

# Pencaitland to Nisbet

**Start:** Sinclair Bridge, Pencaitland  
**Finish:** Nisbet  
**Distance:** 2½ km / 1½ miles  
**Time:** 1 - 1½ hours  
**Terrain:** A riverside path that can get muddy in places, mainly flat although with some hilly sections.



**Description:** The path runs along the riverside and may be muddy in places after heavy rain. It is mainly flat although with some steep sections, especially the rise leading towards the bus terminus. The path from the meeting of the waters along the Tyne to Spilmersford Bridge is narrow and can become overgrown. Past Spilmersford Bridge there is a steep incline then the path follows mainly grassy paths to Nisbet. **Following periods of heavy rain parts of this path can become flooded.**

**Directions:** Starting at the bridge in the centre of Pencaitland with the traffic lights, take the path heading downstream along the Tyne Water. At the crossroads of the Ormiston to Pencaitland path go straight ahead and follow the path along the side of the Tyne. Eventually it veers left then right climbing slightly and goes past the Water Treatment Works. When you reach the steep hill you can either:

**1)** Carry straight on before turning right onto the B6355 at the bus turning circle. Follow the road till it rejoins the path to the left just before the Spilmersford Bridge. **Take care on this section as there is no footpath along the road.**

**or 2)** Turn right to the confluence of the Tyne and Birns Water (the meeting of the waters) then turn left and follow a narrow path along the side of the Tyne and under Spilmersford Bridge. Turn left after the bridge and up a steep path. **Parts of this section can get flooded and if so option 1 should be taken.**

Follow the path from here along the side of the Tyne to Nisbet.

**Points of interest: 1. Sinclair Bridge** – The Sinclair Bridge was built in 1510 and now links Easter and Wester Pencaitland.

**2. Spilmersford Bridge**

**Local Services:** Pencaitland has a pub and small shops where you can buy food.

**Public Transport:** A regular bus service runs through Pencaitland.

