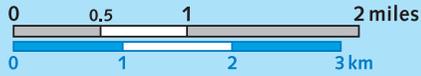


2



Port Seton
Prestonpans

Haddington Haddington Haddington Haddington

Tymninghame
Dunbar

Map Two

Golf Coast! - Orange Route

Starting point North Berwick, lots to see and do here. 2 great beaches, Seabird Centre with live cameras to the Bass Rock and other Forth islands. Several free car parks and public toilets. High Street full of great places to eat and shop. Follow High Street out towards Edinburgh along A198 towards Dirleton. Turn right into Dirleton. There is chance for a slight deviation if you want to see one of East Lothian's loveliest beaches Yellow Craig, with views across to the island of Fidra complete with lighthouse and inspiration for Robert Louis Stevenson's Treasure Island!

Once back in Dirleton don't forget to visit the Castle, complete with the longest herbaceous border in the world. Turn off immediately next to the Open Arms Hotel and follow the road to the Estate Lodge and continue on the estate road all the way through until it meets back up with the A198 and into Gullane.

Once in Gullane, a Golfer's paradise with courses on either side of you including the famous Muirfield. You can again stop for drinks and snacks and again the beach at Gullane is fantastic so an ice cream break here is something to consider!!

In the Main Street turn down past the old Smithy and past the children's golf course (free) and follow the road towards Saltcoats Farm and Castle and link back onto the A198 and head towards Aberlady. Here you can take a wee circular route round the village and stop off for a coffee or head back towards North Berwick by a quiet road skirting past West Fenton and then a quick zip zag left then right across the B1345 (take care on this short section on the B1345) past the Fenton Barns Retail village, with farm shop and cafe and various shops. Follow road signposted towards Kingston where you will see Fenton Tower, available to rent exclusively! And also home to Archie the inventor from the popular children's series Balamory. In Kingston turn left down a narrow road towards Newhouse Farm, take care as only passing places available for cars on this stretch. But it's downhill all the way back to North Berwick passing Gilsland Caravan Park, with panoramic views across to Fife!



North Berwick



Dirleton Castle

Map Two

Flight and Flags - Blue Route



Museum of Flight

Start in East Linton, a pretty village with shops, cafe and pubs. Head up out of the village towards North Berwick - a fairly steep incline but only for a short distance. Turn left onto B1377 and then left again onto the B1347 and you will cycle over the old airfield constructed in 1915 for constructing airships in the First World War and now home to the National Museum of Flight. The entrance to the Museum is on the left and is now home to Concorde.

Continue further down the B1347 road and you can make a quick detour into the village of Athelstaneford, home of the Saltire, a small flag trust centre is located within the doocot in the church grounds. Once back out of Athelstaneford, return to the B1347 and take a left and a right towards Gilmerton and follow the road round, sharp right and take first junction on the left and follow this road through Markle and past Markle fisheries and over the railway crossing. This road leads to you back to the B1377 just above East Linton Village where you started.



Flag Centre Athelstaneford

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**