily wooded today. There are a few conifer plantations and a network of 19th century shelter-belts and woodlands surrounding reservoirs. These places are good for pipistrelle and Daubenton's bats, as well as birds such as tree creeper, willow warbler, goldcrest and sparrowhawk. Mushrooms and toadstools are often overlooked or destroyed by people, although they play a vital role in recycling nutrients in a woodland or grassland.



Angus Shaw

With types such as the pink ballet dancer, fairy ring champignon and fly agaric they bring an exotic splash of colour to a woodland walk.

Patches of scrubby, prickly gorse are good places to find stonechats, robins and wrens; rocky screes are the haunt of common lizards basking in the sun; and such bogs and marshes as Red Moss and Kitchen Moss are home to plants specially adapted to their wet and acidic conditions. Round-leaved sundew and common butterwort, for instance, catch insects in their leaves and obtain essential nutrients from the flies and beetles they trap.

The Pentlands offer wildlife interest at any time of the year: Whooper swans in winter, banks of primroses in spring, bats hawking for insects on a summer evening, and fascinating fungi to brighten an autumn stroll.



Dr Mike Clark

ACCESS & ACTIVITIES

Access

Since the passing of the Land Reform (Scotland) Act by the new Scottish Parliament in 2003, 'freedom to roam' has been enshrined in Scots law, thereby formalising the long-standing tradition of unhindered access to open countryside in Scotland. Alongside the Outdoor Access Code, this new Act places clear responsibilities on visitors as well as conferring rights of access to most (but not all) parts of the countryside. It also places rights and responsibilities on all other land users, not least on land and recreational managers of all kinds.

Know the Code

You have the right to be on most land and water for recreation, education and for going from place to place providing you act responsibly; accordingly you should take note of the following when you are in the outdoors:

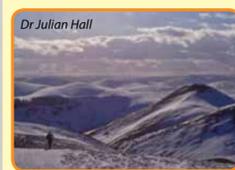
- Take personal responsibility for your own actions and act safely;
- Respect people's privacy and peace of mind;
- Help land managers and others to work safely and effectively;
- Care for your environment and take your litter home;
- Keep your dog under proper control;
- Take extra care if you are organising an event or running a business.

www.outdoorsaccess-scotland.com or Scottish Natural Heritage 0131 3163690

Hill Walking & Orienteering

Walking in the Pentland Hills is a popular form of exercise, but there are also opportunities for many other kinds of activity. Orienteering is an exciting, challenging activity for all ages and abilities. The basic principles are not difficult. Keep your north lines on the map aligned with north on your compass, and keep it aligned every time you change direction. No matter how young, old or fit you are, you can progress at your own pace, as the object is to find the controls accurately by simultaneously paying attention to fine detail on the map and making quick decisions on route choice.

There are three Permanent Orienteering Courses on the Pentland Hills: at Bonaly, Hillend and Castlelaw. These comprise a set of numbered control posts, a map showing their locations, and an explanatory sheet giving suggestions for combining these controls into courses of varying difficulty. Visit the website for the Edinburgh Southern Orienteering Club, www.esoc.org.uk for details of these and local events.



Dr Julian Hall

Hill Running

Hill running in the Pentlands is another popular sport that attracts a friendly, outgoing and sociable bunch of people. Hill runners range in ability from leisurely ramblers to world-class athletes. Carnethy is an Edinburgh-based club that organises hill races in the Pentlands, including the 16 mile annual Pentland Skyline Race. This starts and finishes at Hillend and involves a total climb of 6,200 feet. For details visit: www.carnethy.com

Cycling

Many of the Pentland paths are suitable for cycling. The Regional Park (www.pentlandhills.org) has a leaflet on responsible cycling within the Park, but the same principles apply throughout the Pentlands. Cyclists should always travel at a safe speed, take care to give way to and not to alarm people or animals, and avoid churning up soft or wet ground. Paths over the hilltops are not suitable due to the high risk of erosion to fragile vegetation; and it is helpful if cyclists avoid wetter paths and areas not least during the winter months.

Horse Riding

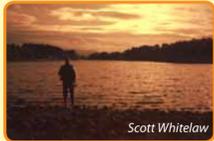
The Land Reform (Scotland) Act 2003 provided the right of responsible access to walking, cycling and horse riding. Horse riding has been a minority activity within the Pentland Hills, but with increasing access to livery and stables, within and close to the Pentlands, it is anticipated that more will take advantage of the opportunity afforded through the new responsible access rights. Further information can be obtained from the Scottish Equestrian Association and the British Horse Society. www.scottishequestrianassociation.org and www.bhs.org.uk

The Farming Year

How to act responsibly throughout the year	The farming year	The wildlife year
January	Shepherds busy feeding sheep.	
February	Pregnant sheep may abort their lambs, please keep your dogs under close control preferably on a lead. Sheep heavily pregnant. Heather burning, to improve quality for grouse and other moorland birds.	Snowdrops sprinkle the hillsides.
March	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 strict control preferably on a lead.	Spring migration – geese fly north. Swallows arrive. Cuckoos may be heard.
April	Ground nesting birds on hills and moorland.	The fragrance of bluebells fills the woods.
May	Ground nesting birds. Please keep your dog under strict control preferably on a lead.	Abundance of wildflowers. Look out for butterflies.
June	High fire risk.	Sheep are gathered and clipped. Grouse shooting season begins.
July	Game shooting – follow the advice of posted signs.	Harvest – wheat and barley are harvested. Ground sown for winter wheat and barley. Lambs taken to market.
August	Harvesting, ploughing, etc., large machinery needs access to fields. Park your car sensibly.	Fungi can be found in abundance.
September	Disturbance or gates left open can ruin the sheep breeding season. Please keep your dog under strict control, preferably on a lead.	Winter migration – geese and whooper swans arrive from the North.
October		Stoats and mountain hares put on their white winter coats.
November		
December		



Peter C Harnden



Scott Whitelaw

castle on the Bass Rock, the base of which now provides the foundations for the lighthouse. who led the horse at the battles of Rullion Green and Bothwell Bridge. In April 1682 he stood trial in Edinburgh, was sentenced to death, but was imprisoned in the Dr Maniel of Dunsyre. The original stone was inscribed simply 'COVENTER DUNSYRE 1666, and is now of Murkirk), is visible.

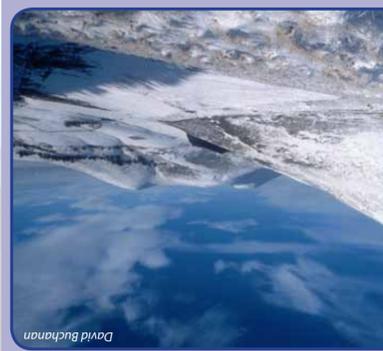


John Stirling

It is thought that the Coventer's name was John Carphlin. The present stone was erected c.1841 by Rev Sanderston of Blackhill, carried the body to a spot from where the distant hill of Cairn Table (a little south of Murkirk), is visible. that, should he die, he be buried with sight of the Ayrshire hills, his home county. The shepherd, Adam through the hills to shepherd's cottage near Medwynhead where he rested. The Coventer requested Coventer was buried. He was wounded at Rullion Green but escaped and made his way 11 miles battle of Pentland. A small headstone on Black Law in the southern Pentlands marks the spot where an unknown the persecutors of suspected Coventers was: "Were you at Pentland?" Hence the alternative name: the named on the memorial stone erected at the site on 28 September 1738). One of the questions asked by battled, including two first ministers, Rev John Crookshank and Rev Andrew MacCormick (both people, some of the dead were interred at Pentcullik and Glencorse Kirkyards. Most were buried on the were stripped of their clothes and the bodies left for a night and a day before being buried by local About 50 were killed, with perhaps twice that number taken prisoner. According to tradition, the dead The Coventers held their own for about three hours but eventually succumbed to the superior force. Flotterstone) by 3,000 government troops under General Tam Dalzell of the Bins.

Pentlands up to the time of his death in Samoa aged 44. From there he wrote: "The tropics vanish: and me seems that I – from Halkeiside, from topmost Allermuir, or steep Caerketton – dreaming – gaze again. Robert Louis Stevenson (1850-1894) lived at Swanston with his parents from 1867 to 1880, and it is widely believed that Swanston was the birthplace of his genius. He certainly retained vivid memories of the up the Bonaly Friday Club when men of letters joined him in the Pentlands to imbue that relationship.

commentator on events and people. Cockburn was a central figure in the Scottish enlightenment. He loved the relationship between Bonaly and the city, then described as a hot-bed of genius; Cockburn set Henry Cockburn (1779-1854) set up his country home at Bonaly Tower when he married in 1811 and he died there in 1854. Like Scott, Cockburn was a lawyer, but he was also a conservationist and a brilliant Woodhouselee and enjoyed walking in the northern Pentlands. He left us this memory of those times: "I think I never saw anything more beautiful than the ridge of Carnethy against a clear frosty sky".



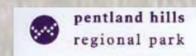
David Buchanan

Further Information

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Grant, W, (1934), *Pentland Days and Country Ways*, Nelson Moir, D G, (1977), *Pentland Walks*, Bartholomew.
Morris, A, *The Pentlands pocket book: a new guide to the hills of home*, Edinburgh, Pentland Associates.

- Friends of the Pentlands – www.pentlandfriends.plus.com
Pentland Hills Regional Park – www.pentlandhills.org
Old Pentland Maps – www.maps.nls.uk/
Historic Sites – www.rcahms.gov.uk
Weather – www.metcheck.com – type 'Scald Law' in location box

The Friends of the Pentlands wish to acknowledge the support and advice of Scottish Natural Heritage, Scottish Borders Council, South Lanarkshire Council and the staff of the Pentland Hills Ranger Service.



This project is part-financed by the Scottish Government, European Community and South Lanarkshire Rural Partnership LEADER 2007-2013 Programme



Designed and printed by Meigle Colour Printers Limited, Tweedbank, Galashiels
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SOME KEY ASSOCIATIONS

There is a story, related in the 'Lay of the Last Minstrel' by Sir Walter Scott, about a Pentland white stag. Robert the Bruce while hunting in the Pentlands found that a white stag always escaped from his hounds. On one occasion he asked his companions if any of them had hounds that could outmatch his. All remained silent apart from Sir William St Clair of Roslin who wagged his head that his hounds would catch the stag. The King accepted the wager and betted the forest of Pentland against the life of Sir William. Sir William, realising his predicament, prayed to Christ, the Virgin and St Katherine. In answer to his prayer, and at the last moment, one of Sir William's hounds turned the stag and the other killed it. The King embraced Sir William and granted him the lands of Kirkton and Loganhouse. In recognition of his deliverance Sir William built the chapel of St Katherine in the Hopes the remains of which are now beneath the waters of Glencorse reservoir.

Literary Connections

Allan Ramsay (1686-1758) was a pioneer in the development of the Scottish literary tradition. His pastoral drama, *The Gentle Shepherd* (1725), was a massive success and verse. His first volume of poetry was published in 1801. His poems reflect the joys and sorrows of the time: the poor harvests; the exploitation of the poor by the rich; old rural ways and superstitions; and the espousal of change. James Thomson (1733-1832) lived in a small cottage called Mount Parnassus at Mid-Kinleith. Thomson worked as a weaver but in the evenings composed song and verse. His first volume of poetry was published in 1801. His poems reflect the joys and sorrows of the time: the poor harvests; the exploitation of the poor by the rich; old rural ways and superstitions; and the espousal of change. Walter Scott (1771-1832) is renowned as the founder of the genre of the historical novel. Published anonymously in 1814, *Waverley*, his first novel, was hugely successful. Scott rented a cottage at Lasswade for summer use from 1798 to 1804. During that period he regularly visited Woodhouselee and enjoyed walking in the northern Pentlands. He left us this memory of those times: "I think I never saw anything more beautiful than the ridge of Carnethy against a clear frosty sky".

THE PENTLAND HILLS

something for everyone



John Stirling



George Kemp



Charlotte Ogilvie



George Kemp



Donna Shaw

Accommodation

- Self Catering**
- Eastside Cottages (J6) 01968677842 info@eastidecottages.co.uk www.eastidecottages.co.uk
 - Braidwood Farm (K6) 01968679959 info@braidwoodfarm.co.uk www.braidwoodfarm.co.uk
 - Pentland Cottages (J5) 01968 662066 tricia.kennedy@newhills.co.uk www.pentlandcottages.co.uk
 - Carlops Cottage (H5) 07717157224 Carlops@mobilemail.vodafone.net www.go-selfcatering.co.uk/carlopscottage
 - Hardgatehead Cottage (G3) 0196861597 or 07900697666 southslipperfield@btinternet.com www.hardgatehead.com
 - Slipperfield Cottage (G3) 01968660401 cottages@slipperfield.com www.slipperfield.com
 - Meadowhead (E2) 01968 682203 pameadown@netel.com
 - Roberton Mains Farm (E2) 01968 682256
 - Crosswoodhill Farm (D6) 01501785205 G@crosswoodhill.co.uk www.crosswoodhill.co.uk
 - Newmills Cottage (J9) 01314494300 or 07768397637 info@newmillscottage.co.uk www.newmillscottage.co.uk
 - Swanston Farm Cottages (M9) 01314452239 cottages@swanston.co.uk
 - Leyden Farm Wiggams (F8) Opening 2011 07710443282
 - Braidwood Farm (K6) 01968679959 info@braidwoodfarm.co.uk www.braidwoodfarm.co.uk
 - Peggsley Farm (J5) 01968660930 enquiries@peggsleyfarm.co.uk www.peggsleyfarm.co.uk
 - Pattieshill Farmhouse (H5) 01968660551 pattieshill@supanet.com www.pattieshillfarm.co.uk
 - Rutherford House (H4) 01968660031 enquiries@rutherford-house.co.uk www.rutherford-house.co.uk
 - Mossdale Farm (H4) 01968 661318 mossdalefarm@aol.com http://www.mossdalefarm.co.uk
 - Allan Ramsay Hotel (H5) 01968660258
 - Gordon Arms Hotel (H3) 01968660208 info@thegordon.co.uk www.thegordon.co.uk
 - Nestlers Hotel (G2) 01555840680 enquiries@nestlershotel.co.uk www.nestlershotel.co.uk
 - Robertson Arms Hotel (A2) 01555840660 info@robertsonarmshotel.co.uk www.robertsonarmshotel.com
 - Riccarton Arms Hotel (K9) 01314492230 riccartonarms@btconnect.com www.thericcartonarms.co.uk
 - Haughhead Farm (H9) 01314493875 ward@haughhead.net www.visitscotland.com
 - Newmills Cottage (J9) 01314494300 or 07768397637 info@newmillscottage.co.uk
 - Violet Bank House (K9) 01314515103 retail@violetbankhouse.co.uk www.violetbankhouse.co.uk
 - Walston Mansion Farmhouse (D2) 01899810251 Kirby-walstonmansion@talk21.com www.walstonmansion.co.uk
 - Carnwath Vineyard (A2) 01555840156 stay@carwathvineyard.com www.carwathvineyard.com
- Hotel**
- Allan Ramsay Hotel (H5) 01968660258
 - Gordon Arms Hotel (H3) 01968660208
 - Nestlers Hotel (G2) 01555840680
 - Robertson Arms Hotel (A2) 01555840660
 - Riccarton Arms Hotel (K9) 01314492230
- Farm Gate Sales**
- Boghall Beef and Lamb (M8) Scottish Agricultural College 01315353100 www.sac.ac.uk
 - Eastside Farm (J6) 01968677842 info@eastidecottages.co.uk www.pentland-hills-produce.co.uk
 - Spittal Farm (J5) 01968 662066 tricia.kennedy@newhills.co.uk www.sac.ac.uk
 - Mossdale Farm (H4) 01968 661318 mossdalefarm@aol.com http://www.mossdalefarm.co.uk/GarviallHomeFarm(E3)Cafe opening in the future 01968682238
 - Blackmount Foods (E3) 01899221747 orgmeat@aol.com www.blackmountfoods.com
 - Threipmuir Lamb (K9) 01314492326 threipmuirlamb@supanet.com
- Farmers' Markets**
- Balerno (J9) – second Saturday of the month
 Carlops (H5) – last Saturday of the month
 Juniper Green (K10) – fourth Saturday of the month



- Map symbols**
- Main road
 - Secondary road
 - Other road
 - Path
 - Local Authority boundary
 - Pentland Hills Regional Park
 - Firing range
 - Height (in metres)
 - Below 200m
 - 200 - 300m
 - 300 - 400m
 - 400 - 500m
 - Above 500m
 - Trig point with summit height
 - Crag
 - Woodland
- Facilities and Services**
- Information centre
 - Parking
 - Golf course
 - Fishing
 - Bird hide
 - Historical feature
 - Bus route
 - Accommodation
 - Farm gate sales
 - Cafe, food

Please note, various organisations undertake the signposting of paths in the Pentland Hills, namely Friends of the Pentlands, ScotWays, Pentland Hills Regional Park and Tweed Trails.

Fisheries

Fishing in the Pentlands is based on the numerous reservoirs most of which were built in the mid 19th century either for water supply or to power the many mills along the Water of Leith. Most of the reservoirs have been stocked with brown or rainbow trout. The fisheries are managed by a variety of agencies from which daily, weekly or season tickets can be obtained.

Loganlea Reservoir (K7) 1 March to 30 November fly fishing rainbow trout, bank or boat. Permits tel. 01968 676 329 or 0131 663 5055 email webmaster@loganleafishery.co.uk

Glencorse Reservoir (L8) fly fishing, brown and rainbow trout. All enquiries to 01738 621121.

Baddingsgill Reservoir (G5) fly fishing brown trout both bank and boat. Permits Baddingsgill keeper at the reservoir.

Clubbiedan Reservoir (K9) fly fishing, rainbow trout, bank or boat. All enquiries to 01738 621121. The reservoir is a listed wildlife site and provides opportunities to see heron, cormorant, swans, dabchick and tufted duck.

Harlaw Reservoir (H8) fly fishing, rainbow trout. Permits can be obtained at the reservoir from Balerno Angling Association members, or at the Balerno Post Office.

Threipmuir Reservoir (J9) fly fishing, bank or boat. Boat 2 rods, contact David Graham, Keeper 01314494117. The western end of the reservoir, known as Bavelaw Marsh, holds a bird hide on its southern shore. The Marsh provides a habitat for wintering wildfowl and an autumn feeding ground for waders such as redbank and snipe.

Harperrig Reservoir (F7) fly fishing, brown trout, bank or boat. Fishery managed from Gains Farm. Permits from the fishing hut at the reservoir or tel. 07904 085975 or 07711 594802 or 07786 390577.

Crosswood Reservoir (D6) fly fishing, bank or boat. The reservoir is well stocked with rainbow, blue, brown and tiger trout. Further information from Scott Henderson 07917794963 or email at scott@fishcrosswood.co.uk

Bus Routes

44/44A	Balerno – Edinburgh City Centre – Musselburgh
93	West Linton – Peebles
137	Carnwath – Lanark or Forth
37	Carnwath – Braehead
100/101/102	Biggar – Dolphinton – West Linton – Carlops – Penicuik – Hillend – Edinburgh City Centre
4	Hillend – Fairmilehead – Stateford – Edinburgh City Centre – Newhaven
10	Torpin-Bonaly – Craiglockhart-Edinburgh City Centre – Newhaven
11	Fairmilehead – Morningside – Edinburgh City Centre – Ocean Terminal
15/15A	Penicuik-Hillend – Morningside – Edinburgh City Centre – Musselburgh
16	Colinton-Hunter's Tryst – Morningside – Edinburgh City Centre – Silverknowes
27	Hunter's Tryst – Craiglockhart – Edinburgh City Centre – Silverknowes
18	Gyle – Colinton – Edinburgh Royal Infirmary

Further information: www.traveline.info/ or telephone 0871 200 22 33

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 to do are:

- take responsibility for your own actions.
- respect the interests of other people.
- care for your environment.

Find out more by visiting :- www.outdooraccess-scotland.com or phoning your local Scottish Natural Heritage office.

Map designed and drawn by David Langworth for Friends of the Pentlands. Based on Bartholomew Pentland Hills Walking map updated from field survey and information supplied. BaseMap Collins Bartholomew Ltd 1985. Reproduced by permission of HarperCollins Publishers

This map is intended for illustration and is not suitable for detailed route finding. The paths shown are primarily intended for walkers and you should refer to the following maps for navigation:- OS Landranger (1:50,000) series 65, 66, 72. OS Explorer (1:25,000) series 344. Harvey Superwalker map Pentland Hills (1:25,000).