



SEVEN SUNSETS

TRAVEL

A SEVEN-DAY ESCAPE, CRAFTED FOR YOU

Sample Traveler's
Edinburgh
Itinerary

SCOTLAND · 7 DAYS · MID RANGE

sevensunsets.travel

Edinburgh - Mid-range: Old Town Twilights and a Day in the Highlands

Scotland · urban · 7-day mid range itinerary

A week that balances Edinburgh's storied core with one big-sky escape into the Highlands. You'll wander Old Town closes at golden hour, pedal across the city on a small-group e-bike tour, eat your way through Stockbridge and the Grassmarket with a local guide, and spend one unforgettable day chasing waterfalls and the Glenfinnan Viaduct through Glencoe. Evenings are unhurried - a Georgian boutique base in the West End, candlelit dinners in Leith, and a secret apartment speakeasy that locals quietly tell each other about.

WHERE YOU'LL STAY

The Bonham (4 star)

A quietly elegant Georgian townhouse hotel tucked away on a leafy crescent in the West End - close enough to walk to Princes Street in ten minutes, far enough from the Royal Mile crowds that mornings feel residential and peaceful. The Bonham occupies three connected 19th-century houses and leans into their original character: high ceilings, working fireplaces, original cornicing, a wood-panelled library bar. Bedrooms are individually designed (no two are alike) with deep upholstered headboards, marble bathrooms, and big sash windows over Drumsheugh Gardens. The restaurant, Number One Drumsheugh, is small, candle-lit, and consistently rated among the best hotel dining rooms in the city - book ahead for one evening at least.

Location-wise it's the sweet spot: a five-minute walk to Dean Village, ten to the National Gallery, fifteen to the castle, and a flat stroll to Stockbridge for Sunday brunch.

[Book this hotel on Booking.com](#)

GETTING AROUND

Edinburgh's centre is small and walkable - most of your week is on foot. The Highlands day and the Stirling / Rosslyn Chapel day are both small-coach tours with hotel-area pick-up. For the e-bike and food tours, meet points are a 5-15 minute walk from the hotel.

WHAT YOU'LL DO

A week that balances the famous sights with the parts of Edinburgh locals love. You'll do one big-sky Highlands day, an e-bike loop that links the headline views in three hours, a guided food tour that gets you off the Royal Mile, and a full-day journey through Scotland's royal heartland - Stirling Castle, Dunfermline Abbey and the intricate stone carvings of Rosslyn Chapel. Most evenings are unhurried - a Georgian boutique base in the West End, candlelit dinners nearby, and one nightcap at a place locals don't post about.

TRIP HIGHLIGHTS

- Old Town twilight walks through hidden closes and wynds
- A small-group e-bike loop that links the castle, Holyrood, and the Royal Botanic Garden
- Stockbridge and Grassmarket food tour with a born-and-raised local
- A full day in the Highlands - Glenfinnan Viaduct, Glencoe, Loch Lomond
- A full-day journey through Scotland's royal heartland - Stirling Castle, Dunfermline Abbey and Rosslyn Chapel
- A Georgian boutique base on Drumsheugh Gardens, away from the tourist crush
- Three hidden corners locals quietly recommend on Reddit and Leith Facebook groups

DAY-BY-DAY PLAN

Day 1 - Arrival & Old Town Twilight

Land at Edinburgh Airport and take the tram or a short cab to The Bonham in the West End - your base for the week. Settle in, then walk down through Princes Street Gardens as the castle catches the late afternoon light. Wander up the Royal Mile toward dusk, slipping into the narrow closes (Advocate's, Riddle's, Tweeddale Court) the day-trippers miss. Dinner at a low-lit Old Town spot to mark the start of the trip.

- Late afternoon walk through Princes Street Gardens
- Royal Mile and Old Town closes at golden hour
- Welcome dinner in the Grassmarket or Cowgate

Day 2 - Edinburgh by E-bike

Meet your small-group guide for a three-hour electric bike tour that strings together views you'd never piece together on foot in one morning - Calton Hill, Holyrood Park, the foot of Arthur's Seat, the Royal Botanic Garden, and the Water of Leith. The e-bikes flatten Edinburgh's hills so you actually enjoy them. Afternoon free for the Scottish National Gallery or a long lazy lunch in Stockbridge.

- Panorama Etours small-group electric bike tour (3 hours)
- Free afternoon - Scottish National Gallery or Stockbridge
- Quiet pub dinner in the West End

Bookings for this day:

- Stunning Edinburgh E-bike Tour by Panorama Etours (Viator)

Day 3 - Eating Through Edinburgh

A leisurely morning, then a three-hour guided food tour that winds between Stockbridge, the Grassmarket, and a few stops only locals know about - haggis, smoked salmon, Scottish cheese, oatcakes, a wee dram, and a final stop for cranachan. Your guide is a born-and-raised Edinburger who'll spend as much time on neighbourhood stories as on the food. Light evening, early to bed for tomorrow's early start.

- 3-hour Edinburgh guided food tour (small group)
- Free afternoon - Stockbridge Sunday market if it's a Sunday
- Early dinner near the hotel

Bookings for this day:

- 3-Hour Guided Edinburgh Food Tour (Viator)

Day 4 - Glenfinnan, Glencoe & the Highlands

The big day. A full-day small-coach tour heads west out of Edinburgh, crosses Loch Lomond, and climbs into Glencoe - arguably the most dramatic glen in Scotland - before reaching the Glenfinnan Viaduct in time to (weather permitting) see the Jacobite steam train cross. Stops for photos, short walks, and a pub lunch in Fort William. Long day on the road, but the kind of long day you'll talk about for years.

- 1-day Glenfinnan, Glencoe & Highlands small-coach tour
- Loch Lomond viewpoint stop
- Glencoe Valley walk and photography stop
- Glenfinnan Viaduct viewpoint
- Casual dinner back in Edinburgh

Bookings for this day:

- 1-Day Glenfinnan, Glencoe and Highlands Tour (Viator)

Day 5 - Harris Tweed Workshop & Stockbridge

A slower, hands-on day. Spend the morning at a Harris Tweed weaving workshop learning the history of Scotland's most famous textile and trying a hand loom - you leave with a small woven piece you made yourself. In the afternoon, drift through Dean Village along the Water of Leith into Stockbridge for independent shops, vintage finds, and an unhurried dinner away from the Old Town crowds.

- Morning Harris Tweed weaving workshop at a local studio
- Afternoon wander through Dean Village and Stockbridge
- Stockbridge Market browse (Sundays) or a leisurely pub dinner

Bookings for this day:

- Harris Tweed Weaving Workshop (Viator)

Day 6 - Stirling, Dunfermline & Rosslyn Chapel

A full-day small-coach journey through Scotland's royal and religious heartland. Visit Stirling Castle - arguably the country's finest medieval stronghold - then cross the UNESCO-listed Forth Bridge to Dunfermline Abbey, burial place of Robert the Bruce. The day finishes at Rosslyn Chapel, the 15th-century masterpiece of intricate stone carving that inspired The Da Vinci Code.

- Full-day small-coach tour to Stirling Castle, Dunfermline Abbey and Rosslyn Chapel
- Expert driver-guide sharing Scottish history, culture and stories throughout
- Return to Edinburgh early evening
- Dinner at a West End neighbourhood favourite

Bookings for this day:

- Rosslyn Chapel, Dunfermline Abbey and Stirling Castle Day Tour (Viator)

Day 7 - Last Morning & Departure

A slow West End breakfast, one last walk through Princes Street Gardens with the castle behind you, and an unhurried transfer to the airport via tram. If your flight's late, swing back up Calton Hill for one final view of the city you'll already be planning to return to.

- Slow breakfast in the West End
- Optional last walk up Calton Hill
- Tram or taxi to Edinburgh Airport

HAND-PICKED EXCURSIONS & BOOKINGS

Day 2: Stunning Edinburgh E-bike Tour by Panorama Etours

Viator · From \$65 · cultural

Small-group 3-hour electric bike tour linking Calton Hill, Holyrood Park, Arthur's Seat, the Royal Botanic Garden and the Water of Leith. E-bikes flatten the hills so you enjoy the views instead of suffering through them.

[Book this tour on Viator](#)

Day 3: 3-Hour Guided Edinburgh Food Tour

Viator · From \$89 · cultural

A small-group walking food tour between Stockbridge and the Grassmarket - haggis, smoked salmon, Scottish cheese, oatcakes, a wee dram and cranachan, led by a born-and-raised Edinburgh guide who spends as much time on neighbourhood stories as on the food.

[Book this tour on Viator](#)

Day 4: 1-Day Glenfinnan, Glencoe and Highlands Tour

Viator · From \$99 · wilderness

Full-day small-coach tour from Edinburgh across Loch Lomond, through dramatic Glencoe, and on to the Glenfinnan Viaduct - with luck, you'll see the Jacobite steam train cross. Photo stops, short walks, and a Fort William pub lunch.

[Book this tour on Viator](#)

Day 5: Harris Tweed Weaving Workshop

Viator · \$95-\$130 per person · workshop

A hands-on half-day at a traditional Scottish weaver's studio: learn the history of Harris Tweed, try a hand loom, and take home a small woven piece. A quiet, tactile counterpoint to the castles and coach tours - and an only-in-Scotland keepsake.

[Book this tour on Viator](#)

Day 6: Rosslyn Chapel, Dunfermline Abbey and Stirling Castle Day Tour

Viator · From \$88 · cultural

A full-day small-coach tour from Edinburgh through Scotland's royal and religious heartland. Visit Stirling Castle - arguably the country's finest medieval stronghold - then cross the UNESCO-listed Forth Bridge to Dunfermline Abbey, burial place of Robert the Bruce. The day finishes at Rosslyn Chapel, the 15th-century masterpiece of intricate stone carving that inspired The Da Vinci Code. Expert driver-guide, history and storytelling throughout.

[Book this tour on Viator](#)

HIDDEN GEMS

A residential building in the New Town. No sign on the door. You climb a stone stair, a buzzer hums, and a stranger welcomes you into what looks like an apartment - except the apartment is a bar, the host is the bartender, and the room hums with conversation that wasn't here an hour ago.

Joao's Place is a secret apartment speakeasy run by Joao, a São Paulo-born host whose New Town flat is also Edinburgh's most quietly talked-about cocktail bar. Recognised by Condé Nast Traveller UK among Edinburgh's Best Bars 2025 and a regular on local Reddit "best kept secret" threads. The space is one intimate studio - around 20 seats - inspired by Joao's Liberdade neighbourhood in São Paulo: warm lamps, vinyl on a turntable, art on every wall, a single bar. Drinks are made one at a time and conversation flows easily between tables. Strictly booking-only via joaosplace.com (the exact address arrives by email after you book). Two seatings a night, Thu-Sun. £14-16 per cocktail; budget £40-60 per person. Dress smart-casual. ~2-3 hours. Walking distance from The Bonham (~10 min). Book 1-2 weeks ahead; weekends go fast.

A converted Victorian millworkers' village sits hidden in a gorge below the West End, ten metres lower than the modern city. You walk past one Georgian crescent, turn down a steep cobbled lane, and the noise of Princes Street disappears. A river runs through it.

Dean Village + the Water of Leith Walkway is the easiest "I can't believe this is here" moment in Edinburgh. From the Bonham, walk five minutes to the top of Bell's Brae and descend into Dean Village - a tightly-packed enclave of 19th-century millworkers' cottages, with the Water of Leith running through it. Locals on r/Edinburgh consistently flag it as the city's most underrated 30 minutes. Continue upstream on the Water of Leith Walkway and you can follow the river for 3km to Stockbridge (Sunday market, indie bookshops, Hectors and Stockbridge Tap for a pub lunch) or onwards to the Royal Botanic Garden (free entry, glasshouses ticketed). Quietest very early morning or just before dusk. Wear shoes you don't mind on a slightly muddy path. Free.

Twelve minutes by bus from the city, behind a 12th-century kirk on the edge of Arthur's Seat, a small wooden gate opens onto a sloping garden that two doctors carved out of wilderness in the 1960s. A loch sits below, alpiners climb the bank, and the bench you find is almost always empty. Dr Neil's Garden in Duddingston Village is named by Lonely Planet as "Edinburgh's quintessential secret garden" and by the Edinburgh News as one of the UK's most peaceful places. Cultivated from a scrap of wild ground by Dr Andrew and Nancy Neil from the 1960s onwards, it now spreads down to Duddingston Loch in the shadow of a 12th-century kirk and the slopes of Arthur's Seat. Heathers, conifers, alpiners, and a remarkable physic garden. Open daily 10am-dusk, free entry (donations welcome). The Garden Room Café serves cake and tea (Thu-Fri 10-4, weekends 1-4). Combine with a pre-dinner pint at the Sheep Heid Inn next door - possibly Scotland's oldest surviving pub, c. 1360, with a working skittle alley out back. Bus 42 or 67 from Princes Street (~12 min) drops you at Duddingston Road West, then a 4-min walk. No dogs (except assistance dogs). 5 Old Church Lane, EH15 3PX.

GETTING THERE

Edinburgh Airport (EDI) is the obvious arrival point - direct flights from most US East Coast hubs, plus easy onward connections via London Heathrow, Amsterdam, or Dublin. The tram from the airport to the city centre runs every 7 minutes, takes about 35 minutes, and drops you a 10-minute walk from the hotel. A taxi runs £25-35 and takes 25 minutes outside rush hour. Glasgow Airport is a fine backup (50-minute train transfer to Edinburgh Waverley) if fares are dramatically better.