Edinburgh in the Middle Ages
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Edinburgh began as a fort. In the 7th century, this specific part of Scotland was captured by the English and was given the name Eiden's burgh. Later, in the 10th century, the Scots regained control of the area. A castle was built on Castle Rock by King Malcolm III over the next century. This led to the growth of a small town nearby. A hundred years later Edinburgh was a thriving community. In 1128 Holyrood Abbey was founded by King David I.

Friars lived in Edinburgh in the Middle Ages. Friars were similar to monks, the difference being that Friars did not withdraw from the world but they went out to preach.

Making wool cloth was the reason for Medieval Edinburgh's fame while hides were the main export.

In the 14th century, specifically in 1329, Edinburgh received a charter which indicated its importance. Fifty-six years later, the English burned St Giles Kirk in the Town Hall. One century later, Edinburgh continued to grow and became Scotland's de facto capital. In 1503 King James the Fourth built Holyrood House.

https://www.medievalists.net/2015/09/ten-castles-that-made-medieval-britain-edinburgh-castle/

Bibliography
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