The Pentland Hills Regional Park is a living, working landscape, that offers great opportunities to experience, learn about and enjoy the outdoors. Scultped 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 glens and gills as well as around reservoirs. Visits 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.

Advice and information for your visit to the Park

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

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.

May

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

High fire risk.

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

Large machinery needs access to fields. Please park your car sensibly.

Disurbance or gates left open can ruin the sheep breeding season. Please keep your dog under close control or on a short lead.

The Pentland farming year

- Shepherds busy feeding sheep.
- Sheep heavily pregnant.
- Heather burning, to improve quality for grouse and other moorland birds.
- Sheep lambing.
- Birds nesting on hills and moorland.
- Sheep are gathered and clipped.
- Grouse shooting season begins. Wheat and barley are harvested.
- Ground soon for winter wheat and barley. Lamba taken to market.
- Sheep tupping.
- Grouse shooting ends.

The Pentland wildlife year

- Snowdrops sprinkle the hillsides.
- The fragrance of bluebells fills the woods.
- Abundance of wildflowers.
- Look out for butterflies. Heather in bloom.
- Abundance of fungi.
- Winter migration – geese and whooper swans arrive from the North.
- Stoats and mountain hares turn white.

Know the code

Enjoying Scotland’s outdoors responsibly

Everyone has the right to be on most land and inland water providing they do so 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:

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

For practical advice and information relating to the Scottish Outdoor Access Code visit: www.outdooraccess-scotland.com

HAPPY TO TRANSLOCATE

You can get this document on tape, in Braille, large print and various computer formats. If you ask us. Please contact the Interpretation and Translation Service (ITS) on 0131 242 8181 and quote reference number 14-0382. The ITS can also give information on community language translations.

Contact us

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Telephone: 0131 529 2401
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www.pentlandhills.org

www.pentlandhills.org
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 enjoying 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

Glenconrse View (2.7 miles/4.5 km) Moderate
From Flotterstone Information Centre, follow the Heron waymarkers along the burn to Glenconrse Reservoir. Returning via the Castlelaw path, enjoying great 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.

Explore the Pentlands suggested circular routes

HARLAW HOUSE VISITOR CENTRE (EH14 7AS)
Opening Hours
Monday to Friday 11am-3.30pm
Saturday and Sunday 11am-3pm

www.pentlandhills.org