

**PATH INFORMATION**

 The 1.9km section of the John Muir Way between Fisherrow Harbour and Levenhall Links is on fairly level terrain and follows pavements or tarmac paths.

 The section through Levenhall Links is mostly on a tarmac path, but there are sections of gravel track.

 The remaining 5km of path to Cockenzie is all on tarmac paths but does involve some steps and small inclines.

**FURTHER INFORMATION**

For further information about the John Muir Way from Helensburgh to Dunbar visit: [www.johnmuirway.org](http://www.johnmuirway.org)

**PUBLIC TRANSPORT**

 There are several points along the way where public transport can be used to return to your start point or take you on to other locations. Details are available from the Traveline on **0871 200 22 33**.

**JOHN MUIR**

John Muir, who is often acknowledged as being the 'father' of the modern conservation movement was born in Dunbar in East Lothian.

*This leaflet may be available in large print, audio and community languages on request. Please contact **01620 827199** or [www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)*

**SCOTTISH OUTDOOR ACCESS CODE**

Know the Code before you go ...  
Enjoy Scotland's outdoors – responsibly!

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

- take responsibility for your own actions;
- respect the interests of other people;
- care for the environment.

Find out more by visiting: [www.outdooraccess-scotland.com](http://www.outdooraccess-scotland.com) or phoning your local Scottish Natural Heritage office.



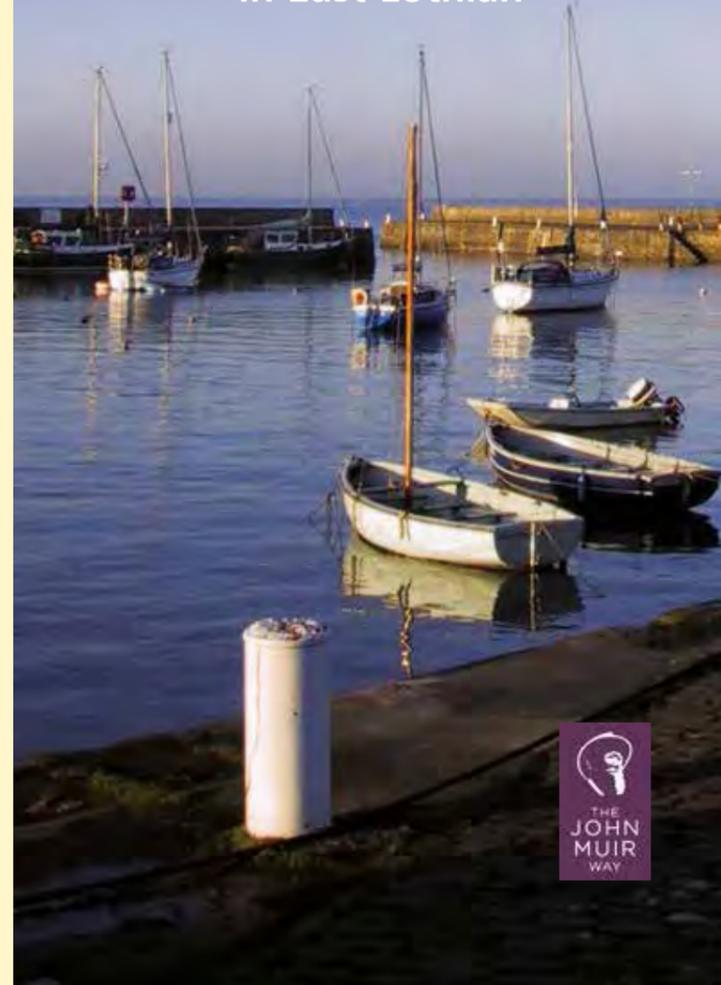
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THE  
**JOHN  
MUIR  
WAY**

in East Lothian



The John Muir Way  
in East Lothian

**FISHERROW TO COCKENZIE**



**East Lothian has a very distinct and varied coastline, featuring sandy beaches, cliffs, harbours and castles.**

**The John Muir Way in East Lothian Fisherrow to Cockenzie**

East Lothian has a very distinct and varied landscape. The coastline features sandy beaches, cliffs, harbours and castles whilst inland much of the landscape has been shaped by agriculture.

Much of the East Lothian coast is recognised nationally and internationally for wildfowl and waders such as curlew and redshank. In recognition of its importance it has been designated as part of the Firth of Forth Site of Special Scientific Interest.

**The John Muir Way** is a long-distance route stretching 215 kilometres from Helensburgh in Argyll and Bute to Dunbar here in East Lothian. The route passes many historical and industrial heritage sites and links in with many other local paths, so small sections can be tackled on their own or as part of a circular route.

This leaflet describes what can be seen on the section of the route between Fisherrow and Cockenzie, a total distance of almost ten kilometres. The route is signposted by green fingerposts as illustrated above.

Most of this section of the route follows the coastline and on a good day there are views across the Firth of Forth to Fife and the three bridges over the Forth. Take your time, enjoy the great views, stay a while and seek out the many fascinating places along the John Muir Way that have helped shape the county.

Printable copies of this and other leaflets are available on our web site [www.visiteastlothian.org](http://www.visiteastlothian.org). Also any comments or suggestions you have about the John Muir Way can be left on the web site [www.johnmuirway.org](http://www.johnmuirway.org) Further information about the John Muir Way in East Lothian can be obtained by phoning 01620 827419.



ABOVE: SCALLOP SHELL  
BACKGROUND: ARTHUR'S SEAT FROM LEVENHALL LINKS

## 1 Fisherrow

Fisherrow was once a distinct suburb of the medieval burgh of Musselburgh. The harbour at Fisherrow was definitely in use by the 16th century and may have been in existence since Roman times serving the Inveresk Roman fort, located on the high ground on the east of the River Esk.

## 2 The River Esk

The route crosses the River Esk near its mouth where oystercatchers and other wading birds are attracted by the mussel beds and rich feeding in the estuary. In late summer large numbers of swans come to the estuary to moult. With the constant upgrading work that needed to be done to Fisherrow harbour (particularly during the 17th and 18th centuries) a more modern harbour was built at the mouth of the River Esk, but because it kept silting up, Fisherrow started to be used once again.



MUTE SWANS

## 3 Musselburgh and the Bridge

Musselburgh received burgh status by AD 1184 and was well established by the mid-12th century, if not much earlier. The earliest medieval settlement was probably along the River Esk centred around the Roman Bridge, upstream, with settlement expanding along the present High Street by the middle of the 14th century.

## 4 Musselburgh Links

Golf was played on Musselburgh Links as far back as 1672 although it is often suggested that Mary, Queen of Scots enjoyed playing golf here in 1567. The Musselburgh Silver Arrow is the top prize for an archery competition held annually at the Links for over 400 years. It is believed to be the world's oldest sporting trophy. A full programme of flat and jump races are held throughout the year at nearby Musselburgh racecourse.

## 5 Levenhall Links

This man-made landscape has been reclaimed from the sea since the 1960s, using ash from Cockenzie Power Station. It is now an important roosting site for wading birds such as redshank and dunlin, some of which can be viewed from the bird hides. From the sea wall there are fine views over the Firth of Forth, with Fife to the north, the Edinburgh skyline to the west and East Lothian to the east. Seals and a variety of sea ducks including long-tailed duck can often be spotted from here.

## 6 West Pans

The coastal village of West Pans was once located on a small rocky peninsula. By the 18th century it was home to a thriving pottery industry and salt-manufacturing industry, both declining until production had ceased by 1850.



PRESTONGRANGE INDUSTRIAL HERITAGE MUSEUM

## 7 Prestongrange

Prestongrange is a heritage site with a lengthy industrial past of considerable importance with historical roots in trade, salt, pottery and glass production going back to at least the 16th century (glass production being the first of its kind in Scotland). The Industrial Heritage Museum, open between April and October, charts the history of local industries from the 12th century to the present day.

## 8 Morrison's Haven

A harbour was established here by the 16th century by the monks of Holyrude and Newbattle. There was at least one mill located at the harbour and a stone fort, with associated underground vaults, was built close by. The fort was later pulled down by Cromwell in 1650 on his march to Leith.

## 9 Prestonpans

From the 12th century medieval Prestonpans (Originally Aldhammer and later renamed Salt Prieston) became an important industrial centre, initially focusing on the production of salt and coal and later pottery. The site of the Battle of Prestonpans is close by, where Bonnie Prince Charlie's army had a famous victory over the Hanoverian government troops during the Jacobite rebellion of 1745. Prestonpans contains some fine examples of historic buildings such as the 15th century Preston Tower, the 16th century Northfield House and the 17th century Hamilton House.

## 10 Cockenzie Harbour

The origins of Cockenzie are unknown, but by the 17th century saltpans had been established at the harbour. One of Scotland's first railways ran from the coalfields around Tranent to Cockenzie Harbour. Built in 1722 using wooden rails, it used horses to pull the empty wagons up hill and gravity for the return journey. Some of the original stone blocks the rails were mounted on can be spotted now built into the harbour wall.



MORRISON'S HAVEN c. 1930 East Lothian Museums Services

