

PUBLIC TRANSPORT (services and journey times)

3 (Lothian Buses)

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Clovenstone (1h20min)
 Sighthill (1h10min)
 Haymarket (55min)
 Edinburgh Centre (40min)
 Newington (30min)
 Cameron Toll (25min)
 Gilmerton (20min)
 Eskbank (10min)
 Dalkeith (5min)

Fort Kinnaird (35min)
 Craigmillar/Niddrie (30min)
 Royal Infirmary (25min)
 Danderhall (20min)
 Sheriffhall P&R (20min)
 Dalkeith town centre (10min)

MAYFIELD

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 Gorebridge Birkenaide (25min)

Bus stop A services: 3, 48

Bus stop B services: 3, 48

Bus stop C services: 48

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 Mayfield offices

Dalkeith (10min)
 Gorebridge (20min)
 Bonnyrigg (25min)
 Musselburgh (30min)
 Rosewell (35min)

Edinburgh South (30min)
 Edinburgh SW (50min)
 Edinburgh East (1h)
 Edinburgh North (1h15min)
 Edinburgh West (1h25min)

