

Spokes competition 2015, Entry 5

Cramond Foreshore

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... Home

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

c. Brief description... Down Silverknowes Road in a northerly direction passing the golf course on the right, joining the promenade heading towards Cramond. Upon reaching Cramond Village I normally head up Cramond Glebe Road for the nursery drop-off, but on other days there is the option of heading up the river and stopping at a café for coffee, cake or a lazy lunch.

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

The promenade is very flat, wide and free of motor vehicles so a perfect place for riders of all abilities, particularly those just learning to ride. There are a number of cafés, toilet facilities in Cramond (handy with Children), peaceful playpark near to the Kirk, picturesque boats moored in the river along with the possibility of adventures to Cramond island and along the Almond river walkway.

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**].

For me, this route is a safe alternative for the nursery drop-off. It transforms a daily chore into a daily adventure where you can have fun spotting dogs, airplanes and birds, smelling the sea air and feeling the sun, wind and sometimes rain on your skin. The views of the Forth are frequently breath-taking on calm and wild days alike. You can sneak out of the house a little early on a nice day to feed the ducks, detour via the swings or even have breakfast on the beach. You feel like you have managed to steal back important moments of your life that would have been lost travelling by car.

