

Spokes competition 2015, Entry 15

Hill to hill

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... The canal at Ashley Terrace

b. End point (or circular)... Circular

c. Brief description... Just over 10 miles taking you along the canal and up into the hills. All within the city centre! Head along the canal into town. Cross over Lothian Road and head down the Grassmarket right down to Holyrood Park. Climb the road up Arthur's Seat and after the fast descent, head out via Holyrood Park Road. Head up Causewayside, W Savile Terrace and then take Observatory Road for a steep climb up to the observatory. Cluny Ave, Balcarres Street to Myreside Road will take you back to the start on the canal. Approx: <https://www.strava.com/activities/172001689>

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

The Union Canal is a haven of tranquility hidden right in the centre of the city. The views from the road around Arthur's Seat are spectacular, particularly when the cherry blossom trees are in bloom. And when you get up to the observatory you can marvel not only at the building itself, but also look back to the top of Arthur's Seat from whence you just came!

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].

I'm an 'adventure cyclist' which means that I love to spend a full day on my bike exploring new and exciting places, and making my body work hard for the whole day. This also means that I get to eat lots of cake. However, like many of us, I don't have time to spend every single day riding around on my bike for hours on end. This ride combines my two favourite things about riding - beautiful views and good exercise - in a short, one hour ride. And you don't even need to leave the city. It will set you up for the day, almost as well as your double espresso will!

