

PATH INFORMATION



The first kilometre of the route from North Berwick through the Lodge Grounds follows gently rising slopes on tarmac paths.

The ten kilometres of the route from North Berwick Law all the way to East Linton is along grass tracks and surfaced paths. Stout footwear is recommended and as some areas are quite remote it is suggested that waterproof clothing is also carried.

The nine and a half kilometres from East Linton to Belhaven Bay is along grass tracks and surfaced paths. Stout footwear is recommended and it is suggested that waterproof clothing is also carried.

The two and a half kilometre section from Belhaven Bay to Dunbar Harbour includes steep slopes and quite a number of steps. It also runs close to the top of the cliffs in places, so care must be taken.

This section also runs along the side of a golf course. Please keep to the path, keep dogs on a short lead and try not to disturb play.

FURTHER INFORMATION

For further information about the John Muir Way from Helensburgh to Dunbar visit: www.johnmuirway.org

PUBLIC TRANSPORT

 There are various 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 or visit: www.traveline.info

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
or phoning your local Scottish Natural Heritage office.



JOHN MUIR

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



Visit John Muir's Birthplace at 126 High Street, Dunbar. Open Monday – Saturday 10am – 5pm; Sunday from 1pm – 5pm (closed Monday and Tuesday from October – March). There is an interactive visitor centre with regular events and children's activities. For details please visit www.jmbt.org.uk

THE JOHN MUIR
MONUMENT IN DUNBAR

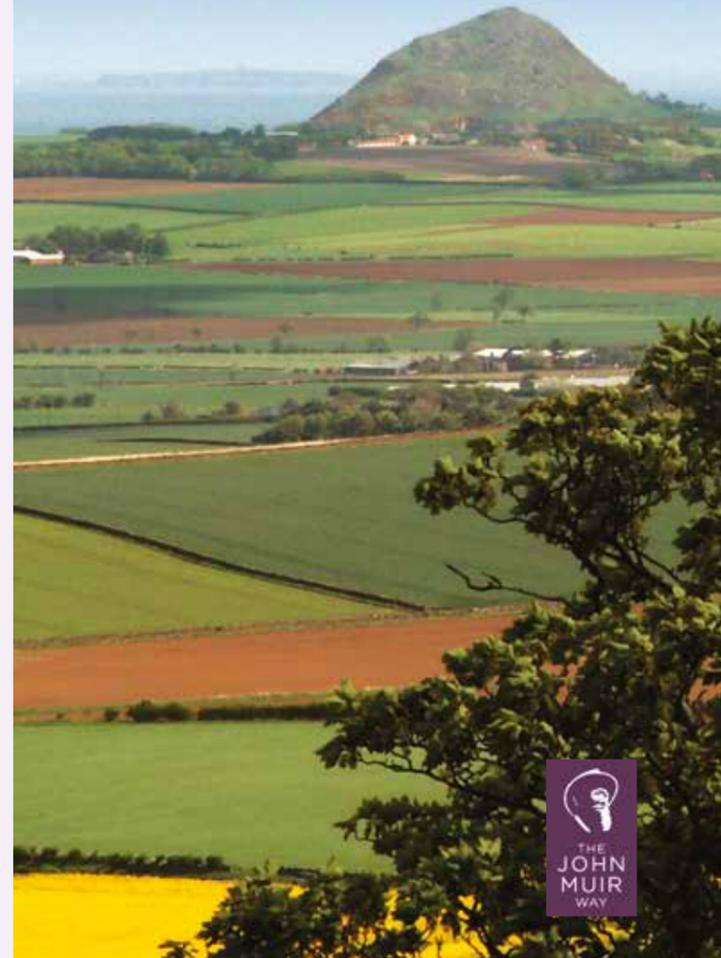


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THE
JOHN
MUIR
WAY

in East Lothian

The John Muir Way
in East Lothian

NORTH BERWICK TO DUNBAR



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.



RIGHT: KITTIWAKES ON DUNBAR CASTLE
BACKGROUND: NORTH BERWICK LAW

The John Muir Way in East Lothian
North Berwick to Dunbar

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 North Berwick and Dunbar, a total distance of almost 24 kilometres. The route is signposted by green fingerposts as illustrated above.

The path heads south out of North Berwick through farmland and woodland to East Linton and thereafter follows the River Tyne to its estuary. 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. Also any comments or suggestions you have about the John Muir Way can be left on the web site www.johnmuirway.org Further information about the John Muir Way in East Lothian can be obtained by phoning 01620 827419.

1 North Berwick

North Berwick has existed since at least 1250, although the area has been inhabited for over 2000 years. The name means "North Barley Farmstead". The town was once famous for its fishing industry and since the railway line opened it became a popular tourist destination.



NORTH BERWICK

2 North Berwick Law

The Law is a volcanic plug that was formed 350 million years ago. It was more recently shaped into a crag and tail by glacial action during the Ice Age. There was once an Iron Age fort on the hilltop and remains of stone houses are visible on the lower slopes. On the summit are the ruins of a Napoleonic signalling station.

3 East Linton

The village of East Linton dates from before the 16th century, when the bridge was built over the River Tyne for the Edinburgh to London Post Road. The village was an important agricultural centre and there were several mills in the area powered by the river's water.

4 Preston Mill

There has been a mill on this site since the 12th century, although the existing buildings date from the 17th century. Preston Mill is one of Scotland's oldest working water mills. It is now looked after by the National Trust for Scotland.

5 Preston Kirk

Prestonkirk parish church was built in 1770 and repaired and enlarged during the 19th century. Its chancel, however, incorporates the east end of the 13th century church, which originally occupied this site.

6 John Muir Country Park

The Park covers 730 hectares along the coast from Dunbar Harbour to the River Tyne Estuary. The area is managed by East Lothian Countryside Ranger Service as a place for nature conservation and for people to enjoy this beautiful part of the coast.

7 Belhaven Bay

During the 12th century a harbour was established at Belhaven Bay, which acted as the port for the burgh of Dunbar until the 16th century. After problems with Belhaven Harbour silting up it was abandoned and the Cromwell Harbour was built in Dunbar.



PRESTON MILL

8 Dunbar

The area around Dunbar has been inhabited since before the Iron Age. It has been an important strategic town at least since the 7th century. The castle, some of which dates from the 13th century, can still be seen today as a ruin beside Victoria Harbour. Dunbar has been invaded, occupied, razed to the ground and the site of various battles over the years. Dunbar's greatest enemy these days is coastal erosion.



DUNBAR CASTLE

Wildlife

This varied section of the John Muir Way offers many opportunities to see wildlife on the route. The coastal sections at North Berwick and Dunbar are ideal for viewing seabirds such as gannets, terns and gulls. During the winter months large flocks of pink-footed geese can sometimes be seen grazing in the fields of winter cereals next to the John Muir Way while the hedgerows offer food and shelter to many smaller birds. Brown hares and roe deer are common sights in the fields and woodland edges. If you are very lucky you may even spot an otter or kingfisher along the River Tyne. The Tyne Estuary is a great place to watch waders and wildfowl such as curlew and shelduck. Dunbar Castle is well known as the summer residence of a colony of nesting kittiwakes and grey seals are often spotted in the harbour looking for scraps from the fishing boats.



ROE DEER

