



7 Peaks of Edinburgh

Your toolkit for completing the challenge

SAMH
Scottish Action for Mental Health

Your challenge

Thank you for signing up to the 7 Peaks of Edinburgh Challenge to support SAMH!

This pack contains key information, tips and tricks to help you in making the most of your challenge.

The 7 Peaks Challenge gives you an exciting opportunity to explore the city of Edinburgh from its most iconic viewpoints, all while raising vital funds for Scotland's mental health.

This is a **self-led adventure**, meaning you choose your own time, pace, and route. Complete all seven peaks in a single day or spread the challenge over a week or month, it's entirely up to you!

Whether you're walking, hiking, or running, this challenge is about pushing yourself, enjoying Edinburgh's incredible landscape, and making a real difference.

The Peaks

This challenge involves a trek of 24.4km with a total ascension of approximately 900m – allowing you to take in the beauty of Edinburgh from atop of each of its seven surrounding hills.

You will conquer:

- Calton Hill
- Castle Rock
- Corstorphine Hill
- Craiglockhart Hill
- The Braids
- Blackford Hill
- Arthur's Seat

You have the freedom to design your own route to cover each hill in your own way, however, we have suggested an order.



Suggested route

If you choose to complete the challenge in one day, we recommend **starting at Castle Rock** and **finishing at Calton Hill**.



Our recommendations on this route

Between checkpoint 1 and 2

For a bite to eat

- CuppaPug, 22 Bread Street, Edinburgh, EH3 9AF
- MILK West End, 232 Morrison Street, Edinburgh, EH3 8EA

Keep a look out for

- Edinburgh Castle
- The Playfair at Donaldson's (Former Donaldson's Deaf School)
- Water of Leith – Roseburn
- Murrayfield Stadium
- Some animals on the outskirts of Edinburgh Zoo
- Costorphine Hill Tower

Between checkpoint 2 and 3

For a bite to eat

- The Torfin, 108 St John's Road, Edinburgh, EH12 8AX
- Sitooterie, 9 Stenhouse Cross, Edinburgh, EH11 3JU

Between checkpoint 3 and 4

For a bite to eat

- Buckstone Café, 134 Braid Road, Edinburgh, EH10 6JD

Between checkpoint 4 and 5

Keep a look out for

- Royal Observatory of Edinburgh

Between checkpoint 5 and 6

For a bite to eat

- Kiva, 42 Ratcliffe Terrace, Edinburgh, EH9 1SS

Between checkpoint 6 and 7

For a bite to eat

- Café Calton, 38A Calton Hill, Edinburgh, EH7 5AA

Keep a look out for

- Water of Leith – Slateford
- Craiglockhart Castle

Keep a look out for

- Blackford Pond (and its ducks)

Keep a look out for

- St Anthony's Chapel Ruins
- St Margaret's Loch – more cute ducks!
- Parliament Building
- Palace of Holyrood House
- Dugald Stewart Monument – Calton Hill
- Collective Gallery – Calton Hill

Safety guidance

The 7 Peaks of Edinburgh challenge is suitable for those with a reasonable level of fitness, but beginners can complete the challenge over the span of multiple days.



This is a self-led challenge, undertaken at your own risk.

Precautions

Please make sure you:

- Plan your route in advance
- Check weather conditions before setting out (conditions can change quickly)
- Wear suitable walking or trail footwear
- Carry water, food, and a fully charged phone (consider a portable charger too)
- Use a map or GPS navigation – do not rely solely on signage. We recommend using the Maps app as opposed to browser versions, in the rare event of signal loss
- Do not attempt the challenge alone if you are inexperienced
- Let someone know your planned route and expected return time
- Call 999 in an emergency

Respect the environment

We all have a responsibility to be respectful of our environment, and participants must follow the **Scottish Outdoor Access Code**:

- Respect nature, wildlife and other users
- Close gates behind you
- Take all litter home ("leave no trace")
- Be mindful of livestock and farmland areas

What 3 Words

What3words maps every 3 metre square with 3 words to provide a precise location for navigation or getting help in an emergency. In the rare event you lose signal, having the app can generate your location's unique three words, offline.

Castle Hill

///zest.rests.loving

Costorphine Hill

///prices.silent.caller

Craiglockhart Hill

///under.length.advice

Braid Hills

///chef.august.sounds

Blackford Hill

///goad.rocky.alert

Arthur's Seat

///maybe.sling.worth

Calton Hill

///stands.shin.found

Fundraising

By signing up to this challenge, you are supporting SAMH and helping us to continue our vital work in communities across Scotland. Every step makes a difference!

The suggested (not essential!) target for this challenge is £100. For your fundraising, we recommend using JustGiving.

Getting started is quick and easy – just follow these steps:

1. Visit [Scottish Action for Mental Health - JustGiving](#)
2. Click the “Start Fundraising” button
3. Login with an existing JustGiving account or create a new one
4. Personalise your page with your story and photos
5. Share your JustGiving page link with friends, family and colleagues and start fundraising!

We are here to help! Upon sign-up, a member of the Fundraising Team will be in touch to support you throughout your fundraising journey. We can provide tips, advice, materials and general information to help make your fundraising a brilliant success!

Keep in touch!



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