

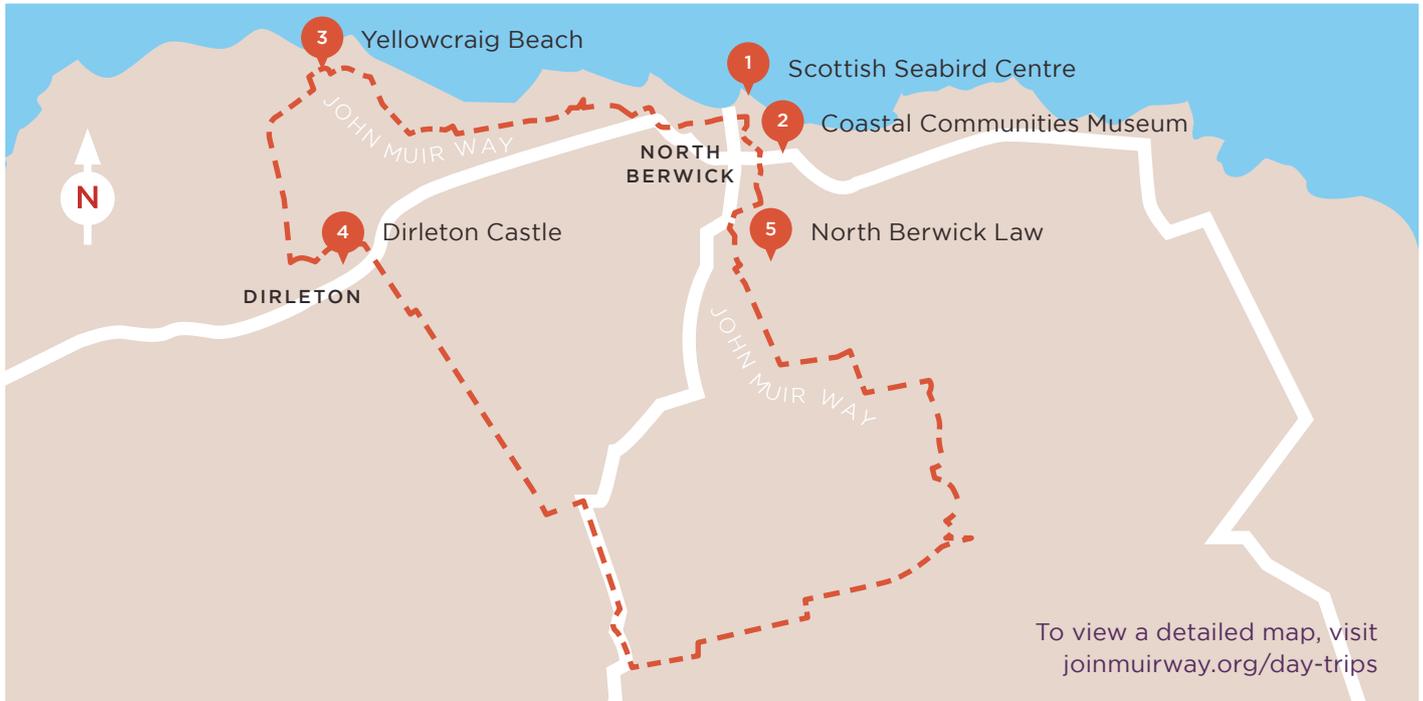
# North Berwick - Dirleton Loop

**ROUTE TYPE:** Cycle

**DISTANCE:** 13.8 miles/22 km

**AVERAGE TIME TO COMPLETE:** 2 Hours

**DIFFICULTY LEVEL:** ■■■□□ Medium



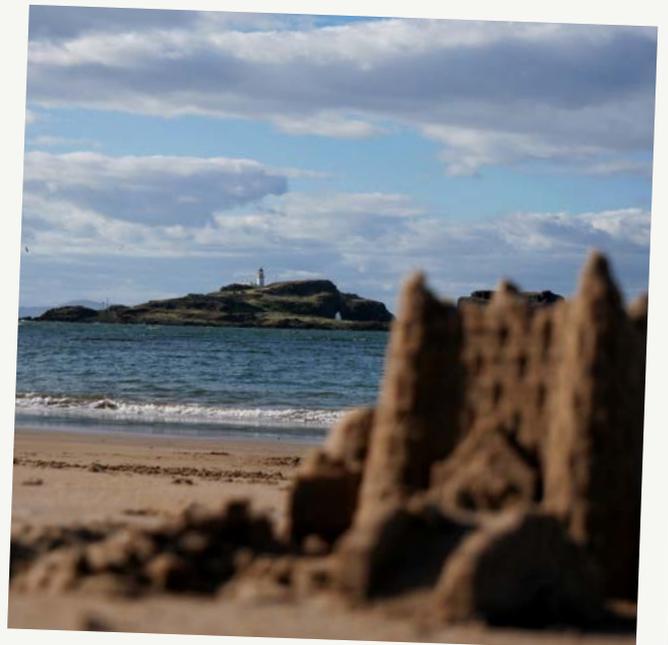
## THE ROUTE

This route is a great taster of what East Lothian can offer, with a mix of road and off-road trails, suitable for a mountain or gravel bike or hybrid.

Starting and finishing at North Berwick train station, meander through town before following the waymarked John Muir Way footpath towards Yellowcraig Beach.

Leaving the coast, head for the village of Dirleton with its impressive castle and gardens. After some quiet back roads, re-join the John Muir Way footpath before arriving at North Berwick Law, which you can climb on foot for great views over the Forth.

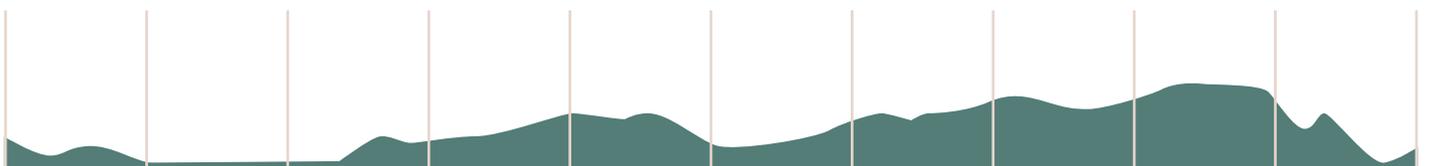
Returning to North Berwick, be sure to stop at the harbour and visit the Scottish Seabird Centre or even take a boat trip out to Bass Rock.



*Yellowcraig Beach*

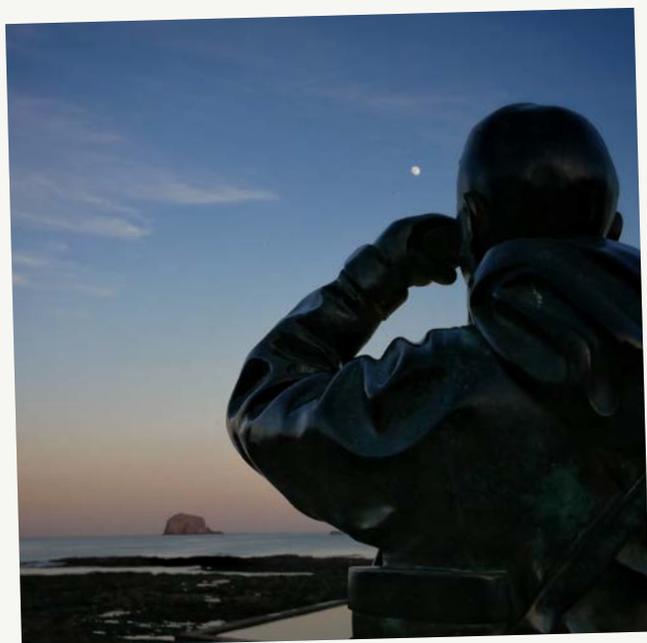
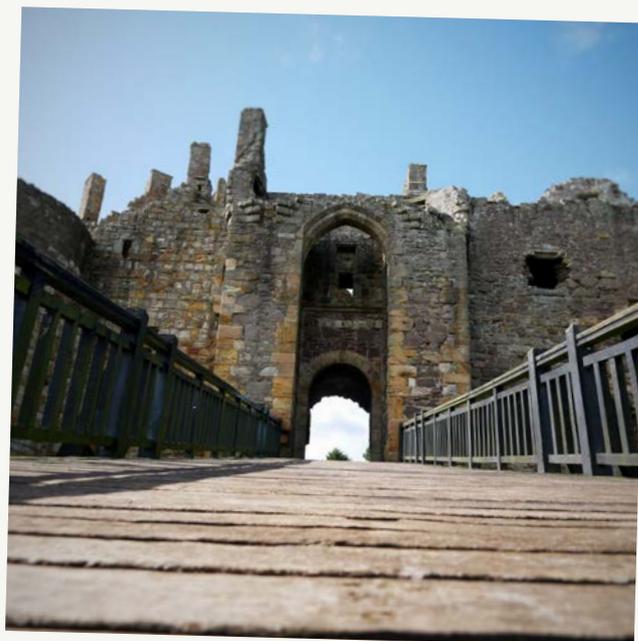
## ELEVATION PROFILE

Total ascent 129m / Highest point 60m



## PLACES OF INTEREST

- 1 **SCOTTISH SEABIRD CENTRE**  
Discover the birds that make their home along East Lothian's coastline, with boat trips out to visit the Bass Rock and the world's largest colony of Northern Gannets.
- 2 **COASTAL COMMUNITIES MUSEUM**  
John Muir spent his childhood in the seaside town of Dunbar. Learn about the customs and livelihoods of the people who lived alongside Muir in East Lothian's seaside villages.
- 3 **YELLOWCRAIG BEACH**  
Go for a paddle and build a sandcastle at this fantastic beach with its golden sands and views over to the island of Fidra. Its rich dune grassland is also host to a multitude of plant and animal life.

*Bass Rock from North Berwick**Dirleton Castle*

- 4 **DIRLETON CASTLE**  
Dating back to 1240, this impressive castle has grand gardens, a dovecot and a grim pit prison to explore.
- 5 **NORTH BERWICK LAW**  
Climb the best lookout point in the area. This volcanic plug rises steeply to 187m, rewarding you with panoramic views over the Forth.

**THE INSIDE TRACK**

Once you've completed this cycle, there's still plenty to do around North Berwick, including climbing North Berwick Law and taking a boat trip to Bass Rock. You'll find a wide selection of eateries and shopping in the centre and down by the harbour.

## TERRAIN

This route follows sections of the John Muir Way walking route and back roads. Surfaces are a mix of pavement, grassy track, gravel, sandy footpaths and tarmac roads. It is suited to mountain or gravel bikes or a hybrid with wide tyres and is relatively flat.

## GETTING THERE

**BY RAIL:** North Berwick train station provides a swift link with Edinburgh.

**BY BUS:** This area is served by the 26 and X5 bus routes between Edinburgh and North Berwick.

**BY CAR:** There is parking (pay and display) in the centre of North Berwick and for free in Dirleton.

Please enjoy Scotland's outdoors responsibly.  
Visit: [outdooraccess-scotland.com](http://outdooraccess-scotland.com)

Plan your trip and find more routes at:  
[johnmuirway.org/day-trips](http://johnmuirway.org/day-trips)