

Harbour Walk

-  Green Dots
-  30 minutes to harbour, 1 hour there and back
-  Recommended for walkers, bikes and pushchairs
-  Cobbles at the harbour can be slippery if wet

This is a scenic route that takes in part of the shore and the harbour itself. From the Sports Centre turn left into Newbigging, continue along this road until you reach the High Street. Cross over at the traffic lights and walk ahead through the small car park in front of some shops – you will see the Town Hall and clock on your left hand side. Go through the vennel at Kerr's Wynd and continue a short distance until you reach Millhill. Turn right into Millhill and then left into James Street. At James Street you will see the River Esk in front of you, cross the river at the metal bridge and turn right along the river path. Continue along this path which will veer round to the left – the Firth of Forth will be on your right as you walk past the playing fields of Loretto School and Fisherrow Links. Walk along the Promenade past the bench with its sail-like metal wind-break. When you reach Musselburgh Harbour take a little time to take in the spectacle of the brightly coloured pleasure boats in the harbour. Retrace your steps back to the Sports Centre.

Fisherrow Harbour

Routes in and around Musselburgh



The Fisherrow fishwives wore distinctive blue and white striped dresses and carried wicker creels. Their menfolk away fishing most of the year meant the women led tough independent lives. During the eighteenth century records show that on the Links in Musselburgh, a women's golf competition was held annually on New Years Day, among the fishwives of Musselburgh and Fisherrow.

The John Muir Way, which forms part of the North Sea Trail, is being developed by East Lothian Council to provide a continuous path linking East Lothian with the City of Edinburgh and the Borders. The routes are signposted and offer magnificent views of the East Lothian coastline and a chance to see the natural history and historic sites of this unique landscape. The John Muir Way can be tackled in short sections or as part of a circular walk as there are many other paths linking into it. Further information about walks around Musselburgh and the John Muir Way can be obtained by phoning East Lothian Council on 01620 827419 or visiting www.eastlothian.gov.uk

Levenhall Links Walk

-  Orange Dots
-  1 hr 30 minutes
-  Recommended for walkers, bikes and pushchairs. As this walk passes by a nature reserve, please keep your dog under proper control.
-  Wear appropriate clothing as can feel exposed on a windy day. Path can be isolated in parts.

In the early 1960s the lagoons were formed and this area now attracts a variety of birds and consequently bird watchers. This walk also offers views of Fife and is part of the John Muir Way.

Start from the Musselburgh Sports Centre, turn left down Newbigging to the High Street. Cross the High Street at the traffic lights and head under the vennel at Kerr's Wynd. Go straight ahead and turn right into Millhill and then left into James Street. The River Esk should now be in front of you. Follow the river on your left hand side until it reaches the river mouth. Look out for the John Muir Way signpost, and follow the gravel path along the coast. This area is important for wild birds. Keep to the path until you see the next signpost, turning off to your right. This path takes you along the side of a pond on the right hand side. If you have time visit the bird hides/reserve by taking the left hand fork of the path. To return to the Sports Centre, continue along the path with the pond on your right hand side until you reach the Race Course, turn right again and head back to the first John Muir Way signpost. Retrace your steps to the Sports Centre.

Nature Reserve at the Lagoons © Duncan Priddle

Directions

Musselburgh is on the A199, on the southern shore of the Firth of Forth. Leave the A1 at the Musselburgh exit to join the A199.



Public transport information can be obtained from the Traveline by phoning 0870 608 2 608.

Musselburgh

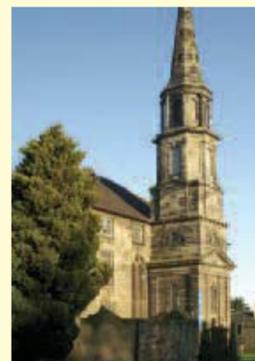
Musselburgh is the largest town in East Lothian, sitting at the mouth of the River Esk, seven miles east of Edinburgh. It is a thriving community with a number of shops, pubs and cafes and has an impressive history dating back to Roman times.

Acknowledgements

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- * Ada Noble for her help with this leaflet and for devising the Pinkie Walk, which was originally called Ada's Walk.

Information



Below: Path along River Esk Above: St. Michael's Kirk

HISTORY

The name Musselburgh derives from the extensive mussel beds which lie along its shore on the Firth of Forth. The coat of arms for Musselburgh is made up of three mussels and three anchors, with the anchors referring to the fishing tradition of the community.

The town motto 'Honesty' dates back to 1332, when the Regent of Scotland, Randolph, Earl of Moray died in the Burgh after a long illness during which he was devotedly cared for by the citizens of the Burgh. His successor offered to reward the people for their loyalty but they declined saying they were only doing their duty. The new regent was very impressed and said they were a set of honest men, hence "Honest Toun".

Some historical points of interest to look out for on your walks:-

- Much of Lewisvale Park is now protected because of the amount of Iron Age and Roman settlement remains that survive there.
- Pinkie House is originally 17th century in date and is surrounded by 17th century formal gardens.
- Millhill represents the medieval back lane to the *burgage* plots which extended north from the High Street. *Burgage* plots are long, narrow strips of land running at right angles to the main streets in medieval towns. The houses or shops would usually be at the front facing onto the street. Behind them would be workshops and yards.
- On either side of Crookston Road much of the landscape has now been protected because of the large number of archaeological sites surviving here. Both Iron Age and Roman settlement and field system remains can be found here.
- St Michael's Kirk spire is a prominent feature of the Musselburgh skyline. This spot was a strategic site during Iron Age and Roman times. The earliest Christian church on this site was established in the 6th century.

Walk more– feel the difference

- Did you know that walking regularly can
- keep your heart strong
 - help to reduce your weight
 - help you to sleep better
 - help to reduce stress
 - reduce your blood pressure
 - make you feel good

Would you like to walk more for exercise or pleasure? Need the motivation of a regular group?

WILDLIFE

The Bird Reserve at Levenhall Links provides an excellent vantage point for visitors to observe local bird life. Shallow clay lined pools have been created to attract a variety of wading birds to the Reserve. Many of these birds are local species that visit to roost when the incoming tide forces them off the rich feeding grounds of the estuary. Specially constructed hides allow the visitor to study birds without causing any disturbance to wildlife.

The viewing facilities at the Bird Reserve are open throughout the year and accessible to wheelchair users. To avoid disturbing wildlife, please keep dogs under control at all times and please take your litter home.

Wildlife in and around Musselburgh is not restricted to nature reserves. Musselburgh is famous for its swans on the River Esk. About 20 years ago a special island was created at the Store Bridge and swans have nested there ever since. If you visit the swans, please remember that they are wild birds and do not feed them. Walking along the Esk, you may be lucky to spot a heron, kingfisher or even an otter. All this within the heart of the town.

For more information about CHANGES Wellbeing Walks or additional copies of this leaflet contact:

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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.

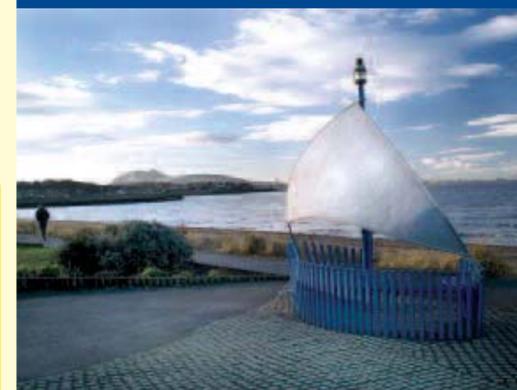
Whether you're in the outdoors or managing the outdoors, the key things are to:

- 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.



walks around MUSSELBURGH THE HONEST TOWN



CHANGES
Promoting positive wellbeing



Riverside Walk 1

- Pink Dots & ●● Black dots
- 1 hour 15 minutes
- Recommended for walkers, bikes and pushchairs
- Traffic when crossing roads. Wedderburn path may be slightly muddy after rain

Start from Musselburgh Sports Centre, turn left and left again into Inveresk Road past Tesco Supermarket. Turn left again onto Station Road, past the job centre. Go along past Eskmills Villas and Eskdale Industrial Estate where you will see the walk signposted. Leaving the traffic behind follow the tarmac path along the side of the River Esk. Stay on the path for approximately 20 minutes until you see a bridge overhead. Turn left before the bridge and follow the path up a slight incline to Wedderburn Terrace. At the road end cross over Carberry Road into Pinkiehill and continue a short distance, turning left into Crookston Road and right into Double Dykes. Go past the allotments on your right hand side and along the side of the cricket ground, down the path with railings, turning left through Lewisvale Park. At the entrance to the park cross over the road at the pedestrian crossing, back to the Sports Centre.

Buildings at Eskmills Park beside Job Centre



Riverside Walk 2

- Black Dots & ●● Yellow Dots
- 1 hour 15 minutes
- Recommended for walkers and bikes
- Muddy in parts after rain, one set of steps to negotiate, traffic

This is the second suggested river walk included in this guide.

Start at the Sports Centre. Cross Inveresk Brae into Lewisvale Park. Walk through the park and along the path with railings that lead to the cricket pitch on your right hand side. Turn right again and continue along the path around the pitch and through the walled path, with the allotments on the left. Turn right into Double Dykes and left into Crookston Road. Continue a short distance turning right into Pinkiehill, and then cross over at Carberry Road (watch out for traffic) into Wedderburn Terrace. Continue until you reach the path down the side of the field which leads to the river. Turn left towards Whitecraig, under the railway bridge and up the tarmac path until you come to another bridge which crosses the river. Cross this bridge, turn right and follow the path under the railway bridge leading up towards the Golf Course into Fergusson Drive. Turn right into Monktonhall Terrace and continue until you reach steps on your right hand side, opposite Stoneybank Place. Walk along the path, past the children's play area until you reach steps coming back up towards Eskview Terrace. Go a little down Eskview Terrace and take the bridge on the right hand side into Station Road. Turn left and go along Station Road turning right at the traffic lights into Inveresk Road. Go along Inveresk Road until you reach Newbigging – turn right back to the Sports Centre.



Routes in and around Musselburgh



Records show that **Musselburgh Links** is the site of one of the oldest remaining golf courses in the world. It dates back to 1672 and has been host to six Open Championships. The golf links are now contained within the racecourse which was established in 1816.

This makes Musselburgh ideal for golf enthusiasts and those wishing to enjoy a day out at the races.

KEY

- Route Common to all walks
- Parking
- Golf Course
- North
- 0.25 Km

Stone Monument Commemorating the Battle of Pinkie

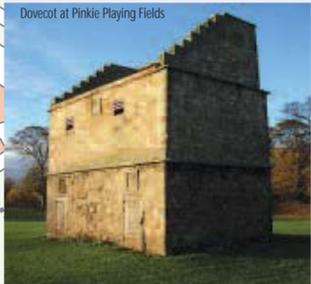
The battle took place at Pinkie Cleugh between Musselburgh and Wallyford on the 10th September, 1547. The Duke of Somerset, the then Protector or guardian of the young King Edward VI, directed the English army to attack the Scots. The Scottish army was heavily defeated with 15,000 killed and 1,500 taken prisoner.

Pinkie Walk

- Purple Dots & ●● Black Dots
- 1 hour
- Recommended for walkers and pushchairs
- Traffic – use pedestrian crossings

This varied walk takes in two parks and a good view over Musselburgh and the Forth on a clear day.

Leaving Sports Centre turn left down Newbigging, cross over to the right hand side at the foot of Newbigging and walk along the High Street towards St Peter's Church and Loretto School on your right hand side. Just beyond Loretto School go through the metal gate into Pinkie Playing fields, go along the path until you reach Pinkie Road. Turn left and cross at the pedestrian crossing and go up Edenhall Road to the top. Just before the cottage at Edenhall Hospital entrance, turn right and go up the path, which has a slight incline towards the allotments. There is a great view of the Forth from here on a clear day. (If you wish to avoid this path turn right further down Edenhall Road into Edenhall Crescent which leads to Lewisvale Park). Continuing along the original route, take the left hand fork along side the allotments until you come to the entrance to the cricket ground, go along the path at the side of the cricket ground until you reach the left



Dovecot at Pinkie Playing Fields

turn into Lewisvale Park. Go through the Park to the main entrance gate and cross at the pedestrian crossing and back to the Sports Centre.

Crookston Walk

- Black Dots & ●● Green Dots & ●● Black Dots
- 1 hour 30 minutes
- Recommended for walkers and bikes
- Muddy in parts after rain, new houses may still be under construction

From the Sports Centre use the pedestrian crossing at Inveresk Brae to cross into Lewisvale Park, walk through the park and along the path with railings that lead to the cricket ground on your right hand side. Turn right again and continue along the path around the pitch and through the walled path, with the allotments on the left. Turn right into Double Dykes and continue along Crookston Road towards Wallyford. Cross the railway line via the bridge and keep going along this path to the end. Turn left up the hill where you will pass the Stone Monument for the Battle of Pinkie on your left hand side. Just past the monument turn left again and continue along Salters Road into Wallyford. Turn left down Forthview Avenue and along until you meet a tarmac path. Turn left onto this path and continue going under the railway bridge and into Pinkie Drive. Go over the roundabout at Edenhall Hospital and left into Edenhall Crescent, take the path to the right which goes past the children's play park and cut through the houses until you see the entrance to Lewisvale Park. Go through the park to the main entrance and back to the Sports Centre.



Battle of Pinkie Monument