



# Edinburgh Dawn Patrol

The ideal time for spin around the streets and sights of the Scottish capital is when the city is just waking up. **Markus Stitz** is your guide

Inspired by a social ride of the same name in Oslo, I launched the Edinburgh Dawn Patrol in September 2024. I thought my home city could offer just as much in the way of adventure, beauty and quiet streets as Norway's capital.

The ride now attracts 20–30 people every Tuesday and Thursday, meeting at St Andrew Square and finishing at Cairngorm Coffee. A consistent 5:40am start, whatever the season, allows riders to fit the 30km-route and coffee stop into their day, while also letting people join mid-route if they wish.

Over its first year, the Dawn Patrol has become more than just a ride. Regular riders come from all walks of life, each bringing their own perspective. So instead of only sharing my highlights, I've asked Bob, Ed, Geo, Holly, Rhys, Richard and Zoë to contribute theirs.

For Mark, the longest-standing rider, it's not just about cycling. The ride reveals Edinburgh waking up: runners, groups exercising in the parks or early swimmers taking a dip in the sea. "I love that there's another bunch of regulars who have their own wee routine that we pass by, briefly meeting and sharing in our activity. It's cool when you think about it."

While you can ride this route at



Sweeping down the Mound towards Princes Street, near the end of the ride

**“While you can ride this route at any time, it’s best ridden early when traffic is low. It offers a gentle but rewarding tour of the city, combining iconic sights with hidden corners off the tourist trail”**

any time, it's best ridden early when traffic is low. It offers a gentle but rewarding tour of the city, combining iconic sights with hidden corners off the tourist trail. Edinburgh is not flat, however. As Katie puts it: "You've got to work for that cinnamon bun."

As well as the road ride, there's a gravel alternative. For information about both, visit [instagram.com/edinburghdawnpatrol](https://www.instagram.com/edinburghdawnpatrol).