

Spokes competition 2015, Entry 14

Cragies Cake/Climb Compromise

2. Who is it suitable for? [it doesn't need to suit everyone] *circle all that apply...*

Families with young children / Experienced cyclists / Novice cyclists / Other – specify...

3. Where is the route located? *circle all that apply ...*

Ed central / Ed north / Ed south / Ed east / Ed west / East Lothian / Midlothian / West Lothian

4. Brief description of route

a. Start point...

Whitehouse Road/Brae Park Road

b. End point (or circular)...

Cragies Farm Shop

c. Brief description...

Head out of town on the NCN route 1. After crossing the old Cramond Brig you climb out of town and join the newly upgraded path along the side of the A90. After 3 Km you leave the side of the A90 and head up the slip road. Almost at the top of the slip road leave the NCN1 and cross over to the opposite slip road. As you will be going against the flow of traffic here you need to stick on the pavement over the bridge before crossing over to turn right. Follow this road up the hill for just under 1Km when you will see Cragies Farm Shop and cafe on the left.

Either return via the same route or (if you aren't too averse to traffic) head past the cafe, and turn left at the bottom of the hill to reach the NCN1 path. It can be extended by diverting through Dalmeny Estate (beware the hills) or moving the start and end into town on the North Edinburgh Paths.

5. Any interesting / useful / beautiful features / facilities en route ...

This route takes in the newly upgraded A90 cycle path. A nice stretch of traffic free paths completed earlier this year. The most useful part though is the cafe at Cragies where you will be able to replenish your energy before freewheeling back down the hill.

6. Why is this a favourite route of yours? [This question is very important in the judging. You can just write one or two sentences or up to 300 words maximum].

This is one of my favourites as it's a good distance to take novice riders on and kids in bike seats wont get bored before you arrive. Even though it contains a hill up to Cragies it is short enough that most can cycle up it and quiet enough that you can stop for a break on the way if you need to.

Once at the cafe there is lots for all ages to do, whether you prefer drinking Coffee or playing on the swings.