

Five things you need to know today



Spa in the City – Edinburgh Marathon Festival – Tram roadshow – Tough Mudder – New bus timetables from next week

Spa in the City has taken over St Andrew Square this weekend. Well done to those of you who have won the goody bags. We emailed you all yesterday evening!

Leading lifestyle retailers are offering free pampering and preening with the return of Spa in the City, which arrives back in St Andrew Square from Saturday 24 – Sunday 25 May, while also expanding into new bases in Grassmarket and the West End for the first time.

[Read more here](#)

Edinburgh Marathon Festival takes place today and tomorrow. [More details here](#) about the route the runners will take and all you need to know if you are taking part in the fastest marathon in the UK. Good luck to all of you!

There is another chance today to get on board a tram in St Andrew Square. No it will not take you anywhere but you will be able to have a look around and familiarise yourself with it.

The tram will be there between 12 and 2pm.

From next Saturday you can jump on and off trams and buses all day across the city all the way out to the airport for the

price of £9, although our top tip is that if you get off before the airport then you can get a day ticket for the normal price of £3.50 and use it on both trams and buses. The City Zone covers all stops except Edinburgh Airport and if you can manage to borrow three children for the day then you can get a family ticket for up to two adults and three children for only £7.50 for unlimited travel.

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Come and test your physical and mental fitness in what is regarded as 'Probably the toughest event on the planet'.

Tough Mudder returns to Scotland next month, taking place in Dalkeith on **Saturday 14th and Sunday 15th June**.

If you've not yet heard of Tough Mudder, the events are hardcore 10-12 mile-long obstacle courses designed by the Special Forces to test all around strength, stamina, mental grit, and camaraderie. Tough Mudder is not a race, but a challenge. The recent Tough Mudder London West event in April attracted over 17,500 participants and 6,000 spectators across the weekend.

Tough Mudder Quick Facts

- **1.3 million** Tough Mudder participants since 2010
- The event takes place in **7 countries**
- There have been **over 100 events** to date
- There will be over **60 events** in 2014
- **800,000 participants** are expected to take part in 2014
- Over **4,000 participants** have Tough Mudder tattoos

For more information, please visit www.toughmudder.co.uk or if you need further inspiration to get muddy, watch this video!

Lothian Buses will be amending their timetables to fit around the trams which start running on 31 May 2014. All details of the new timetables [are here.](#) The airport bus will now run 24 hours a day, some services are running more often and others less frequently. Check out your times before next weekend!