Harbour Walk

Directions
Musselburgh is on the A199, on the southern shore of the Firth of Firth. Leave the A1 at the Musselburgh exit and join the A199.

Musselburgh
Musselburgh is the largest town in East Lothian, sitting at the mouth of the River Esk, seven miles east of Edinburgh. Musselburgh is on the A199, on the southern shore of the Firth of Forth. The coat of arms for Musselburgh is made up of three mussel shells with three anchors, with the anchors referring to the fishing tradition of the town.

Public transport information can be obtained from the Traveline by phoning 0870 608 2608.

Acknowledgements

Some historical points of interest to look out for on your walks:

- Much of Loutsway Park is now protected because of the amount of Iron Age and Roman settlement remains that survive there.
- Prinknash House is originally 17th century in date and is surrounded by 17th century formal gardens.
- Millhall represents the medieval back lane to the burghage plots which extended north from the High Street. Burghage plots are long, narrow strips of land running at right angles to the main streets in medieval towns. The houses or shops would usually be at the front facing onto the street. Behind them would be workshops and yards.
- On either side of Cockrot Road much of the landscape has now been protected because of the large number of archaeological sites surviving here. Both Iron Age and Roman settlement and field system remains can be found here.
- St Michael’s Kirk spire is a prominent feature of the Musselburgh skyline. This spot was a strategic site during Iron Age and Roman times. The earliest Christian church on this site was established in the 6th century.

Information

HISTORY

The town motto ‘Honesty’ dates back to 1332, when the town was granted a charter. The town motto ‘Honesty’ dates back to 1332, when the town was granted a charter.

WILDLIFE

The Bird Reserve at Levenhall Links provides an excellent vantage point for visitors to observe local bird life. Shallow water in the River Esk, you may be lucky to spot a heron, kingfisher or a white-tailed eagle. About 20 years ago a special island was constructed in the River Esk. As this project was a cooperative effort of East Lothian Council and Scottish Natural Heritage, for this project to be sustainable, please keep your dog on a leash.

For more information about CHANGES Wellbeing Walks or additional copies of this leaflet contact: Heather Cameron, Project Worker, CHANGES Community Health Project, 82 High Street, Musselburgh. Telephone: 0131 653 3977 Email: heatherh@changeschp.org.uk

Diane Greenock, Community Development Officer East Lothian Council, Musselburgh East Community Learning Centre, Haddington Road, Musselburgh. Telephone: 0131 653 4069 Email: dgreenock@eastlothian.gov.uk

Directions

Harbour Walk

30 minutes to harbour, 1 hour there and back

Recommended for walkers, bikes and pushchairs

Cobles at the harbour can be slippery if wet

T

This is a scenic route that takes in views of the river and the harbour itself. From the Sports Centre turn left into Newbigging, continue along this road until you reach the High Street. Cross over the traffic lights and walk ahead through the small car park in front of some shops - you will see the Town Hall and clock on your left hand side. Go through the vennel at Kerr’s Wynd and continue a short distance until you reach Millhall. Turn right into Millhall and then left into James Street. At James Street you will see the River Esk in front of you, cross the river at the metal bridge and turn right along the river path. Continue along this path which will wind round to the left - the Firth of Forth will be on your right as you walk past the playing fields of Loretto School and Fisherrow Links. Walk along the right as you walk past the playing fields of Loretto School and Fisherrow Links. Walk along the Promenade past the bench with its sail-like metal wind break. When you reach Musselburgh Harbour take a little time to take in the spectacle of the wind-break. When you reach Musselburgh Harbour take a little time to take in the spectacle of the wind-break.

The Fishermen’s Tolbooth was a distinctive bar and white stripe house made of cut sandstone. The Tolbooth was an important part of the town’s history, and the remains of the Tolbooth are still visible today. The Tolbooth was an important part of the town’s history, and the remains of the Tolbooth are still visible today.

Rutland Cottage by the sewage works

A 1 hr 30 minutes

Recommended for walkers, bikes and pushchairs.

Wear appropriate clothing as it can feel exposed on a windy day. Path can be isolated in parts.

In the early 1960s the lagoons were formed and this area now attracts a variety of birds and consequently bird watchers. This walk also offers views of the Firth and is part of the John Muir Way.

Start from the Musselburgh Sports Centre, turn left down Newbigging to the High Street. Cross the High Street at the traffic lights and head under the vennel at Kerr’s Wynd. Go straight ahead and turn right into Millhall and then left into James Street. The River Esk should now be in front of you. Follow the river on your left hand side until it reaches the river mouth. Look out for the John Muir Way signpost, and follow the gravel path along the coast. The area is important for wild birds. Keep to the path until you see the signpost, turning off to your right. This path takes you along the side of a pond on the right hand side. If you have time visit the bird hides/reserve by taking the left hand fork of the path. To return to the Sports Centre, continue along the path with the pond on your right hand side until you reach the Race Course, turn right again and head back to the start. John Muir Way signpost. Retrieve your steps back to the Sports Centre.

Walk more – feel the difference

Did you know that walking regularly can:
• keep your heart strong
• help to reduce your weight
• help you to sleep better
• help to reduce stress
• help you to feel good

WILDLIFE

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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.

Musselburgh Walks

6_p1.qxd 13/3/06 2:33 pm Page 1
**Pinkie Walk**

This walk takes in two parks and a good view over Musselburgh and the Forth on a clear day. Leaving Sports Centre turn left down Newbigging, cross over to the right hand side at the foot of Newbigging and walk along the High Street towards St Peter’s Church and Loretto School on your right hand side. Just beyond Loretto School go through the metal gate into Pinkie Playing fields, go along the path until you reach Pinkie Road. Turn left and cross at the pedestrian crossing and go up Edinburgh Road to the top. Just before the cottage at Edenhall Hospital entrance, turn right and go up the path, which has a slight incline towards the allotments. There is a great view of the Forth from here on a clear day. If you wish to avoid this path turn right further down Edinburgh Road into Edinburgh Crescent which leads to Linnanes Drive. Continuing along the original route, take the left hand fork alongside the allotments until you come to the entrance to the cricket ground, go along the path at the side of the cricket ground until you reach the left turn into Inveresk Road past Tesco Supermarket. This is the second suggested river walk included in this guide.

Start at the Sports Centre. Cross Inveresk Brae into Lewisvale Park. Walk through the park and along the path with railings that lead to the cricket pitch on your right hand side. Turn right again and continue along the path around the pitch and through the walkway that is adjacent to the left path. Turn right into Double Dykes and left into Crookston Road. Continue a short distance turning right into Pinkhill Road, and then cross over to the right hand side at Carbery Road (watch out for traffic) into Wedderburn Terrace. Continue until you reach the path down the side of the field which leads to the river. Turn left towards Whitvargar, under the railway bridge and up the tarmac path until you come to another bridge which crosses the river. Cross this bridge, turn right and follow the path under the railway bridge leading up to the Golf Course into Ferguson Drive. Turn right into Monarch Hill and continue until you reach the road on your right hand side, opposite Stonelaws Place. Walk along the path, past the children’s play area until you reach the path leading up to the allotments on your right hand side. Continue along the path under the railway bridge and into Inveresk Road. Go along Inveresk Road until you reach Newbigging – turn right back to the Sports Centre.

**Pinkie Walk**

Start at Musselburgh Sports Centre, turn left and left again into Inveresk Road past Tesco Supermarket. Turn left again onto Station Road, past the job centre. Go along past Eskmills Villas and Eskdale Industrial Estate where you will see the walk signposted. Leaving the traffic behind follow the tarmac path along the side of the River Esk. Stay on the path for approximately 20 minutes until you see a bridge overhead. Turn left before the bridge and follow the path a short distance, turning left into Crookston Road and right into Double Dykes. Go past the allotments on your right hand side and along the side of the cricket ground. Down the path with railings, turn left through Lewisvale Park. At the entrance to the park cross over the road at the pedestrian crossing, back to the Sports Centre.

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