

Dunbar – North Berwick Loop

ROUTE TYPE: Cycle

DISTANCE: 27 miles/44 km

AVERAGE TIME TO COMPLETE: 3.5 Hours

DIFFICULTY LEVEL: ■■■□ Long with off-road sections



THE ROUTE

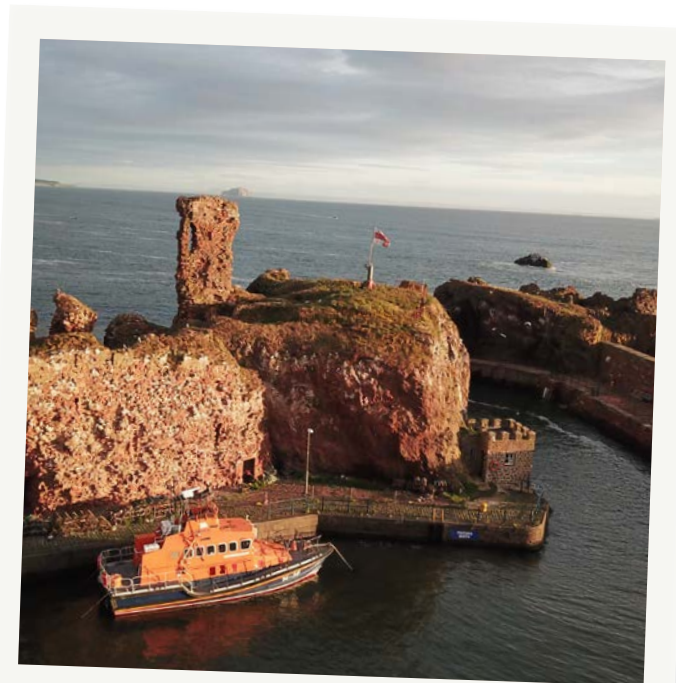
Enjoy quiet roads and sandy footpaths on this tour of the easternmost section of the John Muir Way.

Following the waymarked cycle route from Dunbar, you'll head along the coast to Belhaven before turning north towards Whitekirk and then North Berwick.

After exploring North Berwick, pick up the waymarked walking route south out of town and along the foot of North Berwick Law. The return to Dunbar can be a challenge in places, even if you're on a mountain bike, but stick with it as the trail rewards with some amazing vistas.

After a quick stop in East Linton and a visit to the very picturesque watermill at Prestonmill, continue along the waymarked path east towards Belhaven Bay, through John Muir Country Park and back to Dunbar.

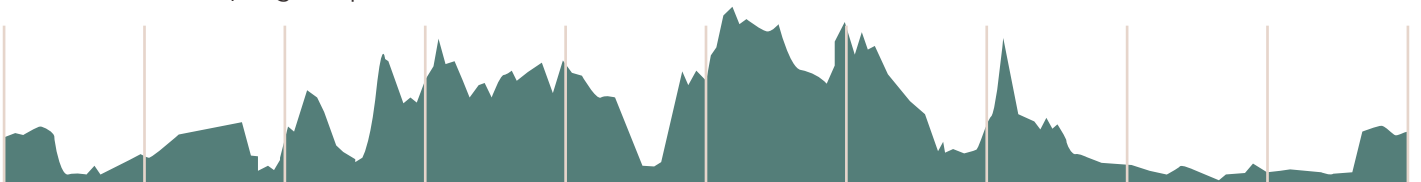
And of course a visit to Dunbar wouldn't be complete without a trip to John Muir's Birthplace on the High St.



Dunbar Castle & Harbour

ELEVATION PROFILE

Total ascent 369m / Highest point 69m



PLACES OF INTEREST

- 1 **JOHN MUIR'S BIRTHPLACE**
Pioneering conservationist, writer, explorer, botanist, geologist and inventor. Discover the many sides to John Muir in this museum located in the house where he grew up.
- 2 **JOHN MUIR COUNTRY PARK**
Explore this park in John Muir's back yard, which offers several woodland and beach walks and is home to a wide variety of birds, plants, butterflies and moths.
- 3 **PRESTONMILL & PHANTASSIE DOOCOT**
With its distinctive Dutch-style conical roof, this was East Lothian's last working water mill and featured in the TV series Outlander. Nearby is the beehive-shaped Phantassie Doocot.



Prestonmill



John Muir Country Park

- 4 **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.
- 5 **NORTH BERWICK LAW**
Climb the best lookout point in the area. This volcanic plug rises steeply to 187m, providing panoramic views over the Firth of Forth. You can even spot Tantallon Castle.

THE INSIDE TRACK

If you don't have a suitable bike or tyres for the rougher sections, you can still make a return trip along the John Muir Way cycle route, or make your own way through the quiet roads in the area for variety. There are bike shops in Dunbar and North Berwick and some great food and drink stops at both ends and in East Linton.

TERRAIN

This route follows the John Muir Way marked cycle route to North Berwick and the marked walking route to return. The cycle route follows cycle path and quiet roads with one short off-road track, while the walking route back is a mix of hard packed footpaths with some looser and sandy sections. You will need a bike with wide tyres, ideally a mountain or gravel bike. There are no long climbs on this route.

Please enjoy Scotland's outdoors responsibly.
Visit: outdooraccess-scotland.com

GETTING THERE

BY RAIL: There is a rail service between Edinburgh Waverley and Dunbar. If taking bikes, be sure to book spaces in advance as they are limited.

BY BUS: There is a local service linking North Berwick and Dunbar as well as the X7 Edinburgh-Dunbar bus route.

BY CAR: In Dunbar there is some on-street parking and a car park at the swimming pool.

Plan your trip and find more routes at:
johnmuirway.org/day-trips