

# CYCLE MIDLOTHIAN! 2016



## Food, drink, attractions and help for cyclists in Midlothian

The businesses and organisations listed below welcome visitors and customers who use bicycles. **New for 2016:** we've added the Saturday and Sunday opening times for cafes, restaurants, and take-aways, so if you want a bite before you start your ride, or a rest stop, you can see who's open when. We've also started adding "Bike parking" where we know about it. *Last updated: 25 April 2016*

**Cafés, restaurants and take-aways:** *if you're counting on a place, phone ahead to check opening days and times; groups please consider placing orders in advance.*

(\* holder of VisitScotland Cyclists Welcome Award)

Town /village	Business	Address	Postcode	Phone	Opens Sat	Opens Sun
Bonnyrigg	Allan Smith Family Bakery	22 High Street	EH19 2AA	0131 663 6194	7.00	Closed
	Costa Coffee in Tesco Supermarket	Bonnyrigg Road, Eskbank (Bike parking)	EH22 3PP	0345 677 9205	8.00	9.00
Dalkeith	Café Continental	27 Jarnac Court (Bike parking in High St)	EH22 1HU	0131 663 2106	7.00	Closed
	Café Troy	15 Jarnac Court (Bike parking in High St)	EH22 1HU	0131 663 5234	7.00	Closed
	Coffee Express	9 Eskdail Court (Bike parking in square)	EH22 1AG	0131 660 4911	7.00	Closed
	Coffee Shop, St Nicholas Buccleuch Church <a href="http://www.stnicholasbuccleuch.org.uk">www.stnicholasbuccleuch.org.uk</a>	119 High Street, Dalkeith	EH22 1AX	0131 660 3587	10.00	Closed
	The County Hotel <a href="http://www.countyhoteldalkeith.co.uk">www.countyhoteldalkeith.co.uk</a>	152-156 High Street	EH22 1AY	0131 663 3495	7.30	7.30
	Cuneo's Café & Takeaway	4 Woodburn Avenue	EH22 8BP	0131 660 0131	9.30	Closed
	Eskmills Cafe	10 Eskbank Road	EH22 1HT	0131 663 9049	9.00	9.00
	Itihaas Restaurant	17-19 Eskbank Road	EH22 1HT	663 9800	12.00	12.00
	Morrison's Supermarket cafe	(Bike parking in car park)			8.00	9.00
Damhead	The Secret Herb Garden <a href="http://www.secretherbgarden.co.uk">www.secretherbgarden.co.uk</a>	32a Old Pentland Road	EH10 7EA	07768 530044	10.00	10.00
Danderhall	Beijing Banquet <a href="http://www.beijingbanquet.com">www.beijingbanquet.com</a>	17 Maulsford Avenue	EH22 1PJ	0131 663 6999	12.00	12.00
Flotterstone	Flotterstone Inn <a href="http://www.flotterstoneinn.com">www.flotterstoneinn.com</a>	Milton Bridge, Penicuik (A702 Biggar Road)	EH26 0PP	01968 673717	11.30	11.30
Gorebridge	Kate's Bakery	117a Hunterfield Road	EH23 4TU	01875 821794	6.00	8.00
Howgate	The Howgate Restaurant <a href="http://www.howgate.com">www.howgate.com</a>	Howgate Village, Penicuik	EH26 8PY	01968 670000	12.00	12.00

Lasswade/ Eskbank    	Dobbies Restaurant <a href="http://www.dobbies.com">www.dobbies.com</a>	Dobbies Garden World, A772 Gilmerton Rd (Bike parking at entrance)	EH18 1AZ	0131 663 1941	9.00	9.00
	Elginhaugh Farm <a href="http://www.farmhouseinns.co.uk">www.farmhouseinns.co.uk</a>	9 Gilmerton Road (A772)	EH18 1AZ	0131 660 2480	8.00	8.00
	Esk Valley Table Table <a href="http://www.tabletable.co.uk">www.tabletable.co.uk</a> (search name)	Melville Dykes Road (Bike parking)	EH18 1AN	0131 561 9000	7.00	7.00
	The Laird & Dog Hotel	8 High Street, Lasswade	EH18 1NA	0131 663 9219	7.30	7.30
	*Melville Castle Hotel Brasserie & Cellar Bar <a href="http://www.melvillecastle.com">www.melvillecastle.com</a>	Gilmerton Road, junction B6392 and Melville Gate Road (Bike parking)	EH18 1AP	0131 654 0088	12.00	12.00
	The Melville Inn <a href="http://www.vintageinns.co.uk/pubs/">www.vintageinns.co.uk/pubs/</a> <a href="http://themelvilleinnlasswade">themelvilleinnlasswade</a>	Melville Nurseries Gilmerton Road A772	EH18 1AR	0131-660 4925	11.30	11.30
	*The Paper Mill <a href="http://www.thepapermill-lasswade.co.uk">www.thepapermill-lasswade.co.uk</a>	2 West Mill Road, Lasswade (Bike parking)	EH18 1LX	0131 663 1412	9.00	9.00
Leadburn	The Leadburn Inn <a href="http://www.theleadburn.com">www.theleadburn.com</a>	A701/A703/A6094	EH46 7BE	01968 676077	12.00	12.00
Loanhead & Straiton	Allan Smith Family Bakery	85 Clerk Street, Loanhead	EH20 9RE	0131 440 0302	6.30	Closed
	Costa	Straiton Park Way (Bike parking near M&S)	EH20 9QY	0131 448 2497	8.00	9.00
	Honeypot Café Loanhead <a href="http://www.thekabin.org.uk">www.thekabin.org.uk</a>	The Kabin, 5 Mayburn Walk	EH20 9HG	0131 440 2541	9.00	10.00
	IKEA café <a href="http://www.ikea.com/gb/en/store/edinburgh">www.ikea.com/gb/en/store/edinburgh</a>	Straiton Road (Bike parking)	EH20 9PW	0131 440 6600	9.30	9.30
	Pentland Plants: Penola Cafe	Pentland Mains (Bike parking near car exit)	EH20 9QG	0131 440 0895	9.00	10.00
	Sainsbury's Supermarket cafe	Straiton Mains (Straiton Retail Park)	EH20 9PW	0131 448 2181	8.00	8.00
Millerhill	The Cockatoo <a href="http://www.cockatoomidlothian.co.uk">www.cockatoomidlothian.co.uk</a>	Old Craighall Road	EH22 1RY	0131 660 1211	12.00	12.30
Newton-grange  	The Dean Tavern <a href="http://www.deantavern.com">www.deantavern.com</a>	80 Main Street	EH22 4NA	0131 663 2419	9.00	10.00
	*National Mining Museum Scotland: Coal Shed Café <a href="http://www.nationalminingmuseum.com">www.nationalminingmuseum.com</a>	Lady Victoria Colliery, A7 (Bike parking)	EH22 4QN	0131 663 7519	10.00	10.00
	Wheelhouse Café	140 Main Street	EH22 4PF	0131 629 3838	7.30	Closed
Pathhead	Juniperlea Inn <a href="http://www.juniperlea.co.uk">www.juniperlea.co.uk</a>	Blackshiels, Pathhead	EH37 5TE	01875 833225	1pm	1pm
Penicuik	The Gallery Café <a href="http://www.penicuikarts.org">www.penicuikarts.org</a>	4 West Street	EH26 9DL	01968 678804	10.00	Closed
Roslin	The Original Roslin Inn <a href="http://www.originalhotel.co.uk">www.originalhotel.co.uk</a>	4 Main Street	EH25 9LE	0131 440 2384	12.00	12.00
	Roslin Chapel Guest House Tea Room <a href="http://www.chapelcrossguesthouse.co.uk">www.chapelcrossguesthouse.co.uk</a>	2 Penicuik Road	EH25 9LH	0131 440 3328	9.00	9.00
Shawfair	The Old Colliery	1 Old Dalkeith Road	EH22 1FD	0131 654 2822	10.00	10.00
Straiton	See Loanhead					

## Visitor attractions

Some attractions also offer refreshments. Phone ahead to check on opening hours and special offers to cyclists.

(\* denotes holder of Visit Scotland Cyclists Welcome Award)

Cousland	Cousland Smiddy <a href="http://www.cousland.net/smiddy">www.cousland.net/smiddy</a> Y	Cousland	EH22 2NZ	0131 663 8118 07803 940630
Crichton	Crichton Castle <a href="http://www.historic-scotland.gov.uk">www.historic-scotland.gov.uk</a> (search for Crichton Castle)	Crichton, Pathhead	EH37 5XA	01875 320017
Dalkeith	Dalkeith Country Park	<i>Reopening Summer 2016</i>		
Gorebridge	Arniston House <a href="http://www.arniston-house.co.uk">www.arniston-house.co.uk</a>	Gorebridge	EH23 4RY	01875 830515
Lasswade	Dobbies Garden World <a href="http://www.dobbies.com">www.dobbies.com</a>	Melville Nursery, Gilmerton Road A772	EH18 1AZ	0131 663 1941
	Edinburgh Butterfly & Insect World <a href="http://www.edinburgh-butterfly-world.co.uk">www.edinburgh-butterfly-world.co.uk</a>	Dobbies Garden World, Gilmerton Road A772	EH18 1AZ	0131 663 4932
	Melville Golf Centre, Range, Course & Shop <a href="http://www.melvillegolf.co.uk">www.melvillegolf.co.uk</a>	Lasswade Road (A768, near Eskbank)	EH18 1AN	0131 663 8038
Newton-grange 	*National Mining Museum Scotland <a href="http://www.nationalminingmuseum.com">www.nationalminingmuseum.com</a>	Lady Victoria Colliery, A7	EH22 4QN	0131 663 7519
Roslin 	*Rosslyn Chapel <a href="http://www.rosslynchapel.com">www.rosslynchapel.com</a>	Chapel Loan	EH25 9PU	0131 440 2159



## Cycle shops, cycle hirers and cycle engineers

(including electric bikes, tailored bike and tricycle adaptations, and cycle tour operators – check with businesses for details of their services)

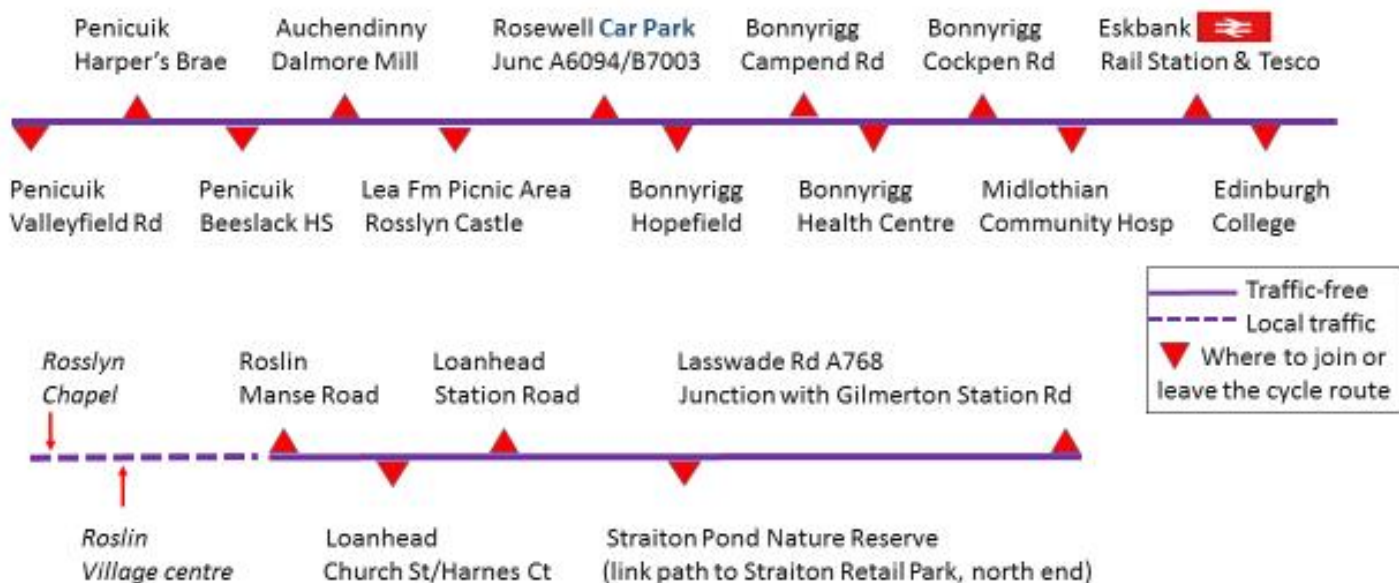
Lasswade	Criterium, www.criteriumcycles.co.uk	Dobbies Garden World, Gilmerton Road A772 (Bike parking at Dobbies entrance)	EH18 1AZ	0131 663 6220
Loanhead	Halfords www.halfords.com	Straiton Retail Park (north) (Bike parking)	EH20 9PW	0131 448 2248
Midlothian-wide	The Bike Spark	Mobile bike engineer		07710 110257
	Tartan Bicycle Company www.tartanbiketours.com	Mobile bike engineer/hirer and tours		07973 940924
Newton-grange	The Bike Repair Shed www.lothianbikeshed.co.uk	13 Station Road	EH22 4NB	0131 663 7448
	RUTS www.ruts.org.uk	Former Central Workshop Lady Victoria Colliery, A7	EH22 4QN	0131 663 5736
Penicuik	Motavation www.motavationpenicuik.co.uk	26 Edinburgh Road, Penicuik	EH26 8NW	01968 673127

## Where can I cycle without traffic?



We have traffic-free cycle paths between Dalkeith (Edinburgh College) and Penicuik (Valleyfield Road) via Bonnyrigg (8 miles), and between Roslin (Manse Road) and Lasswade Road at its junction with Gilmerton Dykes Road, Edinburgh, via Straiton Pond and Loanhead (3.5 miles). See the diagram below for easy points at which you can join or leave the cycle paths. **New for 2016:** The Roslin to Lasswade Road cycle route now connects with the cycle path network in the City of Edinburgh via the Gilmerton-Rosslyn Chapel Way ([www.edinburgh.gov.uk](http://www.edinburgh.gov.uk) "Explore Edinburgh...")





National Cycle Routes 1 and 196 pass through Midlothian, connecting with East Lothian, Edinburgh, the Scottish Borders and the rest of the UK. For details of the National Cycle Network, visit [www.sustrans.org.uk](http://www.sustrans.org.uk). For a downloadable map and other information and advice about cycling in Midlothian, visit [www.midlothian.gov.uk/cycling](http://www.midlothian.gov.uk/cycling). For a cycle route planner, visit [www.cyclestreets.net](http://www.cyclestreets.net). For a large-scale paper map of cycle routes in Midlothian, published by Spokes, ask at bike shops, Edinburgh Butterfly & Insect World, Eskbank Trading, W&J Short's garage (Eskbank) or visit [www.spokes.org.uk](http://www.spokes.org.uk) **New for 2016:** For a free map and leaflet of the North Esk Cycle Loop (14-mile circular cycle ride) ask at the outlets above or visit [www.visitmidlothian.org.uk/cycling/](http://www.visitmidlothian.org.uk/cycling/).

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