

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 John Muir Link is 17 kilometres long from Dunbar to Cockburnspath. It runs along 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.



JOHN MUIR

John Muir, who is often acknowledged as being the 'father' of the modern conservation movement was born in Dunbar.

Visit John Muir's Birthplace at
126 High Street, Dunbar.
Open Monday – Saturday 10am – 5pm;
Sunday from 1pm – 5pm
(closed Monday and Tuesday from October – March). There is an interactive visitor centre with regular events and children's activities.
For details please visit www.jmbt.org.uk

PUBLIC TRANSPORT



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

Details are available from the Traveline on 0871 200 22 33 or visit: www.traveline.info

FURTHER INFORMATION

For further information about the John Muir Way from Helensburgh to Dunbar visit: www.johnmuirway.org

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.visiteastlothian.org.

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.



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East Lothian's

JOHN MUIR WAY AND LINK



The John Muir Way in East Lothian

AND THE JOHN MUIR LINK EAST LOTHIAN'S COASTAL PATHS



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 in East Lothian and the John Muir Link

East Lothian has a very distinct 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 long-distance route stretching 215 kilometres from Helensburgh in Argyll and Bute to Dunbar here in East Lothian. The route passes many historical and industrial heritage sites and links in with many other local paths, so small sections can be tackled on their own or as part of a circular route.

In East Lothian the two coastal paths, the John Muir Way and the John Muir Link, run for 77 kilometres from Musselburgh in the west to Dunglass in the east. Much of the route follows the coast, but at various points the path comes inland through farmland.

These coastal paths are named in honour of the conservationist and founder of America's National Parks who was born in Dunbar in 1838.

Along these paths 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.

This leaflet may be available in large print, audio and community languages on request. Please contact 01620 827199 or www.eastlothian.gov.uk



RIGHT: COMMON BLUE BUTTERFLY
BACKGROUND: FIDRA ISLAND

LANDSCAPE

East Lothian has a richly varied landscape, from the coastline featuring sandy beaches, cliffs and dunes, through rolling lowland shaped by agriculture to the backdrop of the Lammermuir Hills. These paths also pass by rivers, woodland and waterfalls.



VIEW FROM CLIFF TOP TRAIL, DUNBAR

TOWNS AND VILLAGES

The John Muir Way and John Muir Link connect many towns and villages, giving the visitor the chance to visit shops, cafes, harbours and historic buildings. Most of the towns are well served by public transport allowing you to return to your start point.



DUNBAR HARBOUR

GEOLOGY

Many fascinating geological features can be seen along these East Lothian coastal paths. These range from the volcanic remains of the Bass Rock and North Berwick Law, to the cliffs at Dunbar and the sandstone arches at Bilsdean. Take time to explore the wealth of geology around Barns Ness.



SANDSTONE ARCHES NEAR BILSDEAN

HISTORY

Discover East Lothian's colourful history along the John Muir Way, from Musselburgh's Roman Bridge to the ruined Dunbar castle, once a refuge for Mary Queen of Scots. Explore the industrial heritage of the Prestonpans area, famous for its salt pans, and the many harbours along the Way, once thriving fishing ports.



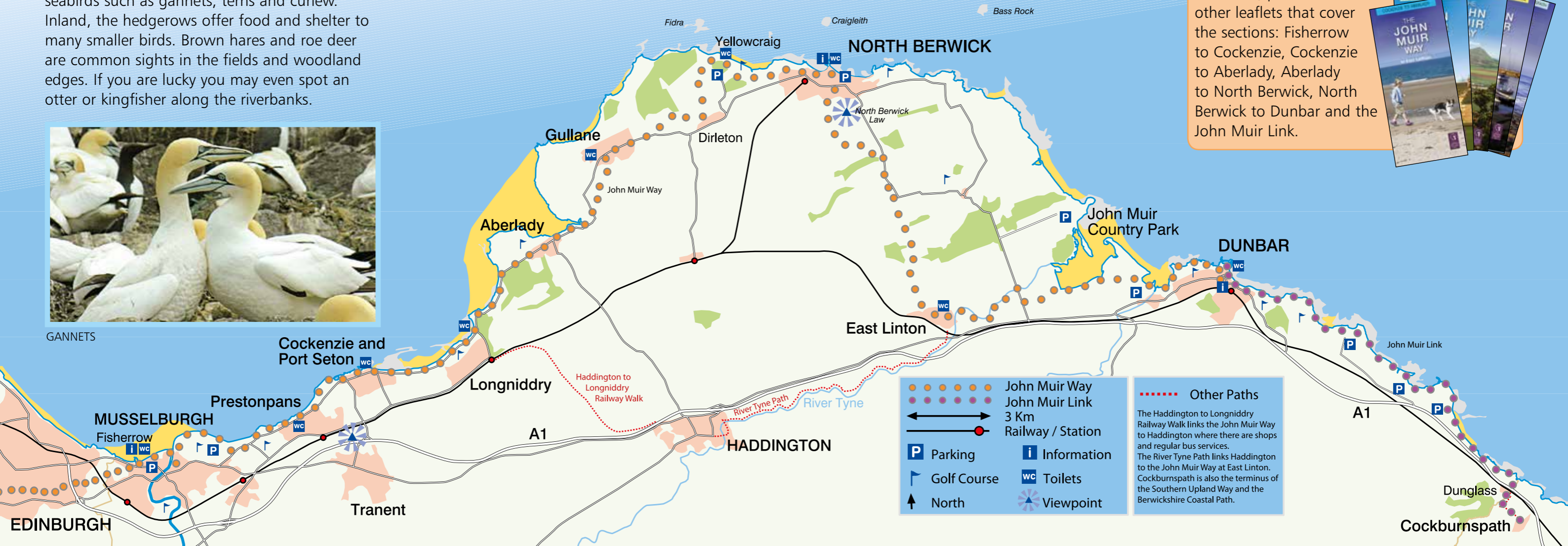
PRESTONGRANGE MINING MUSEUM

WILDLIFE

East Lothian provides habitats for a wide range of wildlife. Coastal areas are ideal for viewing seabirds such as gannets, terns and curlew. Inland, the hedgerows offer food and shelter to many smaller birds. Brown hares and roe deer are common sights in the fields and woodland edges. If you are lucky you may even spot an otter or kingfisher along the riverbanks.



GANNETS



For more detailed information about the John Muir Way in East Lothian and the John Muir Link, please see the other leaflets that cover the sections: Fisherrow to Cockenzie, Cockenzie to Aberlady, Aberlady to North Berwick, North Berwick to Dunbar and the John Muir Link.



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Other Paths

The Haddington to Longniddry Railway Walk links the John Muir Way to Haddington where there are shops and regular bus services.

The River Tyne Path links Haddington to the John Muir Way at East Linton.

Cockburnspath is also the terminus of the Southern Upland Way and the Berwickshire Coastal Path.