

THE JOHN MUIR WAY

in East Lothian



PATH INFORMATION

The 750 metre section of the John Muir Way between Cockenzie Harbour and Port Seton Harbour is on concrete paths, but involves some steps and inclines.

The 1.9km section of the John Muir Way between Port Seton and Seton Sands is on level terrain and follows pavements or tarmac paths.

From Seton Sands to Aberlady the John Muir Way follows grassy paths and tracks through the sand dunes for six kilometres

It is seven kilometres to Haddington along the railway walk, which terminates about a kilometre from the coast at Longniddry.

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.



SEA BUCKTHORN



This leaflet may be available in large print, audio and community languages on request. Please contact 01620 827199 or www.eastlothian.gov.uk

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FURTHER INFORMATION

For further information about the John Muir Way from Helensburgh to Dunbar visit: www.johnmuirway.org

PUBLIC TRANSPORT

There are several points along the way where public transport can be used to return to your start point or take you on to other locations. Details are available from the Traveline on 0871 200 22 33 or visit: www.traveline.info

JOHN MUIR

John Muir, who is often acknowledged as being the 'father' of the modern conservation movement was born in Dunbar in East Lothian.

The John Muir Way in East Lothian

COCKENZIE TO ABERLADY



East Lothian has a very distinct and varied coastline, featuring sandy beaches, cliffs, harbours and castles.

The John Muir Way in East Lothian Cockenzie to Aberlady

East Lothian has a very distinct and varied landscape. The coastline features sandy beaches, cliffs, harbours and castles whilst inland much of the landscape has been shaped by agriculture.

Much of the East Lothian coast is recognised nationally and internationally for wildfowl and waders such as curlew and redshank. In recognition of its importance it has been designated as part of the Firth of Forth Site of Special Scientific Interest.

The John Muir Way is a long-distance route stretching 215 kilometres from Helensburgh in Argyll and Bute to Dunbar here in East Lothian. The route passes many historical and industrial heritage sites and links in with many other local paths, so small sections can be tackled on their own or as part of a circular route.

This leaflet describes what can be seen on the section of the route between Cockenzie and Aberlady, a total distance of eight and a half kilometres. The route is signposted by green fingerposts as illustrated above.

Most of this section of the route follows the coastline and on a good day there are views across the Firth of Forth to Fife and the three bridges over the Forth. Take your time, enjoy the great views, stay a while and seek out the many fascinating places along the John Muir Way that have helped shape the county.

Printable copies of this and other leaflets are available on our web site www.visiteastlothian.org. Also any comments or suggestions you have about the John Muir Way can be left on the web site www.johnmuirway.org Further information about the John Muir Way in East Lothian can be obtained by phoning 01620 827419.



ABOVE: BLOODY CRANESBILL
BACKGROUND: ABERLADY

1 Cockenzie and Port Seton

Although the origins of Cockenzie and Port Seton are unknown, 16th century maps show "Cokeny Harbour" as a thriving fishing port. It still has a fishing industry today, although on a much smaller scale. The area was also a salt-making centre and by the 19th century both the harbours were developed as coal ports.

With its coastal walkways and harbours, Cockenzie and Port Seton are popular with day-trippers and holidaymakers.

2 Seton Sands

Eider duck and grey seals are often spotted in the sea along this stretch of the coast.

Along the coastline rows of concrete blocks are all that remain of Second World War military anti-tank defences. Beyond the high water mark and especially in close proximity with Longniddry Dean, numerous prehistoric burial cists and settlement sites have revealed that the area was used for both settlement and burial practices.

13th century Seton Collegiate Church is one of the finest surviving collegiate churches in Scotland.



EIDER DUCKS

3 Longniddry

The John Muir Way passes through a large area of sea buckthorn. This vigorous shrub was introduced along the coast to help stabilise the sand dunes but now its spread needs to be controlled in many places.

If you are very quiet you may be lucky enough to spot a water vole in one of the burns at Longniddry Bents. This is one of only a few sites where they are found in East Lothian.



COWSLIPS

Longniddry Bents offer a fine display of spring-time wild flowers such as bloody cranesbill, clustered bellflower and cowslips.

Longniddry dates back at least to the 16th century, the earliest part of Longniddry being most probably concentrated around John Knox's Kirk.

Prehistoric and early Christian burial cists have been discovered at the junction of the coastal road and Lyars Road.

At Ferny Ness headland a double row of concrete anti-tank defences are visible.

4 Gosford House and Grounds

Gosford House and Grounds is an example of an 18th century designed landscape which was originally laid out in the 17th century. The John Muir Way takes you past the listed 18th century lodges.

Gosford Bay is a good site for seeing wading birds such as grey plover and dunlin. Rarities such as red-necked grebe and red-throated divers can sometimes be spotted out to sea.



ANTI-TANK BLOCKS AT LONGNIDDRY

5 Kilspindie Castle

Only one section of wall of this 16th century castle survives although archaeological work in its vicinity suggests that the site has had a long and complex history stemming from the prehistoric period into the medieval period.

6 Aberlady

Aberlady was confirmed in 1633 as 'Port of Haddington'. The harbour has been allowed to silt up and the shallow, sandy sea flats at Aberlady Bay are now a local nature reserve. Wrecks that can be seen at low tide date from the 19th century.

Aberlady is a fine example of a medieval village dating from at least the 7th century AD. The church tower dates from the 15th century with the rest of the church being built in 1773 and then reconstructed in 1887. The 18th century Mercat Cross is also a reminder of Aberlady's importance as a trading post at that time.



LONGNIDDRY BENTS

