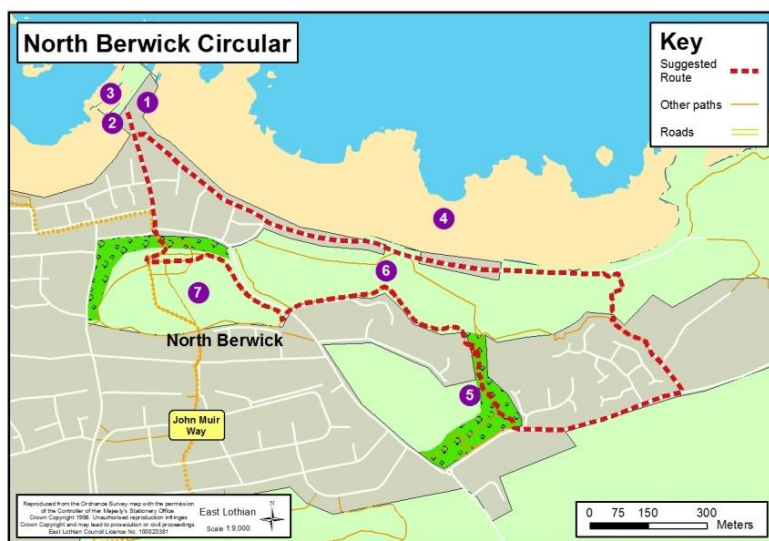


North Berwick Circular

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.