

Vortex Scotland

Venue Information, Local Services, Transport Links.

Summary:

Lowest cost journey: £1.60 (bus 60-70 mins/walk 25 mins)

Fastest journey time: 30-40 mins. Taxi, £25- 30

Vortex Scotland Venue:

Summerhall Yoga is a yoga school in an attic space in the top of Summerhall Arts Centre, a big community building which also has a cafe, a (fantastic!) pub, free art galleries, evening community activities such as blues/lindy dancing, a radio station and a gin distillery! Most diets are catered for in the cafe which is open 10-6. The pub (which also sells food, coffee) is open from 12-10pm. There is free wifi. There are cafes, restaurants, supermarkets, health food shops within 3 minutes walk. The venue is next to a big local park. The venue has a courtyard where you can eat and drink your own food or buy food/drink at the pub or cafe (and sit down there if you prefer).

Venue address:

Summerhall Yoga (in Summerhall Arts Centre with Summerhall Distillery)

1 Summerhall Square

Edinburgh

EH9 1PL

Vortex Scotland Contact Info:

Claire Milne +44 (0)7923 [848938](tel:848938)/clairejcmilne@gmail.com

Samantha Towers +44 (0)7474 533883 info@summerhallyoga.com

Summerhall Reception: +44 (0)131 560 1580

If dialling from within UK drop the 44 and use the 0. From outside UK drop the 0 and use "0044" from within Europe, "00144" from the US and other code +44 from other regions.

Below you will find links to a map, the venue, the teacher, the local bus company journey planner, and detailed directions using all kinds of transport to arrive at venue, and a short list of useful things close to the venue:

Local Services People Ask for:

1. Wifi – free in the venue building.
2. Places to eat – 2 cafes in the building catering vegan/veggie/gluten free. At least 15 cafe/restaurants within 5 minutes.
3. The Gym – local 50m swimming pool and sports complex with full gym and classes 10 mins walk from venue.
4. Yoga – in the venue. Classes available every morning and evening. Vortex Pass available cost approx £5 per day.
5. Health food/product shop – 5 mins walk from venue/15 mins walk to the Every Special Diet Food/Supplement Shop
6. Massage/craniosacral/medical services: local physician 5 minutes walk from venue. Hospital 10 mins on bus from venue. Therapist studios 5 minutes walk from venue. Recommendations available.
7. Childcare facilities: cafe with baby change/child friendly spaces in the venue building. Kids play park ages 18 months -16 years 5 minutes away.
8. Walking – park 2 minutes from venue. National Park with small mountain and 60 mile views 10 minutes walk from venue.

Useful Links:

A picture of Jane (Vortex Scotland teacher). Click on her picture to read her bio:

http://vortexhealing.com/Jane_Bio.html

A picture of Summerhall Yoga: the Vortex Scotland venue, and Claire (Vortex Scotland organiser/vortexhealer and Sam (Summerhall Yoga director and vortexhealer)

<http://summerhall-yoga.esy.es/>

The Summerhall Arts Centre website:

<http://www.summerhall.co.uk/>

Google Maps: Summerhall Yoga

<https://www.google.co.uk/maps/dir/Summerhall,+Summerhall+PI,+Edinburgh+EH9+1PL/Summerhall/@55.9399061,3.2522964,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x4887c781e4eb45a5:0xe70e80791c72a03d!2m2!1d3.1822566!2d55.9398298!1m5!1m1!1s0x0:0xe70e80791c72a03d!2m2!1d-3.1822566!2d55.9398298>

Edinburgh City App for planning your journey on bus/tram/walk/train:

<https://lothianbuses.co.uk/getting-around/journey-planner>

Some place names to use on this app:

Summerhall Square (next to the venue)

Kings Hall (5 minutes walk from venue with LOTS of buses)

Waverly Station THE BIG STATION (main train station arriving from London via East England/North Scotland.

Haymarket Station (main train station arriving from London via West England/Central Scotland)

Princes St (tram stop/main bus stop)

St Andrew's Square Bus Station (for national bus arrivals)

Airport

North Bridge

Arriving at venue:

Note: City Buses do not give change. You must have £1.60 exact money.

Airport Bus 100 from the airport gives change.

From the airport by taxi

Taxis direct from the airport to the venue cost on average £28 pounds. Less in the middle of the day.

Taxi numbers: Central Taxis +44 131 229 2468

Capital Cars +44 131 777 7777

From Airport by bus – the faster and more expensive way

Price: £6.10 total (single) (£7 airport bus return £4.50 single) £1.60 city bus (single) (with some walking/ bus change/short taxi ride for the last part of the journey:

Time: 50-70 mins airport bus (number 100) leaves from outside airport arrivals. On leaving the building, look to the right, where you will see a kiosk and queuing line and usually a blue double decker bus standing on the bus stop. Travel time is 15-30 minutes depending on time of day. Price is £7 return ticket (£4.50 single)

Get off at Waverly Station (last stop)

From here you can: Walk/Bus/Taxi another 1.5km to the venue. (20 mins)

Bus: Price £1.60 (you must have exact money. City buses do not give change. Ask for change (including £1 coin, £50p coin, £10p coin) when you pay for your airport bus ticket)

Get out of bus, turn left (where the bus came from), walk uphill 200m to Princes St (Big main road) Cross road. Turn left. Walk 1-2 bus stops. You can take bus numbers: 3, 8, 30,31,33,37. Get off at the Kings Hall. ((Bus stops are announced or ask driver to alert you and sit near the driver.) Cross the

road. Walk back in the direction the bus came from. At first junction (Sainsbury's supermarket on right) turn left. At first junction (100m) turn left again. Summerhall Arts Centre is on your left after 100m. Go in entrance and ask reception to direct you to Summerhall Yoga. (Up 4 flights of stairs, through door, turn right and right again)

Taxi: 10 mins, Price (£7.50 max. £5-6 at 6am-6pm Mon-Fri)

Get off bus, turn left (where bus came from) walk 50m uphill to taxi rank. Take taxi to Summerhall Arts Centre (on Summerhall Square, same location as Summerhall Distillery and the Old Dick Vet College (yes this is a real location!))

Walking: 25 mins, Price: £0 (Bumpy roads, best travel with backpack/very strong case on wheels)

Get off bus, turn right. At roundabout EITHER turn right and walk up hill, left at traffic lights, continue walking up hill (Road name: The Mound) OR climb steps, turn left at top of steps, continue walking up hill (Road name: The Mound).

At crossroads continue straight on (crossing Royal Mile). Continue walking straight along George IV Bridge on left side of street for 5 mins. Street divides into 2 around an old church building (Bedlam Theatre). Stay on left and follow road as road turns left. Go past 3 cafe/restaurants. Cross the road on your right by turning right and taking the underpass (walking tunnel) after the cafes. Turn left out of the tunnel. Walk for 8-10 minutes following the road (Buccleuch St. Pronounced "B'Kloo") past university buildings on your right and restaurants/pubs on left. Arrive at a big crossroads with park on your right. Cross road and continue for 1 minute. Summerhall Arts Centre is the big old grey building on your left. Cross the road to Summerhall. Ask at reception for directions to Summerhall Yoga (Up 4 flights of stairs, through door. Turn right. Turn right again.)

From Airport to Venue by city bus/walking (at lowest price) £1.60 (City bus/walking) (1.5-2 hours)

Exit airport Arrivals, turn right, walk 150 m, past blue airport bus stop, to small local bus stop. Take bus 35. (Pay £1.60 exact money. No change given on bus.) Stay on bus for 70-90 minutes. Get off at Forrest Row (bus stop before is Lauriston Place. Forrest Row is at the top of the hill. Ask the driver for help.) Get off bus, walk back where bus came from and cross road at the pedestrian traffic lights. Take the big pedestrian road downhill into the park (Walk 5 mins) Where the road divides into 5, turn left and follow the edge of the grass (tennis courts on your left) until you arrive at a big crossroads on the edge of the park. From here you can see Summerhall Arts Centre (sign on building.) Cross road. Walk 1 minute. Summerhall is the big old grey building on left. Cross road to Summerhall. Go in and ask at reception for Summerhall Yoga (up 4 flights of stairs, through door, turn right, turn right again).

From Airport to venue by tram... then bus/walking (20 mins tram, 15 -20 mins bus) (20 mins tram/30 mins walk) Price: (£5.50 or more for tram £1.50 for bus)

Exit airport Arrivals, turn left, follow road and signs to tram stop (5 minute walk.) Take tram to Princes Street East End (last tram stop on Princes St. Ask the ticket-man) Get off tram. Continue to walk in direction tram is going. Turn right at traffic lights and cross road on to The North Bridge (Big blue/red bridge you can see from Princes St.

From Princes St you can walk/bus.

Walk 1.5 miles (30 mins) Continuing straight. This road changes name 5 times. Walk past: Chambers St (right) Festival Theatre (Right) Mosque Cafe (right – good cheap curry!) Queens Hall (right)) Arriving at a crossroads with Sainsbury's Supermarket on left, turn right on to Hope Park Terrace. (Do not pass Sainsbury's. Turn right before it.) Walk 100m to next cross roads. Turn left. Walk 100m. Summerhall Arts Centre is the big old grey building on left. Cross road to Summerhall. Go in and ask at reception for Summerhall Yoga (up 4 flights of stairs, through door, turn right, turn right again).

Bus Price £1.60 (10-15 mins. Walk 4 mins)

From the shopping side of Princes St (not the park side) take bus numbers:

41 (every 20 mins from Princes St) OR

to Summerhall Square.

Or

3, 8, 30,31,33,37, to Kings Hall (3 mins walk to Summerhall.) (walk back 100m where bus came from.) Turn left at crossroads. Walk 100m, turn left at crossroads. Walk 100m, turn left into Summerhall.

Ask at reception for Summerhall Yoga (up 4 flights of stairs, through door, turn right, turn right again).

(Pay exact money on bus. No change given.) Get off bus. You are now on South Clerk St. Turn left (where bus came from) and walk 50m. At crossroads turn left on to Hope Park Terrace. Walk 100m. Summerhall Arts Centre is the big old grey building on left. Cross road to Summerhall.

From Waverly Train Station to Venue by bus (easiest route)

Exit Waverly Station following signs for Princes Street.

Cross Princes St to the shopping (not park) side of the road. Turn left. Walk 1-2 bus stops. You can take bus numbers: 3, 8, 30,31,33,37. Get off at the Kings Hall. ((Bus stops are announced or ask driver to alert you and sit near the driver.) Cross the road. Walk back in the direction the bus came from. At first junction (Sainsbury's supermarket on right) turn left. At first junction (100m) turn left again. Summerhall Arts Centre is on your left after 100m. Go in entrance and ask reception to direct you to Summerhall Yoga. (Up 4 flights of stairs, through door, turn right and right again)

From Waverly Station to Venue, walking (30 mins) (big steps!)

Exit Waverly Station following signs to taxi rank. (opposite direction to Princes St)

On exiting station, cross road. Climb steps opposite (5 minutes) Turn left. Walk 30m up hill. Turn right. Walk to crossroads (you are on Royal Mile). Turn left on to George IX Bridge. Walk 1.25 miles (25 mins) walking straight along George IV Bridge on left side of street for 5 mins. Street divides into

2 around an old church building (Bedlam Theatre). Stay on left and follow road as road turns left. Go past 3 cafe/restaurants. Cross the road on your right by turning right and taking the underpass (walking tunnel) after the cafes. Turn left out of the tunnel. Walk for 8-10 minutes following the road (Buccleuch St. Pronounced "B'Kloo") past university buildings on your right and restaurants/pubs on left. Arrive at a big crossroads with park on your right. Cross road and continue for 1 minute. Summerhall Arts Centre is the big old grey building on your left. Cross the road to Summerhall. Ask at reception for directions to Summerhall Yoga (Up 4 flights of stairs, through door. Turn right. Turn right again.)

Vortex Scotland Accommodation List

EDINBURGH IS A TOURIST CITY. ACCOMMODATION VARIES IN PRICE ACCORDING TO SEASONAL EVENTS. EG YOUTH HOSTEL PLACES COST £56 PER NIGHT IN AUGUST AND AT CHRISTMAS/NEW YEAR AND £8-14 AT OTHER TIMES. We try to arrange Vortex events at low season times, but remember that budget accommodation gets booked early.

In this list you will find: 1. Hotels. 2. Hostels. 3 Bed and Breakfasts

1. Edinburgh Central Youth Hostel

30 minutes walk or 20-30 minutes by bus from the venue.

Large, clean hostel with private rooms or single bunks within group rooms sleeping up to 10.

From £14 per night.

<http://www.visitscotland.com/info/accommodation/edinburgh-central-youth-hostel-syha-p217991>

2. Budget Back Packers – Lowest price for a bed.

2 venues – West Port (Grassmarket) is 10 minutes walk from the venue. Cowgate is 20-25 minutes walk.

Locations right in the historic city centre next to the pubs and clubs. These are noisy-street locations until late at night on weekends. Tourist hostel –international meeting place for travellers looking to go out and have fun, and other visitors. Mixed reviews but recently positive.

From £8 per night.

<https://budgetbackpackers.com/>

3. Bruntsfield Youth Hostel

Small, friendly local hostel, ten minutes walk to venue across the park.

With private rooms and shared dorms.

Beds from £10-15 per night.

http://www.tripadvisor.co.uk/Hotel_Review-g186525-d215712-Reviews-Bruntsfield_Hostel-Edinburgh_Scotland.html

4. Edinburgh City Hotel

10-15 minute walk from the venue.

Clean, modern 3 star hotel with rooms from £50 per night.

<http://www.edinburghcityhotel.com/>

5. Premier Inn

15 minute walk from the venue.

4 star well known chain hotel with rooms from £50 per night

<https://www.google.co.uk/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=edinburgh+hotels+lauriston&rflfq=1&tbm=lcl&rifi=hd;;si:8953870731502492997>

6. Salisbury Green Hotel

Pollock Halls, 18 Holyrood Park Rd, Newington, Edinburgh EH16 5AY

Phone:[0131 651 2007](tel:01316512007)

10-15 minute walk from the venue.

3 star hotel in old castle building. Very simple rooms. Ex student accommodation building.

Rooms from £67

<http://www.edinburghfirst.co.uk/for-accommodation/salisbury-green-hotel/>.

8.

(Disclaimer: this list is compiled based on local knowledge and feedback for the information of Vortex Scotland visitors. Every effort is made to keep it updated but Vortex Scotland can take no responsibility for your accommodation experience based on these suggestions. Please let us know positives or negatives of your experience and we will update our recommendations. We value your feedback.)

