

Bolton to Haddington

Start: Bolton
Finish: Haddington
Distance: 4½ km / 2¾ miles
Time: 1½ hours each way
Terrain: Paths and pavements.

Description: This walk follows the road-side pavement from Bolton and then segregated paths into Haddington.

Directions: Leave Bolton, following the road-side path on the B6368. After about 1¾ kilometres carefully cross the road at the junction to Samuelston. A little way down that road look for a gate on your right onto a path. Follow this path towards Haddington and after you cross the white (Stevenson) bridge, turn right and follow the path for about 400 metres. Then cross a bridge on your left over the mill lade, follow the path past the sports centre and cross the road. Follow the path through Neilson Park and into the centre of Haddington.



Points of interest:

- 1. Bolton Church** – Dating from 1806, but built on the foundations of an earlier church. The mother, brother and sister of Robert Burns are buried in the churchyard.
- 2. Burns' Mother's Well** – The path passes close to the remains of a cottage where Robert Burns' mother and brother lived. There is a plaque on the well where she drew water.
- 3. Lennoxlove House** – The earliest part of the house dates from the 15th Century. It is now home to the Duke of Hamilton.
- 4. Haddington** – Haddington was granted Royal Burgh status in 1138. This busy market town still retains many interesting historic buildings.



Public transport: The Gifford Circle bus runs to Bolton from Haddington.

Local Services: Haddington has a number of shops, pubs and coffee shops. Public toilets are located on Neilson Park Road.

Dirleton and Yellowcraig Circular

Start and finish: Yellowcraig Car Park
Distance: 6km / 4 miles
Time: 1½ – 2 hours
Terrain: Grassy paths and tracks, sandy beach, road.



Directions: From the car park follow the path into the wood, next to the bicycle stands, and continue to you almost reach the boundary wall of the plantation. Look out for the steps ascending to the top of Yellow Craig. Ascend the steps, with care, to take in the panoramic views of the coast. Descend and follow the path adjacent to the wall towards the coast. Follow the path in front of the toilet block and continue to the main path to the beach. Turn left to head back to the car park. The walk can be shortened here. To continue on the longer walk turn right along south side of wood just before the interpretation panel by the fence. Follow the track by the side of the wood and after approximately 500M leave this to follow a field track to Dirleton village. Take time to enjoy the charming setting of the village, church and castle. Turn left and follow the signs for Yellowcraig, taking care on the road back to the car park. Enjoy the beautiful views of Fidra and the coastline from the beach.

Points of interest:

- 1. Bird watching** – look out for eiders, which often appear in the summer. On the sea look for puffins from Fidra or Craighleith and passing manx shearwaters from further afield. Also, great crested and red-necked grebes may be seen in summer.
- 2. Yellow Craig** – this is part of an ancient volcano that erupted in Carboniferous times, over 340 million years ago. There are fine views of the coast, east and west, from the summit.
- 3. Fidra Island and lighthouse** – the Cistercian Nuns of North Berwick had a hermitage on the island from 1154. This was also the site of Castle Tarbet, which preceded Dirleton Castle. The lighthouse dates from 1885 and was the first to be automated in Scotland in 1970.
- 4. Dirleton Gallery** – exhibition space and coffee shop.
- 5. Dirleton Auld Kirk** – The sixteenth century Kirk houses the beautiful 'Archerfield window', a stained glass depiction of wildlife found in the local area.
- 6. Dirleton Castle** – built in 1220, and substantially re-built in the 15th century.

Public transport: Regular bus service to Dirleton on the Edinburgh – North Berwick coastal route.

Local Services: Dirleton has a variety of eating places.



Dunbar's Cliff Top Trail

Start: Dunbar Harbour
Finish: Shore Road, Dunbar
Distance: 2½ km / 1½ miles
Time: 45 minutes
Terrain: Mostly well surfaced paths, grassy tracks and concrete promenade with several flights of steps.



Directions: Starting in Dunbar Harbour the path climbs steeply up towards the Leisure Centre. Continue straight past the front of the Leisure Centre and then follow the signs for the “John Muir Way”, which will take you down the steps to the promenade. Continue following the path along the coast, taking care along the cliff edge and around the edge of Winterfield Golf Course, to emerge at Shore Road car park by Belhaven Bay.

Points of interest:

- 1. John Muir Birthplace Museum** – Learn about John Muir's adventures and travels all over the globe, and find out how you can follow in his footsteps.
- 2. Cromwell and Victoria Harbours, and ‘The Battery’** – Take time out before starting the walk to explore the two harbours and ‘The Battery’ – a defensive structure built in 1781 on the columnar basalt of Lamer Island to defend the town from privateers.
- 3. Dunbar Castle** – Successfully defended against the Earl of Salisbury for five months in 1338 by 'Black Agnes, Countess of Dunbar'. At Castle Park there is an Iron Age promontory fort and an Anglian stronghold has been discovered. The castle is now home to a large colony of Kittiwakes.
- 4. Baird Promenade** – Paid for and gifted to Dunbar by the local Baird family in 1893. This is now part of the Cliff Top Trail.



5. Belhaven Bay – This was the site of Dunbar's harbour prior to the 16th century.

6. Great views – Belhaven Bay, the Tyne Estuary, the Firth of Forth and the Bass Rock. Also great opportunities to view bird life such as Cormorants, Eider Duck, gulls and waders.

Public transport: Regular bus and rail services to Dunbar from Edinburgh.

Local Services: Dunbar has a variety of shops, cafes and pubs. There are toilets at the end of the High Street and at Shore Road.



John Muir Link Dunbar to Thorntonloch

Start:	Dunbar Harbour
Finish:	Thorntonloch
Distance:	12 km / 7½ miles
Time:	4 hours
Terrain:	A mixture of grass paths, tracks and pavements.

Directions: Starting at Dunbar Harbour walk down Lammer Street, following the John Muir Link

signs. Continue along East Links Road and turn left at the end. At the entrance to Dunbar Golf Club continue along the esplanade on the seaward side of the wall, emerging before the club house. For the next 2 kilometres the path follows the edge of the golf course. Please take care and look out for golfer about to play a shot. This is a very narrow course, so shots can be coming from both directions. Beyond the golf course continue past Whitesands beach to Barns Ness. The grass path continues to the Dry Burn, where you cross a bridge and then on to Skateraw. After that, the path follows the walkway around Torness Power Station to reach the car park at Thorntonloch. Choices here are to walk up to the A1 to catch a bus back to Dunbar, retrace your steps, or continue the next 6 kilometres along the coast to Cockburnspath.

Points of interest:

- 1. Dunbar's Harbours** – Much to see at the Cromwell and Victoria Harbours, Dunbar Castle and the Battery.
- 2. Broxmouth Estate** – Said to be the site of Oliver Cromwell's headquarters during the Battle of Dunbar in 1650, the current house was built for the Duke of Roxburghe in 1775.
- 3. Whitesands** – An attractive beach with fine golden sand.
- 4. Barns Ness** – A great section of the coast for those interested in geology. The lighthouse was built in 1901, designed by D A Stevenson.
- 5. Skateraw** – an old harbour dating from the 1800s, used to export lime and import coal. 19th Century lime kiln.
- 6. Torness Power Station** – This nuclear power station, built in the 1980s, supplies electricity to over 2 million homes.

Public transport: Buses run between Dunbar and Berwick Upon Tweed along the A1.

Local Services: Dunbar has a variety of shops and cafes to allow you to stock up for your walk. Toilets in Dunbar and seasonal toilets at Whitesands, Barns Ness and Thorntonloch.



Dunglass to Oldhamstocks

Start: Dunglass A1 layby
Finish: Oldhamstocks
Distance: 4 km / 2½ miles
Time: 1 - 1½ hours
Terrain: Mostly farm tracks grass paths through fields.

Directions: Follow the signs for the John Muir Way from the layby, turning right in a short distance to go under the railway bridge. Continue to the public road and cross over, following signs for Dunglass Collegiate Church. Continue following the estate road round the right hand side of the ruins of the old church, passing a pond on your left after approximately 200m. Continue to the next junction where a sign for a public path points left towards Springfield Farm. Continue beyond Springfield Farm to emerge on the public road to the north of Oldhamstocks. Unless transport is pre-arranged retrace your steps to the start.

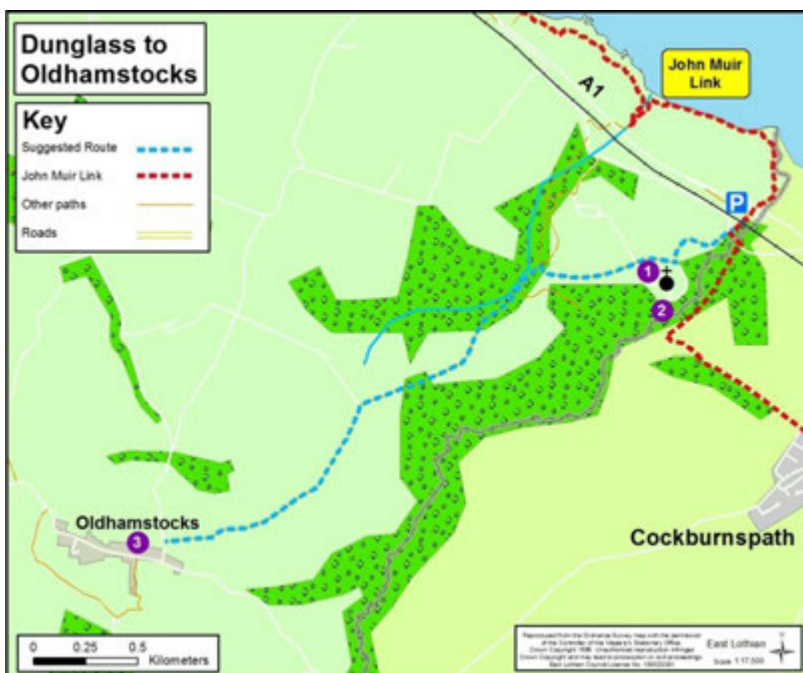


Points of interest:

1. **Dunglass Collegiate Church** – 15th Century church.
2. **Dunglass** – a large Sycamore tree, close to the remains of the church, marks the centre of the ancient village.
3. **Oldhamstocks** – lovely village and architecture on the edge of the Lammermuir Hills.

Public transport: Bus service to Cockburnspath linking Edinburgh, Haddington, Dunbar and Berwick Upon Tweed.

Local Services: Cockburnspath in the Scottish Borders can be reached by following the signed path from the John Muir Way. There is a small shop in the village.



East Linton to Dunbar

Start: East Linton
Finish: Dunbar
Distance: 12 km / 7½ miles
Time: 3½ hours
Terrain: Mix of grass paths, farm tracks and pavements. Some steps beyond West Barns.



Description: This path follows the River Tyne from East Linton towards its estuary at John Muir Country Park. It then follows the coast and Cliff Top Trail into Dunbar.

Directions: Starting in East Linton, head north, looking out for Preston Road on your right. From there follow the John Muir Way signs pointing to Dunbar. Cross the road at the Smeaton Nursery entrance to take you down to the River Tyne near Preston Mill. Cross the bridge and turn left and continue downstream. After about three and a half kilometres you will go under the A198 and then turn right, parallel to the road for a while and then left along a farm track until you reach the Tyne Estuary. Continue along the southern side of the estuary, through John Muir Country Park and keep following the John Muir Way signs over the Biel Burn, around Winterfield Golf Course and from there climb the steps onto the Cliff Top Trail all the way to Dunbar.

- Points of interest:**
- 1. East Linton** – After a bridge was built over the River Tyne in the 16th Century, East Linton became an important staging post on the Great North Road.
 - 2. Preston Mill** – Dating from the 18th Century, this mill was in use until 1959.
 - 3. River Tyne Estuary** – A fantastic spot to see waders and wildfowl.
 - 4. John Muir Country Park** – 770 hectares of coast and woodland, designated as a country park in 1978. A haven for wildlife and a great place to walk.
 - 5. Dunbar** – Inhabited since the Iron Age, “Sunny Dunny” has plenty to see. Visit the historic harbours, or John Muir’s Birthplace Museum if you have time.

Public transport: There are regular buses between Dunbar and East Linton. There is a train station in Dunbar.

Local Services: There is a variety of shops, pubs and coffee shops in both East Linton and Dunbar. Public toilets are in East Linton, John Muir Country Park and Dunbar.



East Linton to Traprain Law



Start: East Linton
Finish: Traprain Law
Distance: 6km / 4 miles (one way)
Time: 2 - 2½ hours
Terrain: Mostly earth paths and grassy tracks. Steep climb to Traprain Law (600 feet/180 metres). Undulating terrain elsewhere on walk.

Directions: From East Linton's village square turn right along Station Road towards Haddington. About 50M after passing under the railway bridge look for a sign directing you

left down a narrow road. At the bottom of this road the path turns right along the river. Continue until you reach the footbridge signed for Hailes Castle. Continue to the minor road from where a diversion west may be made to Hailes Castle. Retrace your steps and follow the signposted path to the Haddington Road. Turn left along the road to bring yourself to the foot of the Law; follow the direction signs to summit.

Points of interest:

1. **East Linton** – picturesque village dating from at least 12th century.
2. **Tyne Bridge** – ancient 16th century bridge, part of the Great Post Road.
3. **River Tyne** - Ducks, herons and dippers may be seen.
4. **Hailes Castle** – ruin of castle, parts of which date from the 13th century.
5. **Traprain Law** – location of prehistoric and medieval settlement. Also associated with St. Monenna and St Kentigern (St Mungo) in the 6th century.
6. **Great views** of the Tyne estuary, Bass Rock, Craigeith, and the Forth islands.

Public transport: Regular bus services to East Linton from Haddington (W) and Dunbar (E).

Local Services: There are lots of shops and places to eat in East Linton.





Fountainhall Loop

Start:	Sinclair Bridge, Pencaitland
Finish:	Ormiston
Distance:	4½ km / 3 miles
Time:	2 hours
Terrain:	Mixture of tarred paths, pavement grassy path and gravel track.

Description: The path runs from the River Tyne in the centre of Pencaitland and passes the Nursing Home before going up a road under the railway walk and through Fountainhall. Past here it turns down a grassy path between a field and a wood until it joins a farm track out to the road at Wolfstar. It then follows the pavement back across the Tyne and into Ormiston at the village school.

Directions: Starting at the bridge in the centre of Pencaitland with the traffic lights, take the path heading downstream along the Tyne Water. At the crossroads of the path take the path to the right over the metal bridge. Turn left at the top of the path then right past the Tyneholm Stables care home. Cross over the road into Huntlaw Road and proceed under the Huntlaw Bridge to the top of the road. Take the road which veers right marked for Fountainhall. Follow this till you reach a gate leading onto a path through a wooded area. Follow the marked path from here as it turns right and takes you downhill between a field and a wood. Carry on up the farm track until you reach Wolfstar. Cross the road and turn left. Proceed along the A6093 until the junction with the B6371. Turn right onto to this and cross the Tyne again. Take the road on the right past the school which will take you to a seated area with information boards about Ormiston. Turn up The Wynd to get to the centre of the village.

- Points of interest:**
- 1. Sinclair Bridge** – The Sinclair Bridge was built in 1510 and now links Easter and Wester Pencaitland.
 - 2. Great Views** – various points on this walk have great views over East Lothian and across the Firth of Forth.
 - 3. Ormiston** – Founded in 1735 by John Cockburn, Ormiston was the first planned village in Scotland.



Local Services: Ormiston and Pencaitland both have a pub and small shops where you can buy food.

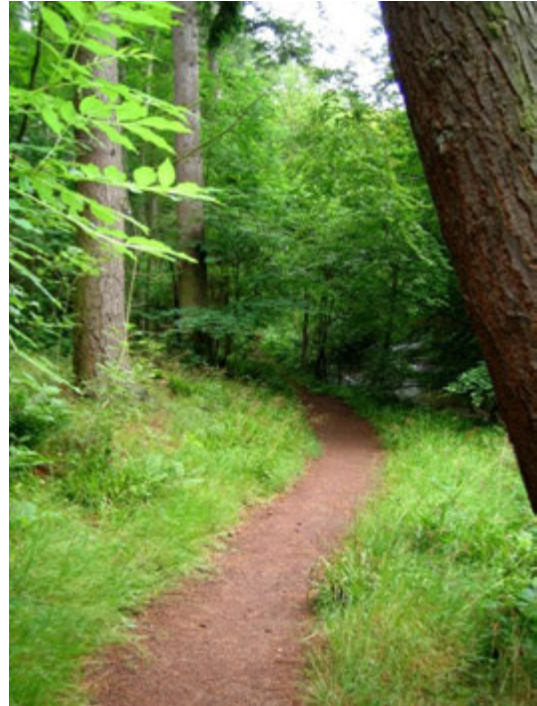
Public Transport: From the High Street you can access East Coast bus service 113 or by going right along the High Street and turning left you can get back to the car park. The bus also serves Wolfstar.

Gifford to Bolton – Pedlars Way

Start: Gifford village centre
Finish: Bolton
Distance: 4km / 2²/₃ miles
Time: 1 ½ hours each way
Terrain: Paths, tracks, pavements and quiet roads.

Description: This walk follows the Colstoun Water through woodland and farm land.

Directions: Leave the village along the road-side path on the B6369 Haddington road. In about 600 metres, after crossing the Sandyford Burn, go through the gate on your left and follow the path along the river. You will go through a wooden kissing gate into a field and then another gate to follow a track through woodland. The path passes below Colstound Old Mill and then climbs up through woodland then emerges onto a farm track through arable fields down to Bolton.



Points of interest: **1. Gifford** – dating from the 17th century, the village was built to replace the village of Bothans, which was demolished to make way for a walled park around Yester House.

2. Yester Church – Yester Church was built in 1710 to replace the Kirk of Bothans which is in the grounds of Yester House. The new church contains the bell from Kirk of Bothans dating from 1492.

3. Bolton Church – Dating from 1806, but built on the foundations of an earlier church. The mother, brother and sister of Robert Burns are buried in the churchyard.

Public transport: There is an occasional bus service to Gifford and Bolton.

Local Services: Gifford has various shops, pubs, coffee shop and public toilets.

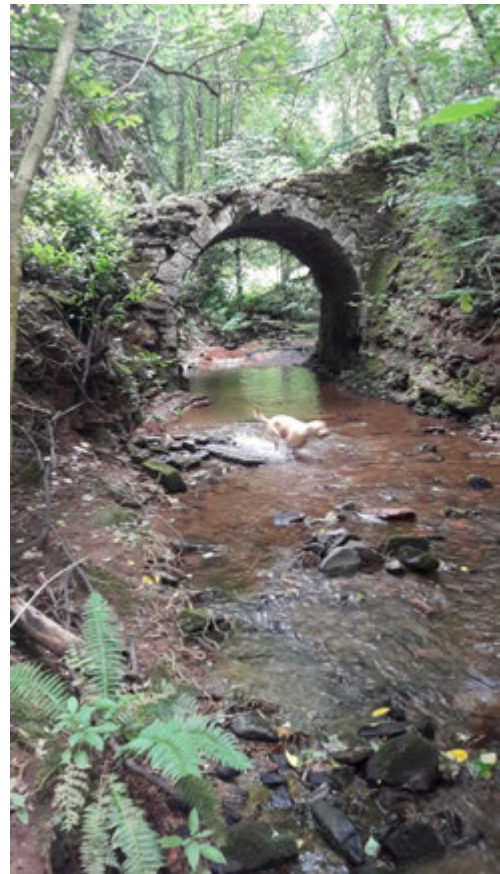


Gifford to Garvald

Start: Gifford village centre
Finish: Garvald
Distance: 9½km / 6 miles
Time: 2½ - 3½ hours each way
Terrain: Paths, tracks and quiet roads.

Description: This walk follows the Gifford Water through Yester Woods and then past the Donolly Reservoir and along the Papana Water to Garvald.

Directions: Opposite the village hall, follow The Avenue towards the gates to Yester Estate. Before the gates turn left and follow the signs for Yester Path. At the end of Park Road there is a gate leading into Yester Woods and the path is well signposted from there. After 4 kilometres, cross the road and follow the track past Danskine Loch and along the side of a field. Turn left when you reach the road and after 100 metres look out for the path going off to the right. For this next section you will be walking around the edge of a field which could contain cattle. Cattle can behave aggressively towards dogs and also take care if you have young children. The path then runs along the side of the Donolly Reservoir and then down a track through farmland. The last 800 metres of this walk is along a quiet road into Garvald.



Points of interest: **1. Gifford** – dating from the 17th century, the village was built to replace the village of Bothans, which was demolished to make way for a walled park around Yester House.

2. Yester House – Construction of the house started in 1699 for the Marquis of Tweeddale. There have been many alterations made over the years and the house remains a private residence.
3. Donolly Reservoir – Dating from 1889, the reservoir is no longer used as a water supply. It is a lovely spot for wildlife watching.
4. Garvald – Beautiful red sandstone village. There has been a church here since the 11th Century.

Public transport: There is an occasional bus service to Gifford. No public transport to Garvald.

Local Services: Gifford has various shops, pubs, coffee shop and public toilets. There are toilets and a pub in Garvald.



Gullane Circular

Start & Finish: Gullane Bents Car Park

Distance: 7.5 Km / 5 Miles

Time: 2 -2 ½ hours

Terrain: Grassy paths and tracks, sandy beach

Directions: Cross the car park to the south –west corner and walk through the



narrow 'vennel' path leading to Hill Road. Turn right to the top of the road and go through the metal gate, where there is a waymarked trail across Gullane Hill and the golf course. Continue on this as the path descends to a junction with another path signed for "Gullane Point" (W) and "Gullane Bents" (E). Take the first of these options out to the rocky promontory. After taking in the fine views of Gullane Point retrace your steps back to the signposts, this time following the route for "Gullane Bents" back to the car park. The walk can be shortened at this point, however for a longer walk continue on the mown-grass path out of the car park to Marine Terrace. Take the waymarked trail from Marine Terrace, and after approximately 1K bear to the right at a junction of paths. The path eventually goes through a wood before meeting a wide track, which you should turn left onto to round a small prominence. Continue on this track past the ruins of a building by a stone wall, and head towards the Black Rocks and the beach. Continue along the path by the beach until you reach the path leading back to the car park.

Points of Interest: **1. Gullane Bents** – much of the dune area has been replanted with sea buckthorn to combat the constant threat of erosion. Large flocks of fieldfares can be seen feeding on this in winter. Wild flowers such as viper's bugloss can be seen in the nutrient poor soils.



2. Tank traps Defensive relics of WWII

3. Good views Out over Gullane Point and the Firth of Forth

4. Muirfield Golf Course Host to the Open Championship

5. St Patrick's Chapel Known to have been in existence in the early part of the 16th century

Public Transport: Regular bus service to Gullane on the Edinburgh – North Berwick coastal route.

Local Services: There are shops, cafes, restaurants and public toilets in Gullane.

Gullane to North Berwick on the John Muir Way



Start: Gullane
Finish: North Berwick
Distance: 10 km / 6 miles (one way)
Time: 2½ - 3 hours (one way)
Terrain: Pavements, Farm Tracks and grass paths.

Directions: Follow the John Muir Way east along Gullane's Main Street. Half a mile outside the village go through a timber gate and follow the track through the woods, cross the access road for Archerfield Links and then follow a track to the right, which brings you out in Dirleton. Follow the signs for the John Muir Way to your left and continue down a farm track to Yellowcraig. Continue along the path around the edge of the woodland and across a field and then go through another timber gate leading to a grass path along the edge of North Berwick Golf Club. The path comes out at the end of Strathearn Road and the route then follows pavements to the centre of North Berwick.

Points of interest:

1. **Gullane** – A lovely village very much built around golf. The ruined St Andrews' Kirk dates from the 1100s and was built to replace a church built in 800.
2. **Archerfield House** – Originally built in the 17th Century and remodelled in the 18th Century, Archerfield House fell into disrepair and was used as a farm store. The house was completely renovated in 2001.
3. **Dirleton Castle** – The earliest parts of the castle date from the 1200s. The castle was damaged and rebuilt several times over the next few centuries and eventually abandoned in the 1600s. The castle was then acquired by the Nisbet family, who went on to build Archerfield House.
4. **Yellowcraig** – A beautiful beach and dune area with views of the island of Fidra.
5. **North Berwick** – There has been a town here since at least 1250. The harbour has been very influential on the town's history and more recently it has become a popular tourist destination.



Public transport:

Regular bus service to Gullane and North Berwick. Train station in North Berwick

Local Services:

There are shops, cafes, restaurants and public toilets in Gullane and North Berwick.

Haddington Riverside Walk

Start and Finish: Haddington High Street

Distance: 2 Km / 1¼ Miles

Time: ½ hour

Terrain: Well surfaced paths and pavements



Directions: Starting in Haddington High Street, opposite the market cross, head east towards the George Hotel. Cross the road when you reach Sidegate and continue straight along Church Street. The road comes to an end at Nungate Bridge. Don't cross the bridge, but continue straight on along the path, then continue along the river, crossing the road near the Poldrate Bridge. Continue on this path for about 250 metres. At this point turn off right, over a white bridge, and then take the left fork in the path. Continue past the front of the sports centre and cross the road at the pelican crossing and continue into Neilson Park. Continue as far as the public toilets and then turn right into Lodge Street to take you back to your start point.

Points of Interest: 1. Nungate Bridge – a 16th century bridge.

2. St Mary's Church – dating from the 14th century. Restored in 1971.

3. Haddington Town House – built to a plan by William Adam in 1748, it comprised a Council Chamber, Jail and Sheriff Court. Now used for functions and also Council offices.

4. You can continue your walk along the River Tyne Path as far as Long Cram - Moorhens, swans, ducks and herons are usually seen on the river here.

Public Transport: Haddington is well served by busses to Edinburgh, Dunbar and the surrounding towns and villages.

Local Services: Shops, eating places and public toilets in Haddington.



Longniddry to Haddington along the Railway Walk



Start: Longniddry Rail Station

Finish: Haddington

Distance: 6.6 Km / 4 Miles (one way)

Time: 2 – 2 ½ hours

Terrain: Well surfaced wide and level path

Directions: From Longniddry Rail station head east along the B1377 and cross the road to follow the signs for the Railway Walk. Follow the signs and pass the dog kennels to join the Railway Walk. Continue for 7Km / 4 ½ miles to the end of the Railway Walk at the bridge at Alderston Road, Haddington. From here turn right to descend to West Road (B6471). Turn left here and follow the road for a further kilometre to the centre of Haddington.

Points of Interest: **1. Former Railway Line** This branch line was opened in 1846 and carried passengers and farm produce from Haddington and the surrounding area to Edinburgh. The passenger service was closed in 1949 due to increased use of buses and cars, with freight trains continuing until the closure of the line in 1968.

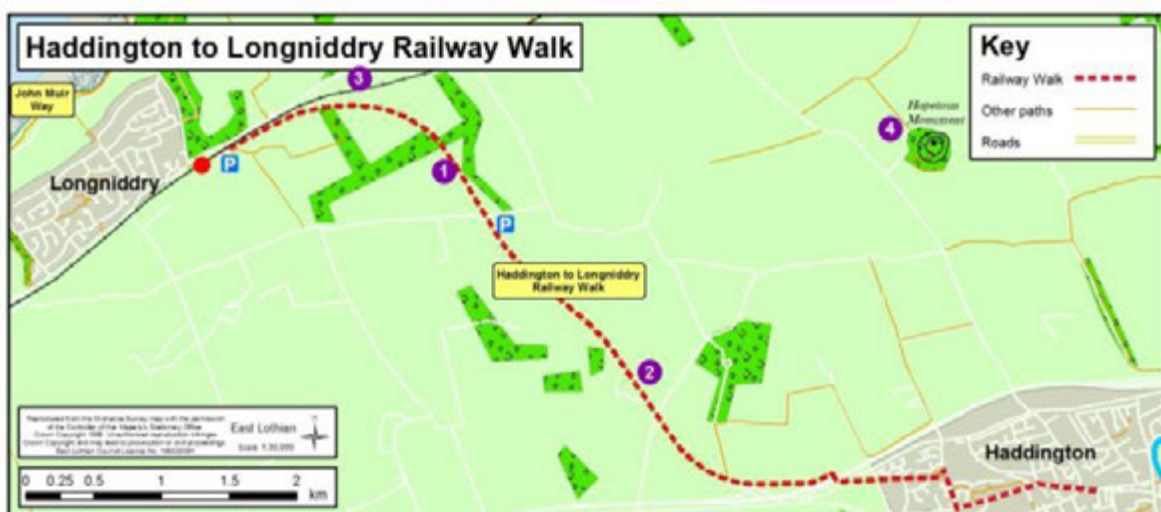
2. Lots of wildlife watching opportunities Hedgerows and woodland along the route offer shelter to a great diversity of wildlife and many rare wild flowers.

3. Redhouse Castle 15th century tower house that can be seen from the Railway Walk.

4. Hopetoun Monument This monument (visible from the walk) was dedicated to John Hope, the 4th Earl of Hopetoun (1765-1823) and built in 1824. It stands on top of Byres Hill from where panoramic views can be seen of the county.

Public Transport: Regular bus and rail service to Longniddry. Regular bus service to Haddington.

Local Services: Shops, eating places and public toilets in Longniddry and Haddington.



Musselburgh and Fisherrow Circular

Start and finish: Fisherrow Harbour
Distance: 8km / 5 miles
Time: 2 – 2½ hours
Terrain: Mostly well-surfaced paths and pavements, some steps with one section on a farm track.



Description: A short town walk passing many historic sites, and the tranquillity of the River Esk Path. Great views over the Firth of Forth towards Edinburgh and Fife.

Directions: From Fisherrow Harbour follow the signposts for the John Muir Way along the promenade and around the west side of the mouth of the River Esk. Cross the first bridge and continue straight ahead along James Street, turning right at Mill Hill, then left at Kerr's Wynd to join the High Street. Cross at the pedestrian crossing and continue up Newbigging; turn right at Inveresk Road, then almost immediately turn left up Inveresk Brae. Enter Lewisvale Park on the left shortly after. After passing the bandstand look out for a black signpost on the right. Ascend the steps here following sign for the cricket pitches and follow the path around the fields. Exit the park to come out on Double Dykes. Cross over Inveresk Village Road, turn left then right to enter Wedderburn Terrace.

A path at the end of the street leads to the River Esk. Once at the riverside turn right heading back into Musselburgh. Leave the path at Eskmills Park and cross Mall Avenue to follow the river downstream. Cross the Esk by the Roman Bridge and continue along Market Street until North High Street is reached; use the crossing to reach the starting point at Fisherrow harbour.



Points of interest:

- 1. Fisherrow Harbour** – a late medieval harbour with possible Roman origins.
- 2. River Esk** – habitat and roosting area for waders, such as oystercatchers and other birds including mute swans.
- 3. Musselburgh Tolbooth** – its prominent clock was a gift to the people of Musselburgh from 'the Dutch states' in 1496.
- 4. Lewisvale Park** – an Edwardian public park dating from 1911.
- 5. Inveresk Village** – a delightful conservation village. Location of the National Trust for Scotland's Inveresk Lodge Garden.
- 6. Roman Inveresk** – a prominent fort between 142 and 163AD.
- 7. Roman Bridge** – dating from the 16th century, it is reputed to be built over a Roman foundation.

Public transport: There are regular bus and rail services to Musselburgh.

Local Services: Musselburgh is well served with shops and restaurants.

Musselburgh to Prestonpans on the John Muir Way



Start: Fisherrow Harbour
Finish: Morrison's Haven
Distance: 6 Km / 4 Miles (one way)
Time: 1 ½ - 2 hours
Terrain: Mostly well-surfaced paths and pavements

Directions: From Fisherrow Harbour follow the signposts for the John Muir Way along the promenade and around the river mouth to cross the pedestrian bridge. Turn left following the river downstream until another sign at the end of the road. Follow the path across the playing field to reach the perimeter sea wall. Continue along the adjacent track for approximately 2 Km until a sign points inland across a grassy meadow; follow this, turn left before Ravenshaugh Road; follow signs for the John Muir Way into Prestonpans.

Points of Interest:

- 1. Fisherrow Harbour** – a late medieval harbour with possible Roman origins.
- 2. River Esk mouth** – habitat and roosting area for waders, such as oystercatchers and other birds including mute swans.
- 3. Musselburgh Racecourse** – a venue for horse racing since 1816.
- 4. Musselburgh Links** – reputed to be the oldest playing golf course in the World. Mary Queen of Scots reputedly played golf here in 1567.
- 5. Levenhall Links**– 134 hectares of reclaimed land widely recognised as being one of the best places to watch birds on the Scottish mainland.
- 6. Prestongrange Industrial Heritage Museum** – site of former colliery and where the industrial heritage of Prestonpans is interpreted. A site of industrial heritage since the 13th century.
- 7. Morrison's Haven** – historic harbour, now disused, but originally established by the monks of Newbattle Abbey in 1526.

Public Transport: Regular coastal bus service. Rail stations at Musselburgh, Wallyford and Prestonpans.

Local Services: There are shops, places to eat and public toilets at Musselburgh and Prestonpans.



New Winton Loop

Start: Sinclair Bridge, Pencaitland
Finish: Ormiston
Distance: 5½ km / 3½ miles
Time: 2½ - 3 hours
Terrain: Mixture of tarred paths, pavement and well surfaced path. Some sections can get muddy following heavy rain.



Description: The path runs from the River Tyne at the centre of Pencaitland up quite a steep hill and joins the A6093. It then follows the road to the junction for Tranent and turns onto a path through woods. Crossing the road again it gradually climbs offering some lovely views of East Lothian before descending again and rejoining the railway walk near Ormiston.

Directions: Starting at the bridge in the centre of Pencaitland with the traffic lights, take the path heading downstream along the Tyne Water. At the crossroads of the path take the left hand tarred path up the hill. Turn right at the top of it at a bin then left and emerge back onto the A6093. Turn right here and follow the road up to the war memorial. Turn left onto the road signposted for B6355 Tranent and proceed up this. At the Red Mains road end it veers left onto a track through the wood. Follow this path till you get to the point where you have to cross the B6355. Straight across from here is another path leading you up through woods. Follow this until the sign marked 'Forest Trail', turn left onto this track as it ascends Winton Hill then back down the other side. Cross the Macmerry branch line before crossing the B6355 near New Winton and follow the path on the other side. This path leads you down to the walk along the old Macmerry branch line. Turn right onto this path and follow it back to the railway walk. From here either turn right to the car park or left towards the junction for Ormiston.

Points of interest: 1. **Pencaitland** – war memorial remembering the fallen of the two world wars.

2. **James' View** – offering views towards the Lammermuir Hills.

3. **Arthur's View** – looking across the Firth of Forth to Fife.

4. Two carved African women which act as mile markers from the Sinclair Bridge. Intended to show the distance many people have to walk on a daily basis to get clean water. Only the base of the woman at James's view remains.



Local Services: Ormiston and Pencaitland both have a pub and small shops where you can buy food.

Public Transport: A regular bus service runs through Pencaitland.

North Berwick and the Law

Start and finish: Scottish Seabird Centre
Distance: 3km / 2 miles (one way)
Time: 1½ - 2 hours each way
Terrain: Mostly paths and well-surfaced pavements. Steep climb (178 metres / 583 feet) to the top of the Law.



Directions: Head south on Victoria Road and Quality Street; continue through the Lodge Gardens and Grounds keeping straight ahead to emerge on to St Baldred's Road. Cross the road and continue straight on, following the John Muir Way signs. You will go through a small, wooded area and then across Gilbert Avenue and Lochbridge Road. Follow the path into Law View and turn right, with North Berwick Law on your left. At the end of this path turn left and follow the path to the car park. From here follow the signed path to the summit.



Points of interest:

- 1. Scottish Seabird Centre** – lots of opportunities for learning about the amazing wildlife of the Firth of Forth and its islands.
- 2. St Andrew's Old Kirk** – ancient church with remains dating from the 12th – 17th centuries surrounded by medieval graveyard. Recent excavations have identified even earlier remains.
- 3. Boat trips** – many operators sail from North Berwick Harbour.
- 4. Lodge Gardens and Grounds** – Victorian designed Public Park.
- 5. North Berwick Law** is the remnant of ancient volcanic activity and is a typical 'Crag and Tail' land formation as a result of glacial erosion during the Ice Age. There is also an earlier Iron Age hill fort with evidence of prehistoric remains. The Napoleonic lookout shelter on the Law was subsequently used in World War I. There are great views of the Bass Rock, Craigleith, and the Forth islands from the summit.

Public transport: There are regular bus and rail service to North Berwick.

Local Services: There are shops, places to eat and drink, and public toilets in North Berwick.

North Berwick Circular

Start and finish: Scottish Seabird Centre
Distance: 4km / 2½ miles
Time: 1 - 1½ hours
Terrain: Mostly paths and well-surfaced pavements. Some steep steps at Rhodes Braes and The Glen.



Directions: Head east along the pavement adjacent to Melbourne Road, Marine Parade, and Tantallon Terrace, passing the rocky shore by Milsey Bay. Climb the steps on your right just past the Scottish Water building and follow the path out to Lime Grove housing estate, eventually reaching the A198. Turn right for approximately 400 metres until you join the path down the Glen on your right. Follow the path through the Glen. Near the end ascend the steps on your left just beyond the ruins of former mill buildings. Continue along the path taking a short diversion to Castle Hill, which offers a fine viewpoint. Shortly after, cross East Road (B1346) with care to enter the Lodge Gardens. Exit the Gardens on to Quality Street, and head back to the Seabird Centre.



Points of interest:

- 1. Scottish Seabird Centre** – lots of opportunities for learning about the amazing wildlife of the Firth of Forth and its islands.
- 2. St Andrew's Old Kirk** – ancient church with remains dating from the 12th – 17th centuries surrounded by medieval graveyard. Recent excavations have identified even earlier remains.
- 3. Boat trips** – many operators sail from North Berwick Harbour.
- 4. Milsey Bay** – there is evidence here of lava-flow with enormous

deposits of volcanic ash, forming the flat red tuffs visible at low tide.

5. The Glen – The ruins of the Mills of Kintreath can be seen here. These are recorded in a charter of 1434 and belonged to North Berwick Priory

6. Castle Hill – thought to be the site of the original De Vaux castle prior to this Norman family building Dirleton Castle in 1220. There are great panoramic views of Milsey Bay Bass Rock, Craigleith, and the Forth islands.

7. Lodge Gardens and Grounds – Victorian designed Public Park.

Public transport: Regular bus and rail service to North Berwick.

Local Services: There are shops, places to eat and drink, and public toilets in North Berwick.

North Berwick to East Linton on the John Muir Way



Start: Scottish Seabird Centre, North Berwick
Finish: East Linton High Street
Distance: 12km / 7½ miles
Time: 3½ hours
Terrain: Mostly paths and tracks. One or two gentle climbs.

Directions: Head south on Victoria Road and Quality Street; continue through the Lodge Gardens and Grounds keeping straight ahead to emerge on to St Baldred’s Road. Cross the road and continue straight on, following the John Muir Way signs. You will go through a small, wooded area and then across Gilbert Avenue and Lochbridge Road. Follow the path around Law View and towards North Berwick Law. Once through the car park follow the John Muir Way signs all the way to East Linton. There are great views south across farm land to the Lammermuir Hills and at the top of the hill just before East Linton turn around and see the

view pictured here. Once you are in East Linton continue straight on to the High Street for local facilities. The bus stop is beyond the High Street, on Station Road.

Points of interest:

- 1. North Berwick** – There is evidence of human settlement in North Berwick from more than 2,000 years ago. The name Berwick means Barley Farmstead. The town has a lot of history and has long been a popular holiday destination.
- 2. North Berwick Law** is the remnant of ancient volcanic activity and is a typical ‘Crag and Tail’ formation - the result of glacial erosion. There is also an earlier Iron Age hill fort with evidence of prehistoric remains.
- 3. Binning Wood** – This woodland was originally planted in 1707 but felled during the Second World War. After the war it was replanted following the original layout.
- 4. East Linton** – This very attractive village became a staging post on the Great North Road after the bridge was built over the River Tyne in the 1500s. The surrounding area has evidence of settlements dating back to at least the Iron Age.

Public transport: There are regular bus services between North Berwick and East Linton.

Local Services: There are shops, places to eat and drink, and public toilets in North Berwick and East Linton.



Ormiston to Pencaitland

Start: Ormiston, Main Street.
Finish: Pencaitland
Distance: 3½ km / 2 miles
Time: 1½ hours
Terrain: Tracks and rough paths.



Description: Mainly on well surfaced, gently sloping paths with one short, steep section. Can get muddy in places following heavy rain.

Directions: Head east on Ormiston Main Street until you almost reach the corner, turn right down Cross Loan and then left when you reach Hillview Road. Continue until you cross the railway walk and follow the path which runs between fields. At the end of the fields there is a wood, follow the sign taking you right past a pond on the left. Cross the River Tyne by the Kingfisher Bridge, up a steep slope then turn left. Follow the signs along this path till you reach the information board at the junction with the A6093. At this point take the pavement left across Sinclair Bridge. Cross the road at the crossing and follow the signs along the path beside the Tyne until you reach a crossroads in the path. Taking the path left takes you onto the return route to Ormiston via New Winton, right takes you onto the return route via Fountainhall and straight on leads to Easter Pencaitland bus terminus or Nisbet.

Points of interest: **1. Ormiston** – The first planned village in Scotland. Historic village with the mercat cross and famous yew tree.
2. Winton House – The original house was built here in 1150 and is now a private residence. Now mainly used for business events and private parties, it is occasionally open to the public.
K = Kingfisher Bridge **S** = Sinclair Bridge



Local Services: Ormiston and Pencaitland both have a pub and small shops where you can buy food.

Public Transport: A regular East Coast Bus service runs through both Ormiston and Pencaitland. Parking for this walk is best at the Ormiston Railway walk car park on the B6371.

Pencaitland Railway Walk

- Start:** Near West Saltoun
Finish: Crossgatehall
Distance: 10.5 Km / 6.5 Miles (one way)
Time: 3 hours
Terrain: Well surfaced wide and level path
Directions: Follow the road south west out of West Saltoun for one



kilometre. You will see a small parking area on the south side of the road and the railway heading off to the north. There are several other points of access onto the railway walk at Pencaitland, Ormiston, Elphinstone and at Crossgatehall.

At the western end of the railway walk, it is possible to continue to the Smeaton Railway, which can be followed to Whitecraig and then on to Musselburgh.

Points of Interest: **1. Former Railway Line** The western end of this disused railway line was built in 1867. It was extended as far as Gifford by 1901 and was used until 1965 when it was closed. There are various interpretation panels and markers, which describe the history of this route.

2. Lots of wildlife watching opportunities Hedgerows, burns and woodland along the route provide a varied habitat for a great diversity of wildlife and rare wild flowers.

3. Carberry Hill Where Mary Queen of Scots surrendered to the Confederate Lords in 1567. A lovely woodland walk with great views over Edinburgh and the Firth of Forth.

4. Saltoun Forest This is a lovely area of mixed woodland offering a variety of walks.

Public Transport: Regular bus and rail service to Pencaitland and Ormiston. There is no public transport to the car parks at either end of the walk.

Local Services: Shops, eating places and public toilets in Pencaitland and Ormiston.



Pencaitland to Nisbet

Start: Sinclair Bridge, Pencaitland
Finish: Nisbet
Distance: 2½ km / 1½ miles
Time: 1 - 1½ hours
Terrain: A riverside path that can get muddy in places, mainly flat although with some hilly sections.



Description: The path runs along the riverside and may be muddy in places after heavy rain. It is mainly flat although with some steep sections, especially the rise leading towards the bus terminus. The path from the meeting of the waters along the Tyne to Spilmersford Bridge is narrow and can become overgrown. Past Spilmersford Bridge there is a steep incline then the path follows mainly grassy paths to Nisbet.
Following periods of heavy rain parts of this path can become flooded.

Directions: Starting at the bridge in the centre of Pencaitland with the traffic lights, take the path heading downstream along the Tyne Water. At the crossroads of the Ormiston to Pencaitland path go straight ahead and follow the path along the side of the Tyne. Eventually it veers left then right climbing slightly and goes past the Water Treatment Works. When you reach the steep hill you can either:

1) Carry straight on before turning right onto the B6355 at the bus turning circle. Follow the road till it rejoins the path to the left just before the Spilmersford Bridge. **Take care on this section as there is no footpath along the road.**

or 2) Turn right to the confluence of the Tyne and Birns Water (the meeting of the waters) then turn left and follow a narrow path along the side of the Tyne and under Spilmersford Bridge. Turn left after the bridge and up a steep path. **Parts of this section can get flooded and if so option 1 should be taken.**

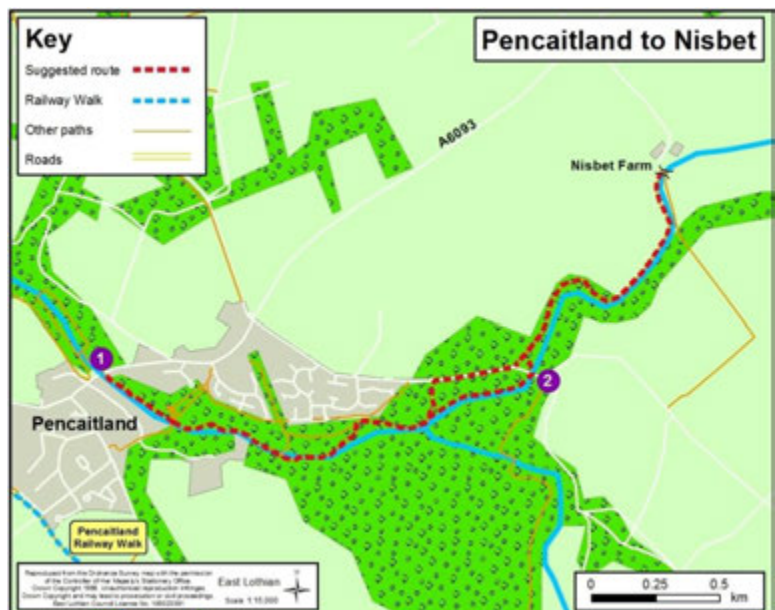
Follow the path from here along the side of the Tyne to Nisbet.

Points of interest: 1. Sinclair Bridge – The Sinclair Bridge was built in 1510 and now links Easter and Wester Pencaitland.

2. Spilmersford Bridge

Local Services: Pencaitland has a pub and small shops where you can buy food.

Public Transport: A regular bus service runs through Pencaitland.



Prestonpans to Aberlady on the John Muir Way

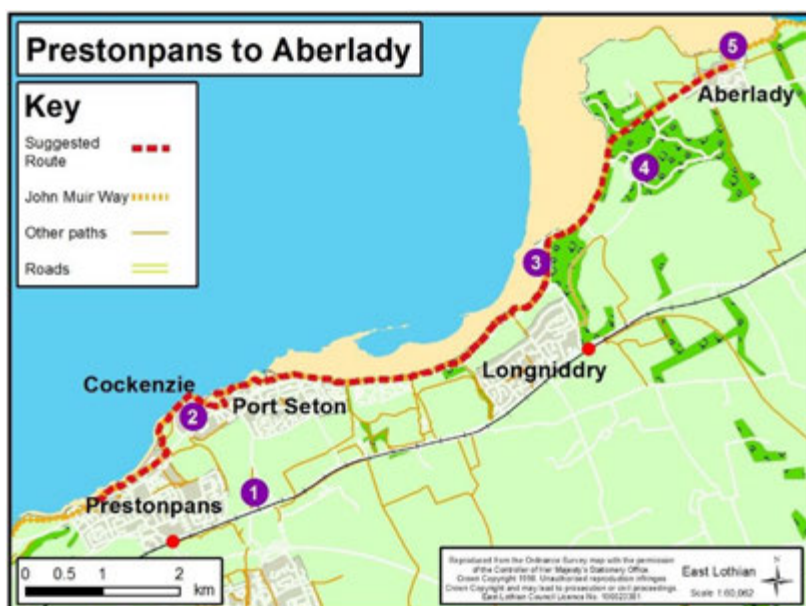


Start: High Street, Prestonpans
Finish: High Street, Aberlady
Distance: 11½ Km / 7 Miles
Time: 3 - 3½ hours
Terrain: A mixture of pavements, rough paths and sand.

Directions: In Prestonpans follow the High Street eastwards, past Lidl and, just beyond the last buildings in the town, turn left and follow the John Muir Way sign, pointing along a path on your right. The path continues behind the old site of Cockenzie Power Station and then into Cockenzie Harbour. From here continue following the signs along the coastal side of Port Seton, past the harbour and along the promenade. The route follows the pavement for a while, before heading into the sand dunes along Longniddry Bents. Continue through the three car parks and around Gosford Bay. After a timber bridge the path runs through a strip of Pine trees until it reaches Aberlady.

Points of Interest:

- 1. Battle of Prestonpans** – In September 1745 the Jacobite army led by Bonnie Prince Charlie defeated the Government’s army led by Sir John Cope.
- 2. Cockenzie** – The coal-powered power station began generating electricity here in 1968. It was decommissioned in 2011 and demolished in 2015.
- 3. Longniddry Bents** – Well known for its fine display of spring time wild flowers, such as bloody cranesbill and clustered bellflowers.
- 4. Gosford House** – The 6th Earl of Wemyss commissioned Robert Adam to design the house in 1789. Gosford House is occasionally open to the public and permits to walk in the designed landscape can be purchased at the estate office and Bothy coffee shop.
- 5. Aberlady** – Aberlady dates from at least the 7th century. In 1633 Aberlady was confirmed as the Port of Haddington, but it has since silted up.



Public Transport: Regular coastal bus service. Railway stations at Prestonpans and Longniddry.

Local Services: There are shops, places to eat and public toilets in all the villages along the coast.

River Esk and the Smeaton Railway

Start: Goose Green, Musselburgh
Finish: Crossgatehall, Pencaitland Railway Walk
Distance: 9½ km / 6 miles
Time: 2½ - 3 hours
Terrain: Tarmac paths and pavements. One short section of quiet road.

Description: A lovely walk following the River Esk Path and old railway lines from Musselburgh to the Pencaitland Railway Walk.

Directions: Starting at the mouth of the River Esk, follow the pavement upstream along Goosegreen Crescent until the road curves away from the river. Continue straight on along Eskside and then onto the path, following the river. Cross over the High Street and continue to follow the river next to Hall Avenue. Continue through the car parks and then cross Olive Bank Road and go down the steps (or ramp) onto Station Road. Continue along the pavements on Station Road for 300 metres and then follow the River Esk Path to your right. After four kilometres the path emerges onto Cowpits Road. Follow the pavement into Whitecraig and turn left when you meet the main road. Follow Whitecraig Road and cross it when convenient. Continue to the other end of the village and once past all the buildings look for the Smeaton Railway path on your right. Continue along the railway walk for a kilometre and after you go under a bridge take the left hand path and follow signs for cycle route 196. After a short section of quiet road and then a cycle path



adjacent to the road, turn right at the traffic lights and you will see the Pencaitland Railway Walk ahead on your left.



Points of interest:

- 1. Levenhall Links** – created from the waste ash from Cockenzie Power Station. Now a haven for wildlife and recreation.
- 2. River Esk** – great spot to see waders and other birds.
- 3. Musselburgh** – There has been a settlement here since at least Roman times.
- 4. Inveresk Village** – a beautiful conservation village. Location of the National Trust for Scotland's Inveresk Lodge Garden.
- 5. Carberry** – in 1567 Mary Queen of Scots surrendered to the Confederate Lords here.
- 6. National Cycle Route 1** – continues through Dalkeith on its way to Dover.

Public transport: There are regular bus and rail services to Musselburgh.

Local Services: Musselburgh is well served with shops and restaurants.

River Tyne Path

Start: Haddington
Finish: East Linton
Distance: 9½ km / 6 miles
Time: 3 hours each way
Terrain: Natural grass and earth path



Description: This path follows the River Tyne through woods and farmland taking you to tranquil parts of the river away from the hustle and bustle of traffic.

Directions: Starting in Haddington, cross the Victoria Bridge and then turn left beyond the cemetery and cross the Tyne again on the footbridge to Riverside Drive. Turn right and then just follow the river downstream! At Abbey Bridge go through the gate, under the bridge, cross over the sheep field and the rest of the path should be obvious. You pass by Sandy's Mill and Hailes Mill from where you get a great view of Hailes Castle. From here the path takes you to East Linton, two miles further downstream. If you fancy a longer walk, the John Muir Way continues along the river for another seven miles to Dunbar.

- Points of interest:**
- 1. Haddington** – dating from at least the 12th Century, Haddington contains many interesting and historic buildings.
 - 2. Abbey Bridge** – The bridge dates from the 16th Century. Nearby there was once a mill and abbey.
 - 3. Sandy's Mill** – This 18th Century grain mill is now a private house.
 - 4. Hailes Castle** – Originally built in 1220 and extended since. This is one of Scotland's oldest stone castles.
 - 5. East Linton** – After a bridge was built over the River Tyne in the 16th Century, East Linton became an important staging post on the Great North Road.

Public transport: There is a regular bus service between Haddington and East Linton.

Local Services: There are public toilets and a variety of shops, pubs and coffee shops in both Haddington and East Linton.

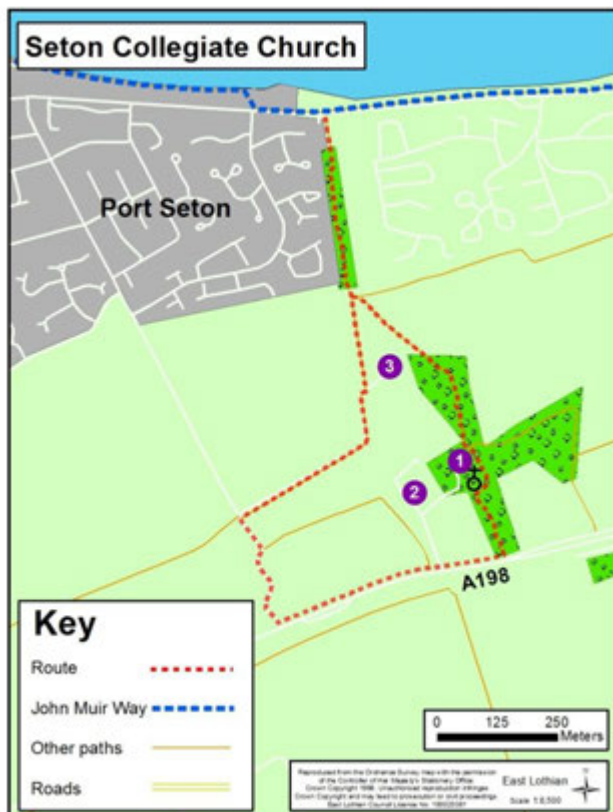


Seton Collegiate Church

Start and finish: Port Seton, just west of Seton Sands holiday village
Distance: 3km / 2 miles
Time: 1 hour
Terrain: Paths, tracks, pavements and quiet roads.

Description: A short town from the coast to the historic Seton Collegiate Church passing through fields and woodland.

Directions: From the B1348 cast road follow the Sandy Walk inland, bearing west to the Fisher's Road and then continuing until you meet the B1361. Turn left, heading east, passing the entrance to Seton House, a private residence, and take the path to the Collegiate Church shortly after. Pass the entrance gate and join a faint path through the wood and across a field to meet the Sandy Walk again. Head back to the coast.



Points of interest:

- 1. Seton Collegiate Church** – a fifteenth century church built by the powerful Seton family. Now a Historic Scotland property.
- 2. Seton House** – (private house, no access) – lavish Robert Adam designed house, on the site of Seton Palace, former home of Seton family.
- 3. Seton Mill** – The stream here once drove a series of water mills.

Public transport: Regular coastal bus service to Prestonpans.

Local Services: Port Seton is well served by shops, cafes and public toilets.

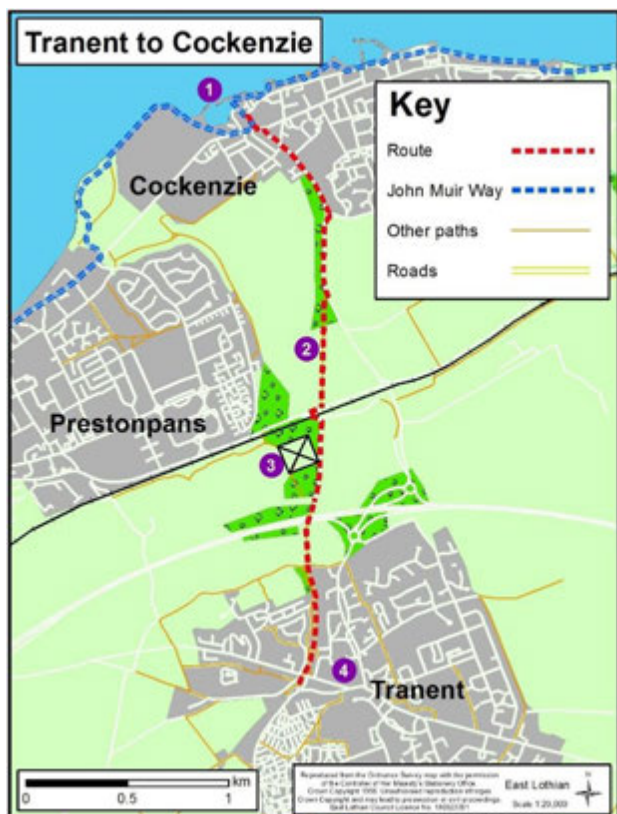
Tranent to Cockenzie

Start: New Row, Tranent
Finish: Cockenzie Harbour
Distance: 3½ km / 2 miles
Time: 1 hour
Terrain: Tarmac and whindust paths and pavements.

Description: This walk follows some of the route of the old Waggonway that once ran from Tranent to Cockenzie.



Directions: At the western end of the High Street in Tranent continue along Bridge Street and take the left fork into New Row. In about 200 metres at the little roundabout turn right up Birsley Road and you will see the path, almost immediately on your right, signposted with a “Bridleway” sign. Follow the path, known as The Heugh, under a bridge and in about 750 metres you will pass under the A1. The path emerges at the side of Meadowmill Sports Centre car park. Cross the road and continue along the pavement. Look out for Meadowmill Bing on your left. This is well worth a detour to the top if you are feeling energetic. Take care at the junction of this road, as there is no pavement where the road crosses over a railway bridge. Cut across the grass by the monument for the Battle of Prestonpans and cross the main road. Follow the pavement to the right for about 60 metres and then turn left down a well signposted whindust track. Half way down this track are two carved stone Battle Memorial Tables, commissioned by the Battle of Prestonpans Heritage Trust, to commemorate those who fought and died during the battle in 1745. At the bottom of the track, carefully cross the road to the pavement on the other side. Continue straight on at the roundabout and follow the pavement into Cockenzie and then the path along the side of the park. Cross the main road, turn left and then right following the John Muir Way and Waggonway signs to Cockenzie Harbour.



Points of interest:

- 1. Cockenzie Harbour** – built in 1680 for the transportation of salt and coal.
- 2. The Waggonway** – possibly the first waggonway in Scotland, it was built in 1722 to transport coal to the salt pans on the coast.
- 3. Meadowmill Bing** – This old coal bing has been relandscaped into a viewing platform with information panels about the Battle of Prestonpans.
- 4. Tranent** – one of the oldest towns in East Lothian, with its church dating from the 1400s. There is a long tradition of coal mining around Tranent.

Public transport: There are regular bus services to Cockenzie and Tranent.

Local Services: Tranent is well served with shops and restaurants. Cockenzie has a number of shops.