

LANDSCAPE

East Lothian has a richly varied landscape, from the coastline featuring sandy beaches, cliffs and dunes, through rolling lowland shaped by agriculture to the backdrop of the Lammermuir Hills. The John Muir Way also passes by rivers, woodland and waterfalls.



VIEW FROM CLIFF TOP TRAIL

TOWNS AND VILLAGES

The John Muir Way connects many towns and villages, giving the visitor the chance to visit shops, cafes, harbours and historic buildings. Most of the towns are well served by public transport allowing you to return you to your start point.



DUNBAR HARBOUR

GEOLOGY

Many fascinating geological features can be seen along the John Muir Way. These range from the volcanic remains of the Bass Rock and North Berwick Law, to the cliffs at Dunbar and the sandstone arches at Bilsdean. Take time to explore the fossil trail at Barns Ness.



SANDSTONE ARCHES NEAR BILSDEAN

HISTORY

Discover East Lothian's colourful history along the John Muir Way, from Musselburgh's Roman Bridge to the ruined Dunbar castle, once a refuge for Mary Queen of Scots. Explore the industrial heritage of the Prestonpans area, famous for its salt pans, and the many harbours along the Way, once thriving fishing ports.



PRESTONGRANGE MINING MUSEUM

WILDLIFE

East Lothian provides habitats for a wide range of wildlife. Coastal areas are ideal for viewing seabirds such as gannets, terns and curlew. Inland, the hedgerows offer food and shelter to many smaller birds. Brown hares and roe deer are common sights in the fields and woodland edges. If you are lucky you may even spot an otter or kingfisher along the riverbanks.



GANNETS

For more detailed information about the route and what can be seen on the John Muir Way, please see the other leaflets that cover the sections: Fisherrow to Cockenzie, Cockenzie to Aberlady, Aberlady to North Berwick, North Berwick to Dunbar and Dunbar to Dunglass.



●●●●● John Muir Way Other Paths
↔ 3 Km	It is also possible to walk from the John Muir Way at Dunglass to Cockburnspath and from Longniddry to Haddington where there are shops and regular bus services.
● Railway / Station	
P Parking	i Information
⚑ Golf Course	wc Toilets
↑ North	★ Viewpoint