### Family fun

Meet a variety of exotic creatures with daily handling sessions at Edinburgh Butterfly & Insect World, located in Leith Links. The centre is housed in a former tropical conservatory.

If you're interested in exploring local history and culture, Midlothian offers an array of attractions. Edinburgh's Old Town is a must-see, as is the Royal Mile with its historic buildings and shops. The Botanics in Edinburgh offers beautiful gardens and a nature centre for all ages.

### History & heritage

No visit to Midlothian would be complete without a trip to the striking Rosslyn Chapel, the location of The Da Vinci Code movie. The chapel is known for its intricate carvings and mysterious symbols which decorate almost every surface. Midlothian also boasts several historic manor houses, which include Dalmeny House and Dalkeith Country Park.

### Great outdoors

If you want to get out and explore the great outdoors, then you're in luck! Midlothian boasts hundreds of miles of signposted tracks and paths. The Old Town Park at Penicuik, for example, provides access with trails of routes to take. St Athernase Country Park, to the north of Edinburgh, offers beautiful walks and views of the surrounding countryside. The park is also home to a diverse range of wildlife, making it a perfect place to explore.

### Thrilling adventures

Midlothian offers an impressive variety of active adventures to experience. Choose from adventure-tour operator activities to get you started. The region is also a great place to try new sports, including downhill tubing on the UK's longest downhill slope. The Mount, located in the heart of the region, offers thrilling adventures and is perfect for adrenaline-seekers.

### Activities

- **Alba Ballooning**
  - Located in Ballooning, Midlothian. Experience the beauty of the surrounding area from the sky.

- **Lasswade Leasure Centre**
  - Offers swimming, fitness classes, and various sports facilities.

- **Penicuik Leisure Centre**
  - Features swimming pools, health suites, and fitness classes.

- **Midlothian Snowsports Centre**
  - Provides lessons and equipment for skiing and snowboarding.

- **Newtongrange Leisure Centre**
  - Offers swimming, fitness classes, and outdoor activities.

- **Edinburgh University Extreme Tommy**
  - Offers extreme sports and activities.

### Find out more

Discover Midlothian

Located just south of the bustling city of Edinburgh, Midlothian is a gems of an area. Whether you want to lose yourself in nature, take in the history, or enjoy a fresh cut at an wonderful open space, you won’t be short of exciting to see and do.

Get ready to experience a wonderful landscapes and a wealth of ancient country estates. The Regional Park of Midlothian, the Milfield and the Kildrum, are just two of the many villages and towns that make up this outstanding area.

The incredible Midlothian is home to a wealth of attractions, activities and events. You can visit the world’s longest-running indoor butterfly farm, the world’s longest dry ski slope, and the world’s oldest castle. And, if you’re feeling adventurous, you can even try your hand at skateboarding or skateboarding.

Travel information

Regular train services link Midlothian to Edinburgh City Centre and the Scottish Borders via the Borders Railway. Trains stop at the midlothian towns of Dalkeith, Pathhead and Gorebridge. For more information, visit www.travelinescotland.com or call 0345 600 22 33.

For day visitors, there are frequent bus services to and from Edinburgh city centre. For more information, visit www.lothianbuses.com or call 0131 333 66 33.

Shopping

For those looking for a bit of retail therapy, Midlothian is home to a wide range of shops, so whether you’re on in search of the high street or the indie shops, you’ll find plenty to choose from.

Food & drink

With a fantastic variety of local produce on offer, you’ll find Midlothian’s finest restaurants and eateries are a must-visit. From fine dining to traditional pubs, you’ll find a wide range of options to suit every taste.

Attractions

For those looking for a bit of leisure time, Midlothian is home to a wide range of attractions. From historical sites to natural wonders, you’ll find plenty to see and do.

Events

No matter what time of the year you visit Midlothian, you’ll find a range of events and festivals to enjoy. For more information, visit www.visitmidlothian.org.uk.