

*PUBLIC TRANSPORT (services and journey times)*

**37 (Lothian Buses)**

**140 (East Coast Buses)**

- |                          |   |
|--------------------------|---|
| Silverknowes (1h15min)   | Musselburgh Tesco (55min)   |
| Western General (1h)     | Whitecraig (40min)  |
| Edinburgh Centre (45min) | Dalkeith Thornybank (35min)   |
| Newington (35min)        | Dalkeith (30min)  |
| Cameron Toll (30min)     | Lasswade (15min)  |
| Liberton (25min)         | Loanhead George Avenue (10min)  |
| Burdiehouse (20min)      | Loanhead Park Ave. (10min)  |
| Straiton (15 min)        |  <b>ROSLIN</b> |
| Penicuik Centre (10min)  | Beeslack High School (10min)  |
| Deanburn (20min)         | Penicuik Centre (15min)   |

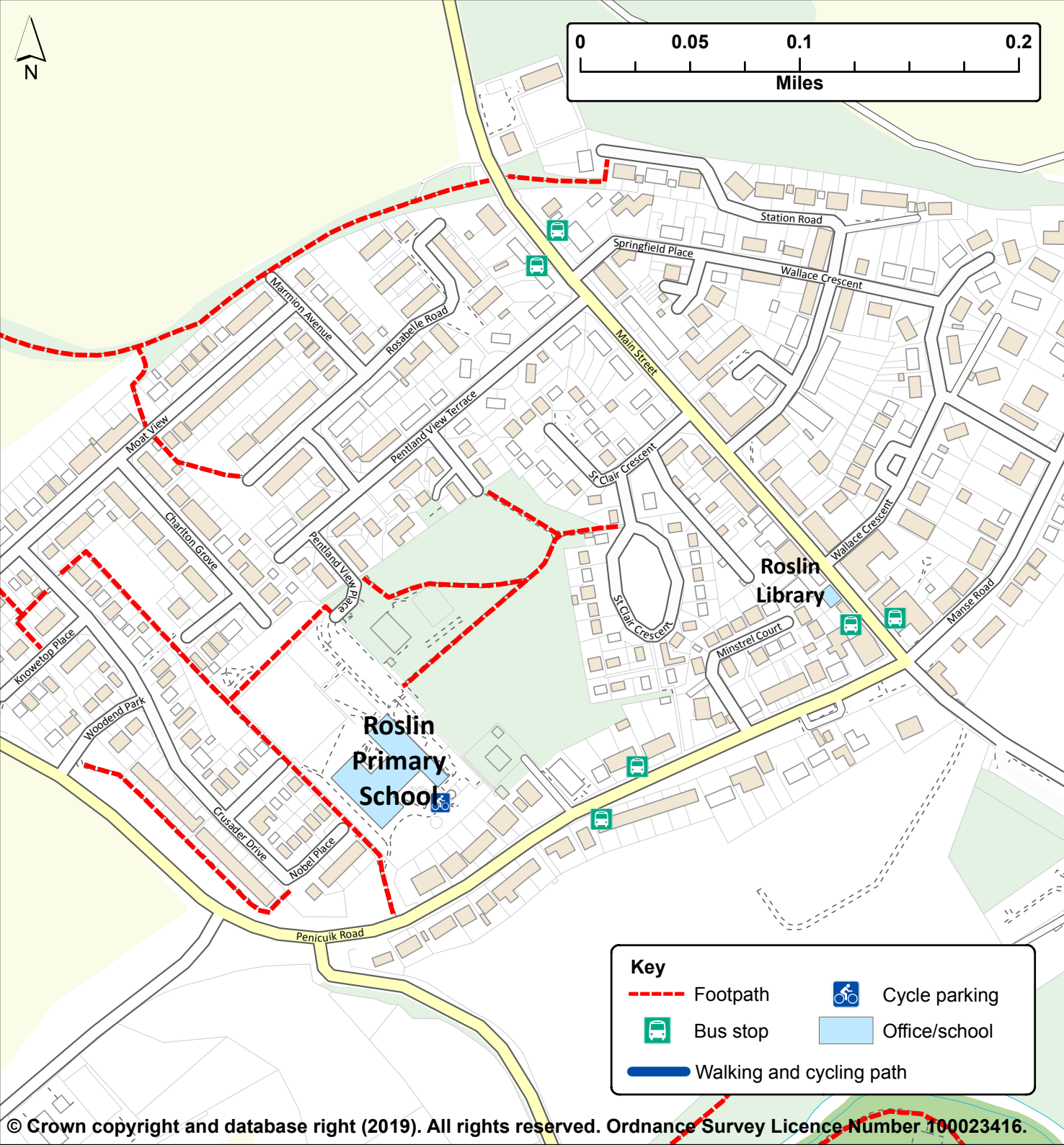
The above services call at all bus stops shown on map.

**WALKING AND CYCLING**






Walking or cycling to work, school or local facilities are great ways to include physical activity in your daily routine. These are cheap and enjoyable ways of travelling over short distances. They can provide an effective alternative to other less sustainable modes of transport, helping you become more active and lead a healthier lifestyle.

Cycling times to/from Roslin offices

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|---------------------|---------------------------|
| Loanhead (10min)    | Edinburgh South (25min)   |
| Shawfair (30min)    | Edinburgh SW (40min)      |
| Penicuik (20min)    | Edinburgh East (1h)       |
| Musselburgh (50min) | Edinburgh North (1h20min) |
|                     | Edinburgh West (1h10min)  |



**Key**

-  Footpath
-  Bus stop
-  Walking and cycling path
-  Cycle parking
-  Office/school