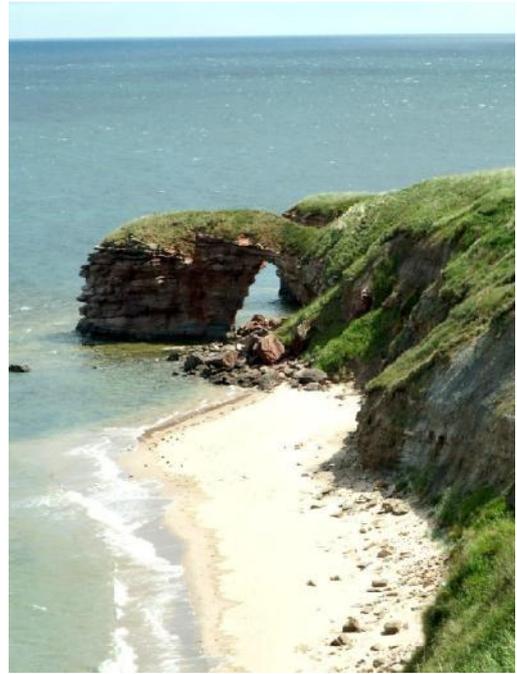


John Muir Link

Thorntonloch to Cockburnspath

Start: Thorntonloch
Finish: Cockburnspath
Distance: 6 km / 4½ miles
Time: 2 - 2½ hours
Terrain: A mixture of grass paths, tracks, sandy and shingle beaches.

Directions: From the car park at Thorntonloch, follow the signs for the John Muir Link to the coast. Turn right (south-eastwards) along the sandy beach. Look out for the sign for the John Muir Link taking you up the coastal slope. Continue to follow the John Muir Link signs, past Bilsdean Waterfall. After this there is a short section along a shingle beach. Take care that you are not cut off by the high tide along the beach section. From the beach, look out for the John Muir Link sign directing you inland, up through Dunglass Dean. When you reach the railway bridge, turn left under the bridge, then left again over the bridge over Dunglass Dean and then immediately right past a gate lodge. Follow the wooden signs into Cockburnspath .



Points of interest:

1. Great views – out to sea and along the Berwickshire coast.

Bird watching – Look out for Eider and Long-tailed Duck offshore. Fulmars may fly

overhead while at the water's edge you'll be able to spot Oystercatcher, Turnstone and Redshank.

2. Sandstone Arches – Visible from the path, these arches have been carved into the sandstone by the sea.

3. Bilsdean – A dramatic steep-sided ravine and waterfall.

4. Post Road – Dunglass Bridge is a remnant of Great Post Road from the early 17th Century. Bridges further up the dean date from the 18th to 20th Century.

5. Dunglass Church – Dating from the 15th Century, this stone-slab roofed church is in remarkably good condition, despite being used as a barn in the 1700s.

Public transport: Buses between Dunbar, Cockburnspath and Berwick Upon Tweed.

Local Services: There is a village shop in Cockburnspath and toilets near the parking area on the A1 at Dunglass.

