

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.

