

Five things you need to know today



National Waiters Day

Possible rail strike

Help to deliver Sals Shoes 00

Royal Highland Show

Bikepacking at the Edinburgh Festival of Cycling

The team at an Edinburgh hotel will be taking its marks to compete in a special charity Tray Race to mark National Waiters Day later today.

Front-of-house employees at DoubleTree by Hilton Edinburgh City Centre will compete against each other in a local Tray Race as the main official Waiters Day race takes place in London.

And they're encouraging other local hospitality businesses to sign up and compete, or to come along and watch on the day.

Donations will also be collected throughout the day, which will go to Macmillan Cancer Support, the chosen charity of the hotel's operator, Redefine|BDL Hotels – the UK's largest independent hotel management company.

Participants will race through the capital's Grassmarket area carrying their trays, and distributing cookies to passers-by as they go.

Ronald Little, General Manager of DoubleTree by Hilton Edinburgh City Centre said: "Our front-of-house teams are the reason the hotel performs so well, and it's down to them that our guests are so well looked after. National Waiters Day is a great way to recognise the work that they do – and the Tray Race is a brilliant opportunity for the teams to bond whilst raising money for charity.

"Around ten employees from the hotel will race on the day – including me – and we'd be delighted to be joined by other local hospitality and tourism teams."

DoubleTree by Hilton's Tray Race will kick off at 4pm – just as the main race gets under way in Hyde Park.

There is a possible rail strike on Monday and Tuesday which will affect you if that is your mode of transport north south east or west. You are advised to get yourselves organised now with alternative arrangements.

Scotrail say: "We are finalising which services we will be able to run on the days of the industrial action and will be publishing these on <http://www.scotrail.co.uk>.

The time to take action is now. Please visit [our website](#) daily between now and the strike to make sure you have the latest information. Also, get registered with our free [JourneyCheck](#) alert service and download our app. "

Of course there may be some way of resolving the dispute before then and if so then they will put that on their site too.

Here is an Edinburgh charitable initiative that just needs your help to deliver what they have collected to the right place. They only need £200 to make this happen.

“Sals shoes is an organisation that sends shoes around the world to kids who don't have any , shoes save lives by reducing risk of injury and infection to the children's feet. The people of Edinburgh got involved and have collected around 500 pairs of shoes, we have raised some money to send the shoes on the first part of there journey but not quite enough.

We need to raise funds to get the lovely shoes on there journey to those in needs and also to allow us to make this an ongoing venture between the people of Edinburgh and Sals shoes. So please if you are able to donate something it would be much appreciated.”

You can donate a little or a lot [here](#).

Organisers of Scotland's iconic annual event, The Royal Highland Show, have announced the introduction of 'Scotland's Larder Live!' a food extravaganza bringing Scotland's larder to the fore.

Showcasing a diverse range of quality, Scottish produce (and some exciting tastes and flavours from other parts of the world), Scotland's Larder Live! will be a dynamic, experiential food show, promoting and celebrating our food provenance, regionality and seasonality.

Featuring over 120 producers and showcasing the very best of Scottish produce, the event will ambitiously reposition and refresh the Food Hall by building interactivity and visitor engagement and bring to life the main consumer message of 'farming equals food'. It will be a lively, stimulating, informative and interactive area full of smells, sights and samples.

The Royal Highland Show takes place from 18th – 21st June with RBS, a partner since 1981.

www.royalhighlandshow.org.uk

At the heart of this year's bikepacking events is the Capital Trail, the newest addition to the UK bikepacking event calendar. On Saturday 13 June 100 mountain bikers will set off on Portobello Beach to tackle a 150-mile-course through East Lothian, the Lammermuir Hills, the Borders and the Pentlands. The route, which includes more than 6000m of ascent, is designed for expert mountain bikers, with a top-class field of riders already confirmed for the inaugural ride, amongst them Team Scotland 2014 member Lee Craigie and UK singlespeed legend Charlie 'The Bikemonger' Hobbs. The Capital Trail is supported by Ordnance Survey, who provide all riders with a free mapping solution in preparation for the ride. There are a few places left for riders who would like to challenge themselves, which can be booked directly at www.capitaltrail.eventbrite.co.uk for a small fee of £15.

The route was devised by Edinburgh local Markus Stitz, who has years of experience in long distance cycling and has recently turned his focus on bikepacking. 'The idea of the Capital Trail, and bikepacking in general, is to combine all the amazing mountain biking locations we have readily available on our doorstep in the city into one challenging ride with an overnight stop, that will hopefully attract more mountain bikers to Edinburgh in the long term. I have ridden trails all over the world, what Edinburgh and the South of Scotland have to offer is worth shouting about. Having spent the last three months exploring trails and talking to local riders, I am confident to say that the Capital Trail is amongst the most scenic bikepacking routes on offer.'

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