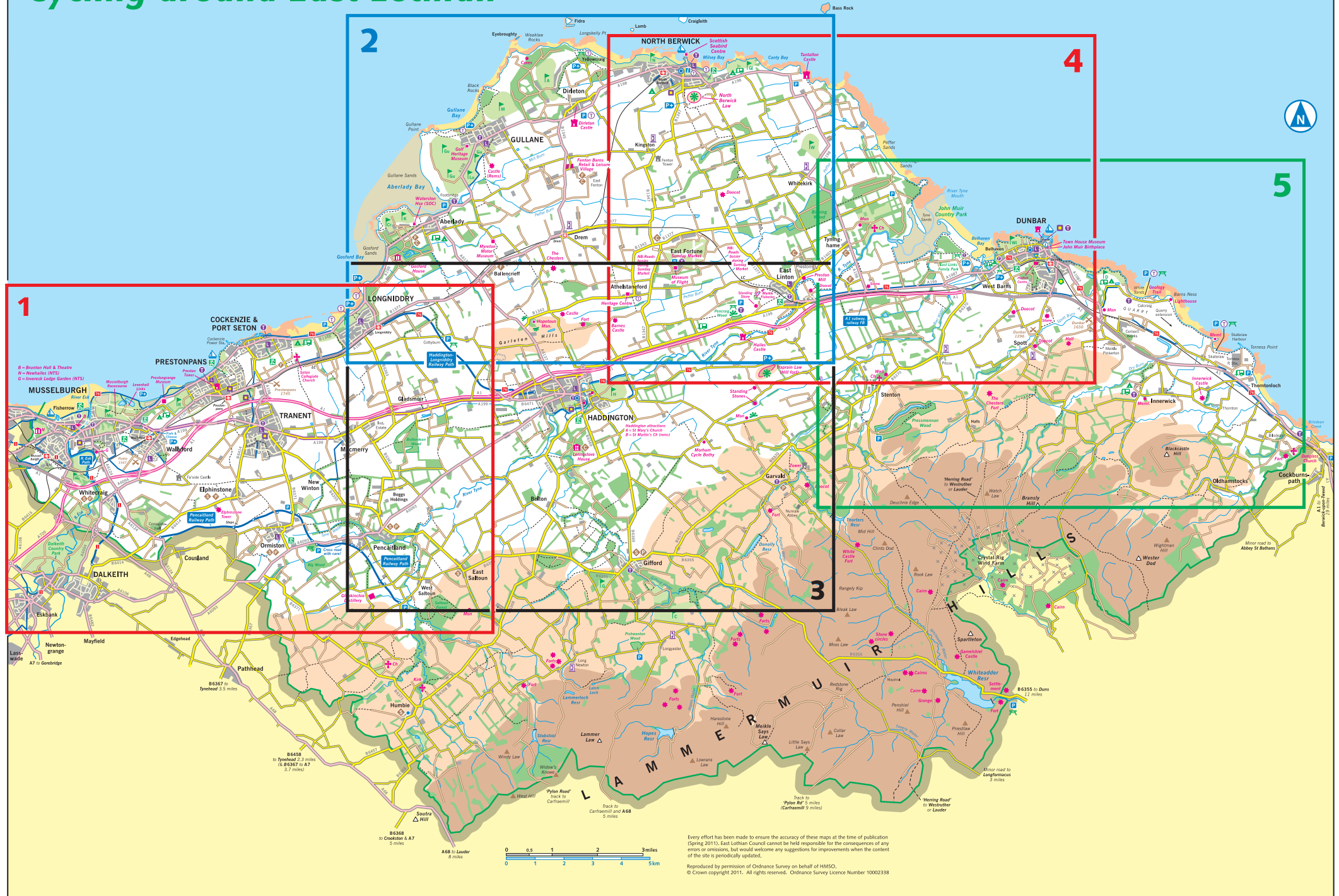


Cycling around East Lothian



Features

- Car park with cycle racks
- Car park
- Tourist Information Centres (TICs): all year / seasonal
- Public toilets: all year / seasonal
- Picnic area
- Caravan / camping site
- View point
- Golf course (see list at right)
- Sailing / boating centre
- Cycle shop
- Skate park
- × Wind turbine

Rural areas only

- Shop
- Farm shop
- Pub
- Café
- Public telephone

Places of Interest

- Castle (open to public)
- Castle (private owner)
- Church
- Historic house
- Site of battle
- Historic remains
- Other

Other Council facilities

- Sports / Swim Centre
- Library

KEY

- Built-up area, large farms
- Woodland
- Golf course, parkland
- Higher land: Over 250m
- Over 125m
- Sand or shingle
- Mudflats
- Rocks

Routes

- Multi-use / cycle path, access point
- 1 76** National Cycle Network (NCN) Route
- Informal path: rough / grass surface
- Residential roads (simplified)
- Access road, track: tarmac / unsurfaced
- Minor road: usually light traffic
- Secondary road: usually lighter traffic
- On-road cycle lane
- Main road: usually fast / heavy traffic
- Major road: motorway-style restrictions
- Railway, station, level crossing

Suggested cycle rides

- Suggested routes
- Alternative (shorter) routes
- Route in built-up area
- Route on cyclepath in built-up area

On good level surfaces, most people can cycle at about **10 mph, (6 mins per mile)**. With frequent stops, over rougher ground, or in a family group you should plan on **6–8 mph, (up to 10 mins per mile)**.

NB: The representation on these maps of any road, track or path is no evidence of the existence of a right of access.

Sensible cycling

- As a cyclist you are using a vehicle, like any other road user, and must obey road traffic laws at all times.
- Know the **Highway Code** sections for cyclists, including the road signs (see below). **Do not ride on pavements (footways)** unless they are signed for cycling.
- Make sure your bike is in good order before you set out, particularly the brakes and tyres. It's sensible to carry a simple tool kit and a puncture repair outfit or spare inner tube.
- **Be seen!** Wear bright or reflective clothing. If you're going to be cycling at night, or in poor light, ensure that both front (white) and rear (red) lights are working.
- Inexperienced cyclists should use off-road routes and quiet lanes to build confidence. On public roads other traffic will be present – **cycle confidently but with care!**
- On narrow roads ride in single file, and on other roads cycle no more than two abreast. Where possible, riding one metre from the kerb will improve your visibility to other traffic.
- On shared-use paths be considerate to walkers and horse-riders. Use your bell when appropriate and be ready to slow down or stop if necessary. Take care on loose surfaces and avoid skidding, which can damage the surface.
- Before moving off, turning or changing lanes always look behind you and signal clearly.
- On longer journeys carry food and drink, waterproof clothes and a basic first-aid kit.
- If you are carrying a child in a child-seat, always make sure that he or she is securely strapped in.
- It is advisable to wear a helmet.

To report road or street lighting defects (potholes, missing signs, etc) phone: **01875 824305**

For guidance on responsible access to the countryside in East Lothian go to: outdooraccess-scotland.com

Golf courses

- A** Archerfield
- C** Castlepark
- Cr** Craigielaw
- D** Dunbar
- G** Gifford
- Gl** The Glen
- Gu** Gullane (Nos 1,2,3)
- H** Haddington
- K** Kilspindie
- L** Longniddry
- Lu** Luffness New
- M** Muirfield
- Mu** Musselburgh Links
- Mo** Monktonhall
- N** North Berwick
- R** Royal Musselburgh
- W** Whitekirk
- Wi** Winterfield

Traffic signs all cyclists should know

Cycle routes



Route cyclists are **advised** to use. (May be separated track, or road shared with vehicles)



Route for **cyclists only**

Shared routes



Path is segregated, **keep to cycle lane**



Path not segregated, **cycle with care**



National Cycle Route direction sign

Prohibitions



No cycling



No motor vehicles (**cycling permitted**)



No entry for all vehicles, **including cycles**