

Capital Hills.

**The sun rose on Pentland's Caerketton hill,
above dear Swanston's 'rhyming rhyll'.
It kissed the crags, which smiled on the town
whilst lesser crags still wore a frown.
Away to the west, slept dark Mount Maw,
but in our east yawned bright Capelaw.
Soon all the Pentlands were bright and breezy,
on such a day all rambles seem easy.
The walkers, as they enjoy the right to roam,
see all the hills as their hills of home.
From fortified Kip to beyond Craigengar,
hills flatten out to the muirland afar.
Bound by stout Mendick and perky Dunsyre,
these distant views set spirits afire.**

**In this wilderness quiet, where wildlife abound,
see many a creature named from the ground.
The 'Wolf' is too close to the 'Lamb' and the 'Ewe'.
But imaginative views are all up to you.
Where 'Ravens' stalk 'Pike' and 'Adder' hunt 'Crane',
after this rough terrain, you may suffer some pain.
But suffer the pain and eschew the pills
Rather focus your joy on our glorious hills**

Some notes:

Caerketton Hill is the most easterly hill above Fairmilehead. Caerketton Craigs are adjacent. Swanston is the thatched cottage village below, with it's rhyll (stream) running through. Mount Maw is north west of West Linton. Capelaw is second hill west of the Craigs. Fortified Kip is West Kip with it's rocky summit above and west of Silverburn village. Craigengar is west of Carlops . Dunsyre hill is the most southerly hill to west, north of Dunsyre village. The Wolf is the Wolf Craigs a collapsed anticline strata of rock, west-north-west of Baddingsgill Reservoir. Ewe and Lamb are to the north-west, by Colzium Hill. Ravens Cleuch is south-west with The Pike adjacent to the NW on the Medwin Water. Adder is the Adder Burn south of South Tarbrax, on the Lang Whang to the west, and the Crane Loch is the water to the south.. Some of this westerly area is boggy, tussocky and heathery often better walked when frozen, hence potential 'pain'. An end to end walk of the main tops is almost 30 miles / 50 km. and involves 6,500ft. 2,000m of climbing.

This is a strenuous walk (10.5hrs) best with a following wind. Both East to West and West to East have their advantages and disadvantages as routes. A lesser walk using low level paths where possible is still around 20 miles / 33km and takes around 8.5 hours.

All make for great days in this superbly varied terrain interfused with history, legend and literary associations. Capital hills they are most certainly.

