

Five things you need to know today Edinburgh!



Not too late for the Loony Dook

Is your name Nicola or Nicholas? Free tickets here!

Exercise with a professional

At Talbot Rice in 2015

Museum may be closed today

Now that some of the main Christmas eating events are over you may think it time to challenge yourself to get outdoors. There are still some tickets left to take part in the Loony Dook at South Queensferry on New Year's Day. Tickets cost £9. More details [here](#).

Edinburgh's Christmas is offering 450 free tickets today to anyone who turns up at their rides and who can prove their name is Nicola, Nick or Nicholas.

Details of all the rides are on the Edinburgh's Christmas [website](#).

Hotel guests looking to experience a fast-track – and healthy – tour of Edinburgh's famous landmarks can now do so with the help of one of the world's leading endurance runners.

The Crowne Plaza Edinburgh – Royal Terrace has created the perfect solution for on-the-go guests to combine business, site seeing and exercise.

Available 24/7 to all guests, The Energy Station is a dedicated unit within the hotel that provides a range of specially designed running, cycling and walking routes conceived by General Manager Lucja Leonard – using her skills as a leading super-marathon runner.

Lucja has six years experience competing in long distance running events and only last week returned from South Africa after finishing eighth in the gruelling Kalahari Endurance Marathon.

From running up Arthur's Seat, to experiencing the bustling Princess Street or the iconic Calton Hill, Lucja has designed three unique routes for guests to witness the world-reknewed splendour of Scotland's capital – at a time and pace that suits them.

Ranging from 3-5 miles, the routes are suitable for runners of all ages and experience and are designed to be completed within an hour, perfect for executive guests on a tight deadline.

Lucja is on hand to lead group sessions, be a running partner and give advice on warming up and warming down as well as overseeing the day to day management of the hotel.

She said: "Many of our guests are pressed for time, having the dedicated energy station allows them to choose a time or route that suits them and their working schedule, its open 24/7 so guests are always in control of their stay and trip.

"We understand the needs of today's modern business traveller and how vital it is to make every stay as productive and successful as it can be for them.

"Our guests are passionate about what they do and so are we, a business trip is seen as a positive opportunity to connect with others and our Energy Station and running routes are an extension of that."

The seven individual townhouses that make up the hotel date back to 1860 and provide the perfect starting point for a whistle stop tour of the historic city centre.

The Energy Station includes professional running maps and when guests return from their sight-seeing they can grab a towel, complimentary water and fresh fruit to replenish their energy.

Lucja added: "Not only does it provide an opportunity to see the world famous sites of Edinburgh, it provides a healthy environment to socialise and I have been a running partner more than once to guests, which I really enjoy."

"The feedback we have had from guests so far has been overwhelmingly positive, they said the maps were clear and direct and they enjoyed the views and exercise."

Located just five minutes from Princes Street, the Crowne Plaza Edinburgh – Royal Terrace, has recently undergone a dramatic face lift involving a £7.25 million investment.

The hotel specialises on meeting the needs of the modern business traveller, reinforcing the Crowne Plaza ethos of giving corporate guests the opportunity to keep connected and working, to refuel and to enjoy a rejuvenating night's sleep to be ready to tackle the day ahead.

As well as offering Crowne Plaza's exclusive Sleep Advantage™, which includes a range of features from luxurious bedding to quiet zones, each of the 97 rooms includes complimentary high speed internet and flat screen TVs.

In 2015 the University of Edinburgh's Talbot Rice Gallery celebrates its 40th birthday.

This landmark will see a series of celebrations and events

throughout the year, accompanying a dynamic programme of exhibitions by local and international artists, plus new initiatives focused on supporting and developing young creative talent and developing academic collaborations with both staff and students from across the University.

[More details here....](#)

There is a possibility that the National Museum of Scotland on Chambers Street might not be open today as planned due to strike action by employees.

You might like to check [here](#) if the building is to be open. Here is the view from the roof for you if you don't get there yourself today!



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