

Prestonpans to Aberlady on the John Muir Way



Start: High Street, Prestonpans
Finish: High Street, Aberlady
Distance: 11½ Km / 7 Miles
Time: 3 - 3½ hours
Terrain: A mixture of pavements, rough paths and sand.

Directions: In Prestonpans follow the High Street eastwards, past Lidl and, just beyond the last buildings in the town, turn left and follow the John Muir Way sign, pointing along a path on your right. The path continues behind the old site of Cockenzie Power Station and then into Cockenzie Harbour. From here continue following the signs along the coastal side of Port Seton, past the harbour and along the promenade. The route follows the pavement for a while, before heading into the sand dunes along Longniddry Bents. Continue through the three car parks and around Gosford Bay. After a timber bridge the path runs through a strip of Pine trees until it reaches Aberlady.

Points of Interest:

- 1. Battle of Prestonpans** – In September 1745 the Jacobite army led by Bonnie Prince Charlie defeated the Government’s army led by Sir John Cope.
- 2. Cockenzie** – The coal-powered power station began generating electricity here in 1968. It was decommissioned in 2011 and demolished in 2015.
- 3. Longniddry Bents** – Well known for its fine display of spring time wild flowers, such as bloody cranesbill and clustered bellflowers.
- 4. Gosford House** – The 6th Earl of Wemyss commissioned Robert Adam to design the house in 1789. Gosford House is occasionally open to the public and permits to walk in the designed landscape can be purchased at the estate office and Bothy coffee shop.
- 5. Aberlady** – Aberlady dates from at least the 7th century. In 1633 Aberlady was confirmed as the Port of Haddington, but it has since silted up.



Public Transport: Regular coastal bus service. Railway stations at Prestonpans and Longniddry.

Local Services: There are shops, places to eat and public toilets in all the villages along the coast.