

Cycle from Portobello to Dalkeith Park (1-1 1/2 hours with young kids cycling themselves)

Start by going East along the prom at Potobello (you have to give way to pedestrians here). With wee ones it is possible to carry on along the pavement after the prom to the lights at Milton road. Turn up Milton road and then first left. This takes you into a small estate. Keep going straight and turn right up the dirt track which follows the river all the way until it meets a road. At the road turn left; go over the minor road and follow the road round as it turns left passing some old terrace houses on the left. Cross over the next minor road and up to the junction with a dirt track. Turn left here under the pylon and straight on. About 150m after the pylon take the path between the fields which after going through some houses brings you to a road. Turn right, you can cross this road at the pedestrian crossing opposite the newsagent.

Take the last road on the right before the bridge under the bypass. Go about 100m and turn right. Head toward the playing fields. Passing the club house on your right. Follow this cycle path along the side of the bypass and round the New Queen Margaret University. Turn right before the bridge going over the railway following the path by the side of the fields. Go through the small tunnel under the railway into the housing estate. Go right and then first left and then first right. This brings you to a round about. Go straight over it (you will have to get off for this bit). Follow the road which goes down hill with the housing estate on the right and golf course on the left and carry on under the bridge.

The path takes you to the river Esk go over the bridge and turn right on the other side. Go under the bypass and up to a road junction; turn right along the minor road to White Craig. **For a kid friendly pub with good food turn left and go to the Dolphin Inn at the end of the village.**

To get to Dalkeith park either go back from the pub along the pavement following the road all the way round for about ½ a mile until the entrance to the park on the right appears between high walls. Follow this park road bearing left at all junctions and this takes you to the café at Dalkeith park.

Alternatively go left from the pub for about 20m and cross the road to go up a grassy bank at the back of which there is a small path. Follow this path to the first bridge. Go up onto the bridge and go down the hill (it is very steep). At the bottom take a left and then first right into the Dalkeith park entrance and keep bearing left on all the roads you meet until you get to the Dalkeith park café.