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Map Three

Round the Foothills - Blue Route

This route starts and ends in the county town of Haddington, where you will find plenty to see with lots of shops, cafes and restaurants. Lovely walks along the river Tyne past St Mary's Church open for tours during the summer months.

Follow the West road out of Haddington towards Edinburgh and turn up Alderston road signed Longniddry Railway Path Follow route west all the way into Longniddry, cycle through village (shops and pub) turn left under railway bridge signed Pencaitland, take first left.



Gifford Town Hall

Follow road past the cottages and take the next right and keep on this road eventually crossing the A1 and zigzag across the A199 and take road towards Samuelston. Past Samuelston follow road towards Bolton however don't go into Bolton, continue south bypassing the village and take minor road that goes by Eaglescairnie Farm which links to the B6355, this road then takes into the picturesque village of Gifford, with two pubs with food served, shops and post office.

When you have eaten and refreshed at the local pub, take the road left past the church (this road can be a bit busy and main link road to Haddington) and follow this road all the way back to Haddington until you see signed for Nungate, this road then leads you to the east of Haddington past the golf course and old remains of St Martin's Kirk.



St Mary's Church



Haddington Nungate Bridge

Map Three

Rivers and Castles – Orange Route

This shorter route follows national cycle route 76 past Hailes Castle ruins on bank of river Tyne which has unmanned free entry. Follow road, go under A1 and over A199 into East Linton. East Linton is a pretty village with several shops, a couple of pubs and cafe.

Continue through main road of village uphill towards North Berwick turn first left out of village towards Markle. Take 2nd right and follow road round cross over B1347 and into village of Athelstaneford home of the Saltire, here you can stop briefly for a visit to the Flag heritage centre, continue out of the village on the B1343 until the road links to the A6137 – road is a bit busy at times, take care and on this section there is a steep incline as you cycle over the Garleton hills. End cycle with a downhill run all the way back into Haddington.



East Linton



Hailes Castle

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**