

Interloper Terrain Training Programme Details

Thursdays 1815 for 1830 hours start

The information provided is not exact / only general guidance

(Route maps are still to be developed)

Participants take part at their own risk and are responsible for their own safety

Venue & Parking	OS Grid Ref	Proposed Route	Short cuts / cut offs	Distances	Off Road
Blackford & Braids From Blackford Observatory car park	NT258705	N perimeter path to Blackford Loch, follow main track S to brow, turn R through gate and cross field to gate into woods on other side. Head anticlockwise around perimeter of W end of Hermitage to mid way along top of S side. Turn S up path past Junior Golf Club House, cross Braid Hills Drive carefully and nip up 10m to footpath. Follow Braid Hills footpath anticlockwise to golf club. Head S for 50m on road, then cut back through fence and follow grass slopes and minor paths steep up to summit of Buckstone Snab. Follow main path E and anticlockwise past driving range and NW (500m) to gate. Cross Braid Hills Drive carefully and take footpath down to Hermitage Quarry. Cross stream, turn W (400m) and then turn NW (just before old bridge) diagonally uphill (300m) until field gate used on way out. Do not use gate, but head diagonally right along mid height traverse path below Blackford Hill. At clearing (200m) turn diagonally right and slowly swing right to get around gorse and on to the top of Blackford Hill. Return past Observatory to car park.	Yes (Use map to cut direct from fields to junior golf course. Or follow Braid Hills footpath clockwise (800m) to gate in order to miss Buckstone Snab. Or use map to finish direct up small paths from Hermitage Quarry to Car park).	10km (-1.0 km or -2.5 km, or -1.5 km)	95%

<p>Bonaly, Harbour & Capelaw From Bonaly Country Park car park</p>	<p>NT211676</p>	<p>Start SW for 400m and then go S (100m) along W edge of Bonaly forest. Cross fence and take gradual uphill path S to Harbour Hill. Leave the summit SE and pass through gateway before taking unmarked, steep and rough descent to path / stream junction. Cross main track and take path E, then N and NE up to Capelaw. Continue E along ridge and down to gate. Do not cross gate, but take small traverse path NW (500m), then drop N (200m) to gate. Continue N to gap in forests (just E of White Hill). Cross stile into Bonaly forest and follow paths clockwise around White Hill, down to stream and back to car park. (Allermuir Hill can be added after running Capelaw ridge to the gate, with a steel return taken down past Green Craigs, past Howden Burn pump house and up to the stile into Bonaly Forest / White Hill + 1 km of hilly and rough ground).</p>	<p>Yes (From S edge of Bonaly Res / forest to Capelaw. Or direct from Harbour Hill to Capelaw Hill. Or N from Capelaw summit to final gate).</p>	<p>8 km (-1.0 km, or -0.5 km, or -1.0 km)</p>	<p>100%</p>
<p>Bonaly & Kinleith From Bonaly Country Park car park</p>	<p>NT211676</p>	<p>Start WNW to Torduff Res and cross dam. Follow track generally SW and W beside Torduff and Clubbiedean Res's. When track turns N into Easter Kinleith farm, turn SW along road past Middle Kinleith to road junction (300m). Turn SE along track and then within shelter belt until gate to open fell. Continue SE to next gate (300m), cross gate and head W to Maidens Cleugh bealach gate. Head NE to Harbour Hill. Either descend NE to reach gate at W tip of Bonaly Res and then take main track N to car park, or leave Harbour Hill N down minor paths to W edge of Bonaly Forest and then NE to car park.</p>	<p>No</p>	<p>10 km</p>	<p>80%</p>
<p>Braids & Mortonhall From N side of High point of Braid Road</p>	<p>NT244694</p>	<p>Follow Braids perimeter footpath clockwise to golf club (or avoid mega puddle by climbing Buckstone Snab first and descending N to golf club). Follow road (100m) and then continue clockwise around Braids perimeter footpath, to driving range and onwards until Buckstone Snab reached for second time. Descend back W (1 km) and turn S past Meadowhead to Mortonhall, Follow track W past front of Mortonhall House and SW into shelterbelt. After 100m in shelterbelt turn SE to Galachlaw wood. Traverse W through wood and then NE via road, play field and woods to reach shelterbelt again. Turn NW until Braid Road is reached. Take care crossing road and heading N back to cars.</p>	<p>Yes (Omit second ascent of Buckstone Snab (direct from driving range to Mortonhall). Or stay in shelterbelt to miss out Galachlaw Wood).</p>	<p>10 km (-2.5 km, or -1.0 km)</p>	<p>90%</p>

Castlelaw & Harbour Hill From Castelaw Ranges car park	NT230637	Main track N to bealach between Capelaw and Allermuir. Cross gate and head NW along traverse path. After 500m follow path W down hill and SW alongside Bonaly Res forest. From end of forest edge continue S (200m) and then turn SW for Harbour Hill. Follow fence SW to Maidens Cleugh bealach gate. Follow path SE to Glencorse road. Follow road W (400m) and then turn NE up steep shelterbelt. At top of trees turn SE to follow track to Castlelaw car park. (Bells Hill can be added between Maidens Cleugh gate and Glencorse road + 500m on rough ground).	Yes (Return direct from Bonaly Res forest to Glencorse road and then follow main directions.	8.5 km (-0.5 km)	85%
Colinton Dell From Craiglockhart Drive South (W end)	NT221702	Drop into the Dell, follow path SW (100m) and cross footbridge to NW side. Follow paths W and SW to old railway and follow this S to and through tunnel. Continue W under Colinton bridge, under bypass and further 500m, then cross footbridge S to Woodhall Mains. Head WNW along Woodhall Rd, under bypass and then turn into Campbell Park. Follow S boundary of park to next gate and turn sharp left along minor path back into Dell. Head E back along old railway to Colinton bridge. Just before bridge, take steps down and footbridge across river. Taking care to avoid traffic, follow lane W up hill (100m) and then left down hill (100m). Follow signs back into the Dell and follow path along W side of river, then cross footbridge to E side and continue N and NW until minor path heads back up to cars (just past folly).	Yes (Turn back at Colinton bridge or bypass and follow return directions in main description.	8.5 km (-3.5 km, or -1.5 km)	90%

<p>Corstorphine & Ravelston From Cairnmuir Road car park</p>	<p>NT205736</p>	<p>N along path and then grasslands to reach quarry car park. Head E through quarry area (100m) and then N until descent to low path junction. Follow lower path SSE to mid way exit E to descent to Craigcrook Road. Watch out for traffic and follow road SE and E across zebra crossing to reach childrens play area. Cross play area and climb path into Ravelston Wood. Follow path W (150m) and turn steep up (20m). Take indistinct path W (50m), SSW (100m), E (100m) and S (20m) to reach big gate into school grounds. Shortly after gate take small steps through wall and follow perimeter of school fields clockwise until second major entrance is reached (at high point). Head W (50m) and watching out for traffic, cross major road. Head SW up track to NE corner of Zoo fence. Climb steeply (20m), follow track NW (30m) and then descend N to mid height path. Follow path N until grasslands reached above quarry car park. Return over hill tops of wooded ridge (various paths).</p>	<p>Yes (Direct from grasslands to the exit to Craigcrook Road. Or return direct from corner of Zoo fence to car park. Other smaller cut also possible).</p>	<p>8.5 km (-1.0 km, or -2.0 km)</p>	<p>75%</p>
<p>Easter Craiglockhart, Union Canal & Colinton Dell From Craighouse main gate</p>	<p>NT236707</p>	<p>Follow bottom of the woods W to loch, then N and then (watching out for traffic) head N along roads to pelican crossing to reach Meggetland bridge. Follow canal W to bridge over A70 into Colinton Dell. Follow old railway NW through the Dell and tunnel to Colinton bridge. Just after bridge, take steps down and footbridge across river. Taking care to avoid traffic, follow lane W up hill (100m) and then left down hill (100m). Follow signs back into the Dell and follow path along W side of river, then cross footbridge to E side and continue N and NW until minor path heads back up to cars (just past folly). Taking care for traffic, head NE along Craiglockhart Drive South and SE over cross roads to reach path into Easter Craiglockhart Hill (200m). Follow path N (100m), then NE steeply up hill, then out in to open ground and before a final steep climb W to the summit. Descend W and NW to reach main gate / cars.</p>	<p>Yes (Take an earlier bridge across Colinton Dell to reach Craiglockhart Drive S gate).</p>	<p>8.5 km (-2.0 km)</p>	<p>75%</p>

Harlaw & Bavelaw From Harlaw Farm public car park	NT181654	Follow W banks of Harlaw & Threipmuir Reservoirs to Red Moss Car Park and then take care along road to Bavelaw. Follow the Glen W to Green Cleugh. After gate head NE up steep path and continue gently down the flank of Black Hill to the dam across E arm of Threipmuir Res. Once across dam head NE to gate, then SSW over hill and down to E tip of Harlaw Res. Circa 100m west cross stile and run anticlockwise around Res to reach visitor centre and car park.	No	9 km	85%
Hillend, Swanston & Allermuir From Hillend Bottom car park beside the Steading PH)	NT249669	Watching out for traffic, run 200m N alongside A720, turn W along track to Swanston and then turn SSW between houses and up Swanston Burn. Follow path SW to Allermuir summit. Return generally E along ridge to Caerketton, continue on ridge path and then NE down through gorse to car park.	Yes (Omit Allermuir summit)	6 km (-1.0 km)	
Holyrood & Duddingston From Holyrood House car park	NT270738	Watching out for traffic, head NE to Meadowbank entrance car park and then join the perimeter footpath at NE tip of car park. Follow path clockwise (wider than road) to Meadowhead Park gate. Head diagonally across Meadowhead Park and watching out for traffic, follow road down and across to Holyrood School grounds. Run clockwise around school playing fields (add loops to increase distance). Exit SW corner of playing fields and carefully cross road to join innocent railway. Follow innocent railway to Pollock Halls and taking care crossing roads continue clockwise on trods just inside perimeter, past St Leonards and Dumbiedykes to car park.	Yes (Small short cut across school fields and / or miss last loop).	7 km (-0.5 km, or -3.0 km)	90%
Holyrood Outer & Inner loops From Holyrood House car park	NT270738	Watching out for traffic, head NE to Meadowbank entrance car park and then join the perimeter footpath at NE tip of car park. Follow path clockwise (wider than road) to Meadowhead Park gate and on to top of Jacobs Ladder. Climb up to Queens Drive and taking care for traffic, follow road clockwise until Galloping Glen is reached (option to run along top of Sampson's Ribs). Head down Galloping Glen to Holyrood House. Head up towards Hunters Bog and then turn SW to traverse Salisbury Crag, Piper's Walk, and Whinny Hill anticlockwise. Descend Quarter Mile to Queens Drive and then take care down the drive and across the main road on to playing fields. Head SW back to car park.	Yes (On second loop go direct from Holyrood up Dry Dam to Whinny Hill).	10 km (-2.5 km)	85%

<p>Holyrood & Craigmillar From Holyrood House car park</p>	<p>NT270738</p>	<p>Watching out for traffic, head NE to Meadowbank entrance car park and then join the perimeter footpath at NE tip of car park. Follow path clockwise (wider than road) to Meadowhead Park gate. Head diagonally across Meadowhead Park and watching out for traffic, follow road down and across to Holyrood School. Take road W and S to join woodland path S and back onto road S until 100m beyond railway. Take care crossing roads and head SW over play area to main road. Cross main road at Pelican and then head W (100m) to Craigmillar park entrance. Head SW along cycle path into park and then turn SE, E and S on various paths to reach the castle. Take path SW in front of castle and on S through gap in trees. Now turn W until path heads NW down avenue of trees. At bottom turn N along path, carefully cross road for the tip and take path NW to cycle path at bottom. Turn NE to reach park exit. Cross road at Pelican and head W to Peffermill Industrial Estate (watch for traffic). Follow path N and NW along burn to reach Innocent railway. Follow innocent railway WNW to Pollock Halls. Take care crossing roads and follow Galloping Glen back to car park.</p>	<p>Yes (Omit Craigmillar section and do Holyrood and Duddingston circuit instead).</p>	<p>11 km (7 km alternative)</p>	<p>70%</p>
---	-----------------	---	--	-------------------------------------	------------