

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



The John Muir Way is a continuous path, which extends for almost 73km, linking East Lothian with the City of Edinburgh and the Scottish Borders. It links in with many other paths, so small sections can be tackled on their own or as part of a circular route. The route is named in honour of the conservationist and founder of America's National Parks who was born in Dunbar in 1838. Along the Way, you will see striking geological features, such as the Bass Rock and North Berwick Law. Pause a while and enjoy the wildlife of the shore, the riverbank or hedgerow.

Inland, in the summer, golden fields of wheat and barley rise to meet a green and purple patchwork of grassland and heather moor on the Lammermuir Hills to the south. East Lothian also has a colourful history, as can be seen by the number of ruined castles, such as Dunbar, Dirleton and Tantallon. 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 to shape the county. www.eastlothian.gov.uk
Please contact 01620 827199 or outdooraccess@eastlothian.gov.uk for more information.



The John Muir Way

EAST LOTHIAN'S LONG-DISTANCE PATH LINKING EDINBURGH TO THE SCOTTISH BORDERS

PATH INFORMATION

- The 10km section between **Fisherrow and Cockenzie** is mostly on level terrain and follows tarmac or gravel paths.
- The first 2.5km of the **Cockenzie to Aberlady** section follows tarmac paths and pavements. The remaining 6km is mainly sandy paths through the dunes.
- The 15km between **Aberlady and North Berwick** is on a variety of surfaces, including pavement, gravel and grass paths.
- The 24km **North Berwick to Dunbar** section is mainly over grass tracks and gravel paths. There are some steps and inclines, steepest near Dunbar where the path is sometimes close to cliff tops.
- The 16km section from **Dunbar to Dungleigh** is over narrow tracks on grass and pebble beaches. There are some steep inclines.

Some sections run along the side of golf courses. Please keep to the path, keep dogs on a short lead and try not to disturb play.

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.



ABOUT THE NORTH SEA TRAIL

The John Muir Way forms the East Lothian section of the transnational North Sea Trail, linking 26 partner areas from 7 countries around the North Sea. The project aims to establish a network of pathways connecting heritage sites, and promoting business development through tourism. Rather than being a continuous trail all the way around the North Sea, the trail covers sections of the most spectacular coastal walking in Norway, Sweden, Denmark, The Netherlands, Germany and the UK. The project is funded through the EU Interreg IIIB Programme. For further information, click on www.northseatrail.org where you can learn more about the culture and heritage along the Trail.

PUBLIC TRANSPORT

There are various points along the way where public transport, including bus and rail, can be used to return to your start point or take you on to other locations.

Details are available from the Traveline on **0870 608 2 608**.

FURTHER INFORMATION

Printable copies of this and other leaflets (including those which cover the five sections of the John Muir Way in more detail) are available on our website: www.eastlothian.gov.uk.

You can contact East Lothian Council's Outdoor Access Team by email: outdooraccess@eastlothian.gov.uk or call us on **01620 827671** or **01620 827419**.

