



# Map Five

## Coast and Countryside – Blue Route



John Muir Birthplace

Dunbar, seaside town located furthest west in the county, home to John Muir. Founder of the National Parks movement, you can visit his birthplace in the High Street in Dunbar – free entry. Lots of shops and cafes down the main High Street and lovely historic harbour with the ruins of Dunbar Castle.

Go south out of Dunbar on the A1087 following cycle route 76. Go past quarry and towards campsite and lighthouse. It is possible to walk further along past the lighthouse – along last stretch of John Muir Way but not really suitable for bikes.



Dunbar Harbour

Return back the way you came, however at the corner of Broxmouth park turn left under railway and pick up the track that runs alongside the A1 road, Asda and new housing development. This eventually links to a road which runs down into West Barns. From here turn left onto A199 and then right signposted up narrow road towards East Links Family Park (admission charge) and John Muir Country Park – access to Belhaven beach. Return to Dunbar via West Barns and NCN 76.



Dunbar Leisure Pool

# Map Five

## Family Fun – Orange Route

West Barns – Follow signs for East Links Family Park for a whole lot of family fun. Exit Park, returning to the A1087 turn right on NCN 76 and continue along cycle way to Knowes Farm Shop. Follow the road down to River Tyne, crossing the footbridge and continue past old mill to join the B1407, turning right through Tynninghame Village (Old-Smidly coffee shop).

Turn left onto the A198 (take care as this road can be busy in summer). Take first right signposted Tynninghame Links and continue on this road to car park and beach. Return to the A198 avoiding Tynninghame Village and turn after second bridge onto the sign posted John Muir Way to return to East Links Family Park.



Tynninghame Beach



East Links Family Park

## 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](http://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**