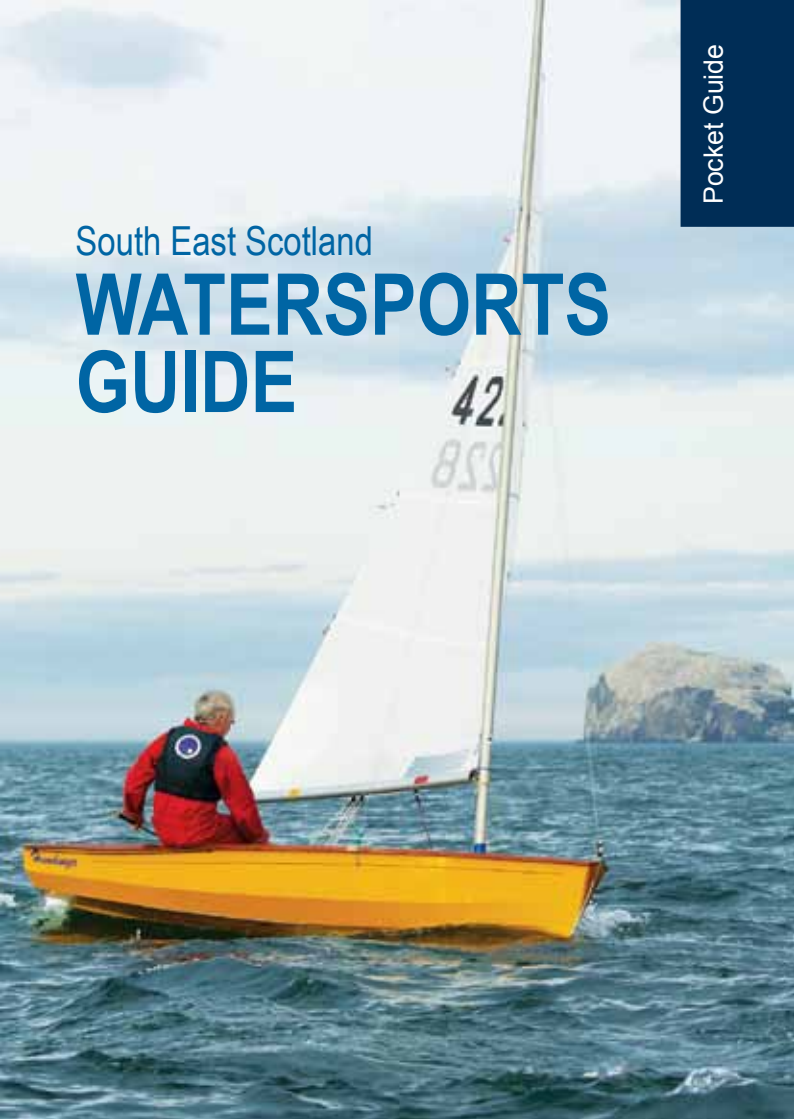


South East Scotland

WATERSPORTS GUIDE



Many thanks to the following for contributing to the 2nd edition of the guide

Authors: David Maxfield (Diving and Sailing), Angie Fraser (Sailing), Sam Christopherson (Surfing and Safety), Calum MacArthur (Kitesurfing), Nigel Hewlett (Kayaking), Duncan Priddle (Environment), Ian Wilson (Seaskills)

Reviews: Jack Morrison (Scottish Diver Magazine), Margaret Winter (Scottish Canoe Association), Jane Scott (Royal Yacht Association Scotland), Damon Hewlett (Scottish Surfing Federation), David Maxfield (RNLI), Claire Dutton and Jackie Gardiner (East Lothian Council)

Photographs: Mark Jackson, Duncan Priddle, David Maxfield, Jock Young, Douglas Wilcox, Derek Braid, Edinburgh Leisure, Arch Photography, Marine Quest, National Diving College, Colin Reid Photography, P Tomkins (VisitScotland and Scottish Viewpoint)

Cartoon: Simon Hammond & Graham Pearce

Design: Coast to Coast Productions

Second Edition Production: Creative Link

Copyright © East Lothian Council

The authors, funders and contributors have made every effort to ensure that the information in this publication is accurate and accept no responsibility whatsoever for any loss, injury or inconvenience experienced by any person or persons whilst using this guide

Cover Shot: Mark Jackson Photography

Printed on recycled paper



Versions of this leaflet are available on request on audiotape, in Braille or in your own Language.

☎ 01620 827199

South East Scotland WATERSPORTS GUIDE

Introduction

Welcome to the South East Scotland water sports guide.

The guide was produced by local experts with the aim of giving an insight and practical advice to beginners and people new to the area.

The guide covers over 200 miles of coastline from the sailing waters of the Forth estuary to the towering cliffs and deep diving waters of Berwickshire.

We hope you enjoy the area and the sports listed.



Contents

Environment	4
Safety	6
Surfing	8
Kitesurfing	14
Kayaking	20
Sailing	26
Diving	32
Powerboating	38

Environment



Photo: Yellowcraigs Beach, North Berwick



Photo: www.nationaldivingcollege.com



Photo: Duncan Piddle

Environment

South East Scotland has some of the largest seabird colonies in the UK and an abundance of marine wildlife. In recognition of this, many areas are dedicated to conserving natural habitats and species, including the Bass Rock, Aberlady Bay Local Nature Reserve and St. Abb's and Eyemouth Voluntary Marine Nature Reserve.

Due to improvements in water quality, together with lifestyle changes, many people are now rediscovering the coast. Whenever possible, it is important we help to conserve and enhance the environment. Some areas may be suitable for your sport, others not so. For example an area of roosting birds should be left undisturbed; salt marsh areas should be crossed only at recommended locations, to prevent their erosion.

Please be aware that between mid April - late July many birds will be breeding on the islands and at quiet locations along the coast. Please ensure at these times, you do not land craft etc, as it is an offence to disturb these breeding birds.

Consider other beach users when taking part in your activity. Some users will be easy to avoid, but other users may be hard to spot, so always check your own codes of conduct, together with local site information. Within East Lothian, the majority of the coastline is managed by the Countryside Ranger Service, on behalf of East Lothian Council. If you have any queries regarding access and recreation to the coast please contact:

East Lothian Council
Tel: 01620 827459
ranger@eastlothian.gov.uk

Safety +



Photo: Provided by David Maxfield RLNI

Safety Advice

The coast is a wonderful environment in which to relax and have fun.

The sea however can be dangerous and it's important to understand the following:

Beach

- + Never enter the water under the influence of alcohol or drugs.
- + Always seek qualified instruction when first learning a watersport.
- + Never do a watersport alone and know your own limits.
- + Avoid strong currents (rips) or rocky areas.

Wave riding

- + Follow the worldwide wave riding rules shown in the cartoon opposite.

Marine

- + Wear a lifejacket.
- + Check your engine fuel and sails.
- + Tell someone where you are going.
- + Carry means of calling for help.
- + Keep an eye on weather and tides.

First Aid

- + Get basic first aid training.
- + If you see someone in difficulty, tell somebody, preferably a lifeguard, or go to the nearest phone, dial 999 or 112, ask for the coastguard.

For further safety information:
www.rnliseasafety.org.uk

THE 8 COMMANDMENTS OF SURFING

WORDS BY SIMON HAMMOND ILLUSTRATIONS BY GRAHAM PEARCE



THE CREATORS OF THIS POSTER PERMIT FURTHER REPRODUCTIONS FOR EDUCATIONAL/INFORMATION PURPOSES ONLY AND ANY OTHER REPRODUCTION IS STRICTLY PROHIBITED.

Surfing



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography

Introduction

Surfing first started in South East Scotland in the late 1960's with a handful of pioneers exploring the beautiful coastline. The Borders region provided Scotland's first surf club, the Pease Bay Surf Club, which in the early 70's produced many of the top surfers in the country.

The improvement in wetsuit technology, the explosion of weather and beach information on the internet and the rise in the number of surf schools and surf shops on the coast has seen a non stop growth in the sport over the last 5 years. An estimated 2000+ surfers use this coast during the summer months.

The region has some of the best beginner beaches in Scotland, with surfing possible within 35 minutes of the capital.

Weather

- Surfing is possible throughout the year
- Spring: Large waves, cold water, cold air
- Summer: Small waves, warm water, warm air
- Autumn: Medium waves, warm water, medium air
- Winter: Large waves, cold water, cold air
- Best conditions off shore winds plus 5-10ft swell.

www.magicseaweed.com

www.bbc.co.uk/weather



Photo: Mark Jackson Photography

Getting Started?

Surfing is a simple and elegant sport that provides a spiritual side to some and ultimate adrenaline rush to others! It doesn't matter what age, size or build you are the sport is open to all.

The sea can be unpredictable with many unseen dangers therefore it's important as a beginner to seek out a lesson from a BSA qualified instructor or school and check they have insurance.

National Bodies

- Scottish Surfing Federation
South East Rep: Damon Hewlett
07779 029043
- British Surfing Association
01637 876474
www.britsurf.co.uk

Local BSA qualified surf schools

- Coast to Coast Surf School
01368 869734 (Dunbar)
07971 990361
www.c2csurfschool.com

Local surf clubs

- Belhaven Surf Club
www.belhavensurf.com



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography

Equipment

Wetsuit - a minimum thickness of a 5/3mm (body/arms) for the North Sea through all months except July and August when it's possible to wear a 3/2mm.

Wetsuit boots - recommended from October through to May.

Wetsuit gloves and hood - from November to April.

Surfboards come in various sizes with beginner's boards ranging from 7'2 to 9'2. For children, a 6 - 7ft soft foam board is recommended for safety.

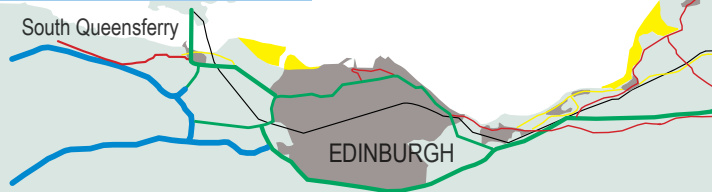
A good leash is essential and a nose cone is a great way of protecting yourself and other water users from injury from the tip of your board. A board bag is essential when travelling.

Surf equipment can be bought through surf schools, surf shops and online, with initial set up for a new 5/3 wetsuit and beginner board starting from £400.

Useful Tips

- Get a surf lesson
- Wear appropriate kit for weather conditions
- Surf waves appropriate to your ability
- Never surf alone
- Avoid surfing in rocky areas or next to groynes
- Watch out for rip currents
- Follow simple wave etiquette rules
- Get 3rd party insurance through a surf club
- Bring a smile – it's fun!

Locations



Gullane

1

Beautiful beach, protected from strong east winds. Lies dormant most of the year and only comes to life in gale force easterly winds, usually in winter. Beginner friendly, can be surfed throughout the tides but beware of strong lateral currents and kitesurfers.

Tantallon

3

Picturesque private beach with Tantallon Castle as backdrop. Works best with north swell and southerly winds. Beginner friendly up to head high (up to 2m), after which it becomes an intermediate / expert only wave. Beware of strong rips at high tide and rocks.

North Berwick

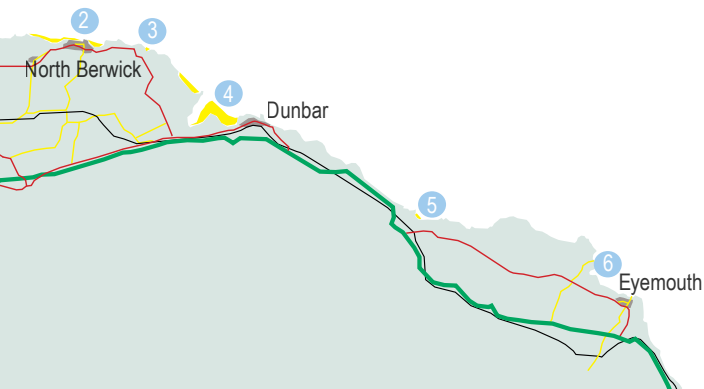
2

East beach produces nice punchy waves and is a good option if there is a solid north or east swell with southerly winds. It's an intermediate wave unless small when it's more suitable for beginners. Beware of rips (current) and rocks. Great Escape Surf Shop is based in North Berwick.

Belhaven

4

Two miles of golden sand produce nice rolling waves which are good for longboarding. Works on north swell with offshore winds from the south west. Can have strong rips on large swells. Belhaven beach is used by Belhaven Surf Club and Coast to Coast Surf School.



Pease Bay

5

By far the most popular of South East Scotland's beaches. Works on all small to big north and east swells. Offshore winds are from the south quadrant. Best at low tide on left hand side of beach and on the right at high tide. These waves are best left for intermediate and expert surfers. The middle of the beach, at all tides, is good for beginners although above head high, rips and dumpy waves become a problem. Danger from rocks, rips and other surfers – wave etiquette must be observed! Please respect Pease Bay Caravan Park and other holidaymakers.

Coldingham

6

An idyllic little beach, protected from large north swells and open to south swells. It's offshore on westerly and south westerly winds and has the best beach facilities on this stretch of coastline. Can get busy due to proximity of campsite and St Vedas Surf Shop. Strong rips, surfers and rocks provide the hazards.

Kitesurfing



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography

Introduction

Kitesurfing in South East Scotland is a relatively new sport. Starting around 1999 it has really taken off in the last few years! Providing a light, flexible alternative to windsurfing, kitesurfing can give the ultimate adrenaline rush, as riders combine graceful momentum with stylish acrobatics!

The improvements in wetsuit technology, equipment and accurate weather forecasting has made the sport more accessible. With the current world champion from the UK - Aaron Hadlow, this sport will be in the limelight for years to come.

The East Lothian area provides flat beaches for kiteboarding and great wind and waves for the local kitesurfing population. With over 270 degrees of rideable wind conditions, this area is one of the most accessible top spots for kitesurfing in the UK. This sport can be enjoyed by all but it is best to seek out qualified instruction, as certain wind conditions can be exceptionally dangerous!

Weather

- Kitesurfing in South East Scotland is an all year round sport.
- Spring: Strong winds, cold water, cold air
- Summer: Light winds, warm water, warm air
- Autumn: Medium wind, warm water, medium air
- Winter: Strong winds, cold water, cold air
- Best conditions 15mph to 25mph cross shore winds that are steady rather than gusty.

www.xcweather.co.uk
www.windguru.cz



Photo: Mark Jackson Photography

Getting Started?

Kitesurfing is more about kite flying, and less about board control or balance. If you can confidently fly a kite and are aware of the power of the wind, you may be surprised how quickly you will progress.

Kitesurfing without instruction can be very dangerous, not just for you but for those around you! It's important to seek out qualified BKSA/IKO instructors or schools who will help you on your first steps.

National Bodies

- British Kite Surfing Association
01509 856500
www.kitesurfing.org

Local BKSA/IKO kitesurf schools

- SkyMonster.com
0131 317 7010
www.skymonster.com

Local Clubs

- Fife & Edinburgh Kitesurf Club
www.fekc.org



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography

Equipment

It's best to be guided by local kitesurfing experts either through the lessons you have done or the clubs you join. The general rule of thumb is you learn to fly a kite first before taking on a buggy or board.

There are a huge variety of kites from single line, to sport or stunt, to power and traction vehicles. Kit prices range from £100 to a £1000+ depending on the size, level, brand and quality. Different kit is needed for water and land.

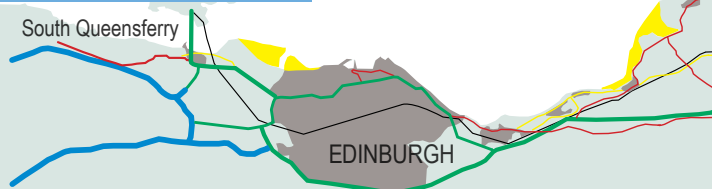
Other essential needs include a good 5/3mm wetsuit (for Scotland), boots and gloves plus accessories such as harness, safety lines and a good bag.

Kit can be bought from local kitesurfing shops, schools, clubs or over the web.

Useful Tips

- Get a kitesurfing lesson from an expert
- Know your safety procedures.
- When starting always go out in cross shore winds
- Local knowledge – Don't be afraid to ask others.
- Never kitesurf alone.
- Know your own ability
- Get 3rd party insurance through the BKSA.

Locations



Longniddry

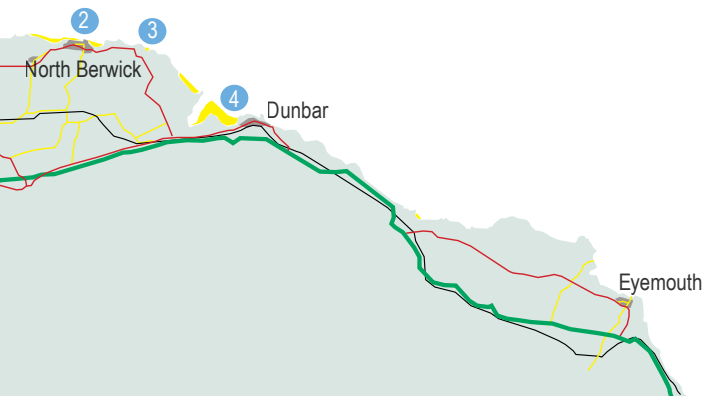
1

The closest kitesurfing location to Edinburgh is Longniddry. It provides excellent conditions for intermediate and expert surfers. This is due to the strong, predominant westerly, winds. These blow cross shore across the bay, giving consistent wind along the Forth. Beware though! there are a reasonable amount of rocks to dodge. It is possible to kitesurf at Portobello and Cramond but please seek local advice through clubs.

Gullane

2

The best beach in the area, due to its north westerly facing direction, it provides excellent kiting conditions in west or north winds. Gullane is a great “wind” beach. It is clean with improving water quality and can also be good for kiteboarding and recreational flying. Access is also good, with a car park 150m from the beach. Because of its proximity to Edinburgh it is popular with both kitesurfers and windsurfers together with a number of other beach visitors.



Yellowcraig

3

Not as popular as the other venues due to access but can be good at the golf course end in NW to ENE winds. At Yellowcraig there are rock hazards and it is a reasonable walk to the beach. There are other beaches in this area but access is restricted due to wildlife conservation - please respect this!

Belhaven

4

This beach can offer good kiteboarding and kitesurfing. Less consistent than the northern beaches due to the predominant offshore westerly winds, Belhaven really comes to life in a strong north, north easterly or easterly winds. A long golden beach for kiteboarding and bugging appears at low tide but be aware of other users, as the beach is popular with walkers, surfers and horse riders. In the winter strong onshore winds, often accompanied by big swell, give Edinburgh and East Lothian's top kitesurfers the opportunity to enjoy mile plus runs and wave ramps for large airs.

Kayaking



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography



Photo: P Tomkins

Introduction

Kayaking on the sea is gaining in popularity, with two forms practised frequently - surf kayaking and sea kayaking .

Scotland is home to some of the top surf kayakers in the world and played host to the World Championships in 1991 and 1997.

The beaches and reefs in East Lothian and Berwickshire provide excellent training conditions for both beginner and advanced enthusiasts.

With so much of the coastline not accessible by foot, sea kayaking can give you a wonderful sense of exploration and adventure. It involves navigation as well as paddling skills.

Both sports require a good skill level to deal with changing sea conditions so it's best to seek expert advice through the local clubs.

Weather

- Spring: Big swell, cold water - advanced surf kayak possible
- Summer: Smaller swell, warmer water - great for beginner sea and surf kayak
- Autumn: Bigger swells and variable weather - both sports can be great
- Winter: Big Seas, cold water - advanced only.
- Best conditions
Sea kayak - calm
Surf kayak - offshore wind and waves

www.magicseaweed.com



Photo: Mark Jackson Photography

Getting Started?

Before embarking on a surf or sea kayaking paddle it is recommended that you join a local Club or take a course at one of the SCA's Approved Centres. You need to learn some basic paddling skills and how to rescue yourself (and others) after capsizing. Swimming pools are often used for basic training especially in the winter. A full list of the SCA Approved Centres is available on the SCA website listed below.

National Bodies

- Scottish Canoe Association (SCA)
0131 317 7314
www.canoescotland.com

Local Kayak Clubs

- Forth Canoe Club
www.forthcc.com
- Lothian Sea Kayak Club
0131 447 8786
www.lskc
- Edinburgh Kayak Club
0131 453 4479
www.edinburghkayak.com
- North Berwick Kayak Club
01620 880227
- Berwickshire Kayak Club
01573 223442



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography

Equipment

Sea kayaks are long (4-6 metres), so they can travel fast and straight. The paddler wears a spraydeck, which prevents water entering the cockpit. The absolute minimum safety items are a buoyancy aid and a pump with which to empty the cockpit in the event of a capsize. Sea kayaks typically have storage compartments, so when you have the necessary skills, you can go camping on those secluded beaches that no one else can reach.

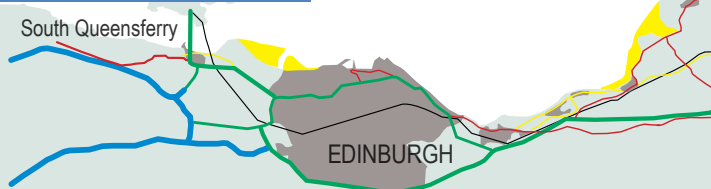
Modern surf kayaks are designed to allow the paddler to ride a wave at high speed with control. There are a number of different types of boats including the kayak, wave-ski and freestyle / high performance.

Prices for a basic set up for a sea kayak including a helmet, buoyancy aid, paddles and a boat start at £1000 but can vary considerably depending on the type of use.

Useful Tips

- Do a weekend course with an expert
- Join a local club
- Gain some qualifications
- Learn how to do rescues
- Know your limits
- Observe wave etiquette
- Plan journeys
- Respect the natural environment
- Get 3rd party insurance (available to all SCA members)

Locations



Surf kayak Tantallon

1

A good beach to start on, although its best to surf kayak at mid to high tide in small to medium swell due to rocks at low tide. Beware of strong rips and dumping waves in bigger surf.

Surf kayak Pease Bay

2

The most popular and consistent beach in the area with good waves throughout the tides.

For beginners and intermediate kayakers it's best to surf at mid to low tide to avoid the large numbers of surfers.



Sea kayak Routes

There are entertaining sea kayaking routes along the coastline such as:

- Tantallon to North Berwick
- North Berwick to the Bass Rock
- St Abbs to Eyemouth

Remember the sea kayakers motto:

“Less than three there should never be.”

Further reading on surf kayak:

Surf Kayaking The Essential Guide
by Simon Hammond
ISBN 0-955 0520-0-9

Sailing



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography

Introduction

The Firth of Forth has long been used as an area for recreational sailing with several clubs in the area dating from the 19th Century. The waters are sheltered and can provide good sailing for people of all abilities but still a challenge for experienced sailors when there is a good breeze blowing.

This area caters for all types of sailing, from small dinghies to large yachts, from cruising to club and national racing championships.

Moving out of the estuary into the North Sea can provide more challenging sailing, with good tide and weather planning required to ensure a safe stop in one of the traditional fishing harbours. The scenery in this area is beautiful with many beaches, cliffs and islands.

Weather

- Sailing is definitely an all year round sport.
- Summer sees the best sailing conditions for beginners.
- Obvious care has to be taken with respect to exceptionally poor weather and the size and limitations of the craft and its crew's capabilities.

www.metoffice.gov.uk
www.accuweather.com
www.marinecall.co.uk



Photo: Mark Jackson Photography

Getting Started?

The best way to get involved with sailing is to try an RYA course, either at a sailing school or with a club.

For most clubs the sailing season runs from April until October, however, some clubs are active until Christmas. Most clubs require people to be a member to take part, though short-term holiday membership may be available; contact the club for details.

National Bodies

- Royal Yachting Association
Scotland
0131 317 7388
www.ryascotland.org.uk

Local Sailing Schools

- Port Edgar Marina & Sailing School
0131 650 1001 (Port Edgar)
www.portedgar.co.uk
- Forth Sail
0771 205 2929 (Port Edgar)
- Whiteadder Sailing Centre
01835 825801 (Inland)

Local Sailing clubs

Due to the high number of sailing clubs in the area please contact the Royal Yachting Association for further information.



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography

Equipment

Sailing can be split very simply into two categories: dinghy sailing and yachting.

The best advice is to always learn to sail before buying a dinghy so you understand what is suitable for you and the places you want to sail.

The usual basic equipment for dinghy sailing, apart from the boat, is a wetsuit or drysuit and a buoyancy aid.

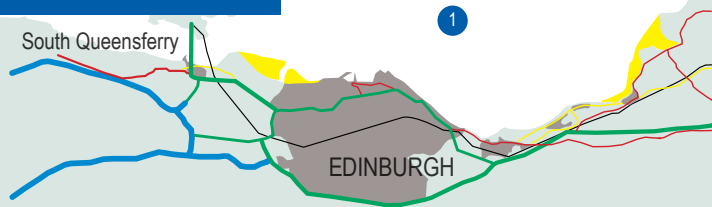
For yachting it's best to ask at your local yacht club to go as crew to learn about equipment and sea skills. It's important to know about foul weather gear and have a CE approved 150 Newton lifejacket as a minimum.

Advice from a school or club is useful as they will usually have information on local boats for sale.

Useful Tips

- Always plan your trip in advance
- Ensure the trip is within the capabilities of your crew and vessel
- Don't rely on mobile phones at sea for communication
- Keep a listening watch on Channel 16
- Always wear a lifejacket
- Inform the Coastguard of your schedule
- Check the tide and weather before departure / arrival

Locations



The inner Forth

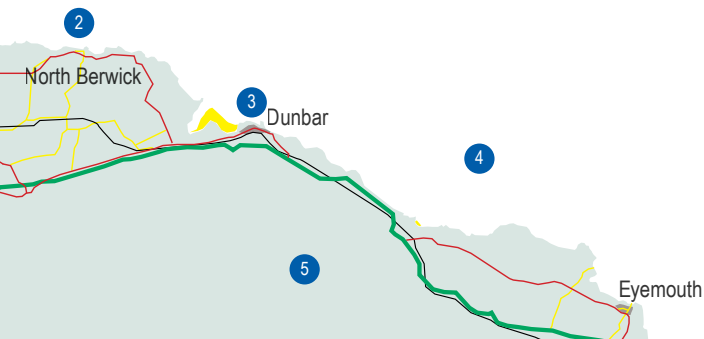
1

The inner Forth estuary is a beautiful area, popular with cruising yachts and the gateway to Edinburgh for foreign visitors. With plenty of small harbours too many to mention, the Forth supplies every need in terms of sailing, with numerous sailing clubs and plenty of scenic places to visit. Popular stop-off points are Port Edgar marina and Granton harbour. The latter is currently undergoing re-development, as is much of the waterfront around Edinburgh, reflecting the dynamic nature of the city. Further up the Forth is Bo'ness which is also due to be re-developed allowing greater facilities for yachts entering / leaving the Forth & Clyde Canal.

North Berwick

2

North Berwick has a picturesque and busy harbour. Visitor moorings are available by arrangement with East Lothian Yacht club. Leaving North Berwick and sailing east, there are many beautiful beaches, however there are offshore reefs so it is advisable to stay a safe distance offshore. Close to North Berwick are the islands of Lamb, Fidra and Craigeleith as well as the Bass Rock, home to one of the largest Gannet colonies in Northern Europe.



Dunbar

3

The scenic harbour of Dunbar is popular with visiting yachts from far afield and close to home. The majority of the harbour dries, however, shallow draught vessels will generally stay afloat on a neap tide. All of these harbours can be hazardous for entry and exit in onshore conditions with a swell running. Ensure you check the latest almanac for details and get advice from the harbourmaster in advance, if in any doubt.

Dunbar to Berwick

4

Skateraw harbour adjacent to Torness nuclear power station can provide a safe anchorage, though there are no local facilities. St Abbs also has a harbour, which dries out. Facilities in the village.

Eyemouth is still a busy fishing port and is also popular with visiting yachts from the continent. A visitors' pontoon with associated facilities has been installed allowing most yachts to lie afloat at low water. Berwick is the next major harbour to the South.

Whiteadder

5

Inland Sailing centre. A picturesque loch that provides safe waters to start sailing. Lessons, hire and changing facilities available.

Diving



Photo: www.marine-quest.co.uk



Photo: www.marine-quest.co.uk



Photo: www.marine-quest.co.uk

Introduction

Diving has been growing in popularity in Scotland's south east coast for the last twenty years with the area recognised as having some of the best dive sites in the UK. With a wide variety of shipwrecks, underwater walls teeming with marine wildlife and the occasional curious seal or Minke whale, the East Lothian and Borders coastline can provide a great first step into the world of diving.

The Firth of Forth is the site of the first and last enemy attacks on the British mainland in WW 2. The first German aircraft to be shot down over Britain crashed into the Forth. The Forth also contains the last British ship to be sunk during WW2, the Avondale Park, lying 55 metres down off the Isle of May and HMS Pathfinder, the first warship to be sunk by a torpedo from a submarine. Additionally, a 'treasure' ship was found in the Forth several years ago and the wreck of HMS Fox, allegedly carrying valuables, is still to be found

Weather

- Most clubs will dive all year round, weather permitting.
- Late Spring and late Summer are the best times to dive on the south east coastline, due to warmer water, better visibility, long daylight hours and relatively settled sea conditions.
- Water temperatures range from 16c in the summer to 4c in mid winter February/ March.

www.metoffice.gov.uk
www.accuweather.com
www.marinecall.co.uk



Photo: www.nationaldivingcollege.com

Getting Started?

Diving, due to its nature, requires safety to be placed as paramount and as such you need to complete a course before you can dive. You can enrol on a course at a recognised BSAC or PADI school or club. It is important to dive with local clubs or schools as they will know the best dives. For information on local diving clubs / schools in the area (as there are too many to mention in this guide), please contact the following governing bodies for further information.

National Bodies

- The Scottish Sub Aqua Club
0141 425 1021
www.scotsac.com
- The British Sub-Aqua Club
0151 350 6200
www.bsac.com
- PADI International Limited
0117 300 7234
www.padi.com

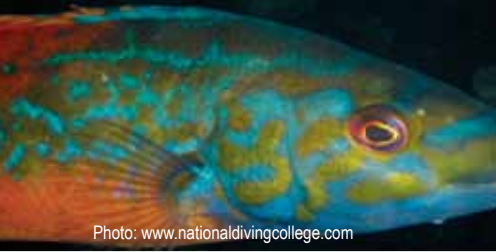


Photo: www.nationaldivingcollege.com



www.nationaldivingcollege.com

Equipment

Diving isn't the cheapest of sports - a full set of new diving equipment will cost in the region of £1500.

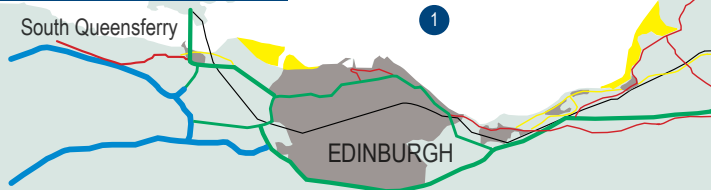
Kit can be bought from local retailers, through schools or via the web. Beginners require a wide range of equipment, such as an appropriate dry suit, dive belts, mask, fins and access to tanks. It is best to seek qualified advice and try the sport before buying. There is second hand kit available through local clubs.

For initial training in the pool you will generally require mask, fins and snorkel, which will cost from £30 upwards for the set.

Useful Tips

- Always seek appropriate qualifications
- Never dive alone
- Check all your equipment
- Dive with an experienced leader
- Seek a qualified skipper
- Always know the weather forecast
- Dive within your own limitations
- Never give in to peer pressure
- Plan the dive, dive the plan

Locations



The inner Forth

1

There are some spectacular dives to be done in the inner Forth. However, due to the influence of the river, visibility can be very poor even in summer months. These dives are therefore not suited to the trainee diver. There are far too many dive sites in the area to list them all individually. Information can be found from online sources and local dive clubs. The following books also have great information concerning both wreck and shore dives in this area:

- *The Diver's Guide to the North East Coast*,
Peter Collings. ISBN0 9511681 3 4
- *Shipwrecks of the Forth*
Bob Baird. ISBN 1 897995 00 8

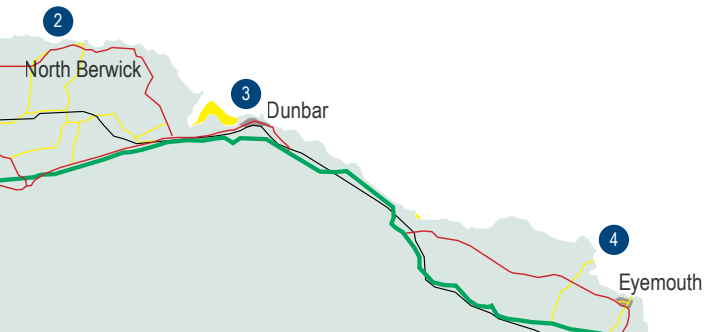
North Berwick

2

North Berwick is a popular departure point for local and visiting divers, either through use of their own boats or through one of the many charter boats available. Popular dives are the Bass Rock, Craigleith, the Lamb and Fidra as well as the Isle of May with its resident seal population.

- **Skipper:** Dougie Ferguson
Braveheart
07967 877383
- **Skipper:** Gary Lawson
07974 168606
01620 890022
www.divesafariscotland.com

Air is available from all boats.



Dunbar

3

Dunbar has always been popular due to the shallow shore dives making it a popular place for taking trainee divers. Additionally, the slip and harbour facilities have made it a popular launching point for RIBs to venture to some of the local wrecks, the Bass Rock and the Isle of May

• East Lothian Divers

www.eastlothiandivers.net

St Abbs & Eyemouth

4

St. Abbs is the most popular dive location in the area due to the voluntary marine reserve and the accessible shore / boat diving. The area around Eyemouth and St. Abbs is a voluntary marine reserve so please don't ruin local relations by interfering with the lobster pots in any way.

- **Skipper:** Iain Easingwood
07780 823884
- **Skipper:** Paul Crowe
07710 961050
paul@divestabbs.info
www.divestabbs.info

Air is available at Scoutscroft diving centre, St. Abbs harbour (summer months) and from Aquastars diving centre, Eyemouth.

Powerboating



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography

Introduction

Powerboating can be exhilarating and great fun, but it doesn't just mean skimming across the water at high speed, or crashing through and over waves. Many people simply enjoy pottering about in small boats for sightseeing, birdwatching, or fishing, and the umbrella term of 'powerboating' applies to all.

The number of people going out on the water in powerboats has multiplied over recent years, and there are many different types of boats available. Choosing the right boat is an important first step. Boats might be used for taking passengers out for a thrill ride, or for fishing in the winter or waterskiing in summer, or for taking divers out to a dive site, and all would have different characteristics.

Training is important too, for the safety of the crew, passengers and other water-users.

Weather

- Powerboating can be a year round sport in the inner and outer Forth, however, winter usually imposes its limitations; affecting launch & recovery.
- Summer weather is obviously the best time to explore the coastline and islands.

www.metoffice.gov.uk
www.accuweather.com
www.marinecall.co.uk



Photo: Mark Jackson Photography

Getting started?

Powerboat training courses are run by Training Centres recognised by the Royal Yachting Association (RYA), and range from introductory courses covering basic boat-handling skills, up to advanced courses which include going afloat in more challenging conditions and at night. For most people the RYA's Level 2 is appropriate as an introduction, and also qualifies those who pass the course for their International Certificate of competence.

National Bodies

- RYA Scotland
0131 317 7388
www.ryascotland.org.uk

Local Powerboating schools

- Port Edgar Sailing School
0131 650 1001
www.portedgar.co.uk
- Seaskills
01368 866988 / 07525 012013
skype: seaskills
www.seaskills.co.uk

Ian Wilson, Cert Ed, M.R.I.N
Principal, Seaskills Training

Yachtmaster Instructor
Powerboat and PWC Trainer,
Advanced Powerboat Examiner

Local Powerboating clubs

Please contact the RYA
Scotland for further information



Photo: Mark Jackson Photography



Photo: Mark Jackson Photography

Equipment

A powerboat is defined as a power driven vessel 10m in length or under without sleeping accommodation onboard. These types of craft include speedboats, RIBs, dories, diving and day angler boats and are covered by the RYA National Powerboat Scheme.

It is really important to take a powerboat course which will give you good information on which sort of boat is suitable for which purpose.

The most important things you want to ensure you have on board are:

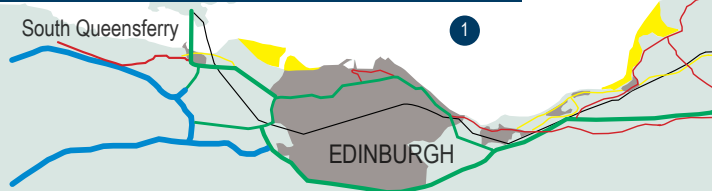
In date flares

- Fixed & handheld VHF radios
- Anchor and warp with sufficient depth for area
- Sea anchor or drogue
- CE approved 150 Newton lifejackets
- Radar reflector

Useful Tips

- Seek appropriate qualifications before powerboating
- Check boat's equipment before launching
- When at sea don't rely on mobile phones for communication
- Know the weather – if in doubt, don't go out
- Keep clear of other water users
- Always wear a killcord and lifejacket
- Obey speed limits
- Keep a good lookout at all times

Locations



The inner Forth

1

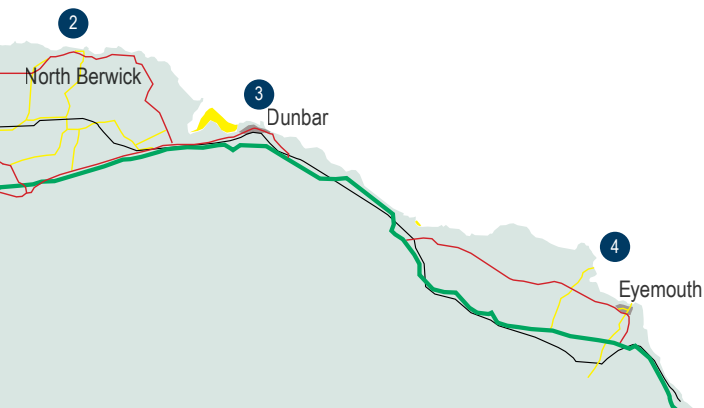
The inner Forth estuary is very popular with powerboaters due to the variety of destinations.

It provides central and easy access to the upper Forth. Common destinations are Inchkeith and Inchcolm to see the historic abbey or just a cruise under the bridges. Even in this area of the Forth there is plenty of wildlife, with seals and porpoises quite common during summer months.

North Berwick

2

This beautiful seaside town is a regular launching point, allowing easy access to the islands of Fidra, the Lamb and Craigleith as well as the Bass Rock and the Isle of May. The Bass Rock is an ancient volcanic plug and during the summer months is home to one of the largest gannet colonies in Europe. Very popular for diving, the amazing scenery and wildlife around this section of coast is well worth exploring by powerboat.



Dunbar

3

Dunbar is also a popular launching point, again providing easy access to the Bass Rock and the Isle of May; a National Nature Reserve, with its resident seals, puffins and guillemots. Dunbar also allows easy access to the dramatic coastline to the south east of Dunbar, leading to Cove, Pease Bay, Fastcastle, St. Abbs Head and Eyemouth. An alternative is to launch at Skateraw harbour where there are toilet facilities available, however a four-wheel drive will be required due to the soft sandy beach.

St Abbs & Eyemouth

4

Both places offer launching facilities and have good local services, though be warned the road to the harbour at St. Abbs is single track and quite steep. However they do allow quick and easy access to St. Abbs Head and Fastcastle Head with some impressive cliffs in-between which are home to a variety of seabirds

East Lothian
Birthplace of Scotland's Flag



East Lothian

Edinburgh's coast & countryside

East Lothian is steeped in Scottish history and offers activities for all to enjoy.

Ancient forts and castles, whisky and watersports, beautiful beaches and rolling countryside, family attractions and, of course, it's a golfer's paradise.

Retail therapy is a joy – the way shopping should be! Fabulous local food and drink is served throughout the county.

Getting here couldn't be easier – we are 30 minutes from Edinburgh.

www.eastlothian.gov.uk
www.golfeastlothian.com
www.visiteastlothian.org
www.foodanddrinkeastlothian.com

