



East Lothian has a very distinct and varied coastline, featuring sandy beaches, cliffs, harbours and castles.

Much of the East Lothian coast is recognised nationally and internationally for wildfowl and waders such as curlew and redshank. In recognition of its importance it has been designated as part of the Firth of Forth Site of Special Scientific Interest, Special Protection Area and Ramsar Site.

The John Muir Way is being developed by East Lothian Council to provide a continuous path linking East Lothian with the City of Edinburgh and the Scottish Borders. The John Muir Way links in with many other paths, so small sections can be tackled on their own or as part of a circular walk.

The John Muir Way forms the East Lothian section of the transnational North Sea Trail, linking 26 partner areas from 7 countries around the North Sea. The project aims to establish a network of pathways connecting heritage sites, and promoting business development through tourism. The project is funded through the EU

Interreg IIIb Programme. For further information, click on [www.northseatrail.org](http://www.northseatrail.org) where you can learn more about the culture and heritage along the Trail, such as: The Natural World; Buildings & Architecture; Working Life; Historical Routes; and Culture & Traditions.

This leaflet describes what can be seen on the section of the route between Dunbar and Dunglass, a total distance of almost 16 kilometres. The route is signposted by green fingerposts as illustrated above. Printable copies of this and other leaflets are available on our web site [www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

Also any comments or suggestions you have about the leaflet or the John Muir Way can be left on the feedback form on the web site. Further information about the John Muir Way can be obtained by phoning 01620 827671.

# The John Muir Way


## DUNBAR TO DUNGLASS





### DUNBAR TO DUNGLASS


# THE John Muir way

### PATH INFORMATION


 The 1.8km section of the John Muir Way from Dunbar Harbour follows pavements through the town. At some points there are steep inclines and narrow paths.

 The section from Dunbar Golf Course to Skateraw is mostly on narrow grass paths and is approximately 6.8km long. Stout footwear is recommended. When walking the section of the route that runs along side the golf course please keep to the path, keep dogs on a lead and try not to disturb play.

 Between Skateraw and Thorntonloch the John Muir Way follows the Torness Coastal Walk. This section is 2.5km long and involves some steps near Skateraw.

 The remaining 4.5km of path to Dunglass is on a variety of surfaces including pebble beaches. It involves some steps and steep inclines. Stout footwear is recommended and as this area is quite remote it is suggested that waterproof clothing is also carried.

### PUBLIC TRANSPORT

 Approximately six buses a day run between Dunbar and Cockburnspath, contact Traveline on **0870 608 2 608**.

### 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](http://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 November – March). There is an interactive visitor centre with regular events and children's activities. For details please visit [www.jmbt.org.uk](http://www.jmbt.org.uk)

THE JOHN MUIR MONUMENT IN DUNBAR

This leaflet may be available in large print, audio and community languages on request. Please contact **01620 827199** or [www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)





## 1 Dunbar

Situated at the mouth of the Firth of Forth, Dunbar has been an important strategic town at least since the 7th century AD when it formed a royal centre within the Anglian kingdom of Northumbria. By 1445 Dunbar had become a royal burgh. Invaded by the English and razed to the ground twice in the 16th century, Dunbar played a key role in Scotland's defences. The town was also occupied for a time by Oliver Cromwell's army in 1650, the year of the Battle of Dunbar. The town is the birthplace of naturalist and conservationist John Muir, instrumental in the establishment of America's National Parks system.



DUNBAR EAST BEACH (PHOTO BY COLIN D. READ)

## 2 Dunbar Castle

Excavations during the late 1980s revealed that the area around Dunbar Castle was first intensively occupied during the Iron Age. The castle, once a refuge for Mary, Queen of Scots, can still be seen today as a ruin beside the harbour. Some of what remains today dates from the 13th century and nowadays it is well known for its colony of nesting kittiwakes.

## 3 Victoria Harbour

Work started on the Victoria Harbour in 1842 and involved blasting through the rock and castle on its western side. This used to be one of the biggest ports in the east of Scotland, exporting potatoes and grain and supporting an enormous herring fleet. Seals are often spotted in the harbour looking for scraps from the fishing boats.

## 4 The Battery

The battery was built on Lamer Island in 1781 to defend the town from privateers. It was used as a fever hospital in the late 1800s and again used as a hospital during the First World War until 1927. The rock on which it is built is columnar basalt, similar to the Giant's Causeway.

## 5 The Old Harbour

The old harbour dates from 1555, with the east pier being built 100 years later using stone from the castle. The original harbour serving Dunbar was at Belhaven, and was first recorded as early as 1153AD.

## 6 East Links

The wall separating the esplanade from the drive to the golf course was built to defend Dunbar during the Napoleonic Wars.

## 7 Broxmouth Estate

The John Muir Way takes you around the edge of the Broxmouth Estate, which is an example of a designed landscape dating from the late 17th/early 18th century. The Battle of Dunbar was fought to the south of the Estate in 1650, where the Covenanters under General Leslie were defeated by Cromwell's Parliamentarians.

## 8 Catcraig

At low tide, on the foreshore, nine different limestones can be identified from their different fossils. The area to the east of the cement works is rich with prehistoric archaeological remains. Where the present quarry is operating the remains of a substantial Iron Age fort was excavated during the late 1970's. Recent excavations have uncovered the remains of one of Scotland's earliest prehistoric houses.



SANDSTONE ARCHES NEAR BILSDEAN

## 9 Barns Ness

Take time out at Barns Ness to look at the Geology Trail where a series of interpretation boards explain some of the fascinating geology of this part of the coast. The lighthouse, built in 1901 was designed by D. A. Stevenson, the cousin of Robert Louis Stevenson.

## 10 Skateraw

Skateraw is also an area with many archaeological remains. Both prehistoric and early Christian burials have been identified in this area. There is also an excellent example of a 19th century lime kiln.

## 11 Torness Power Station

Torness Nuclear Power Station was built in the 1980s. It uses two advanced gas-cooled reactors producing over 1,200 megawatts of electricity and employs over 450 staff.



COASTAL VIEW FROM BILSDEAN

## 12 Bilsdean

The soft sandstone cliffs below the John Muir Way have been eroded by the sea to form several natural arches. **If walking along the beach in this area please be aware of the dangers of being cut off by the tide.** The shoreline is also quite rocky and can be slippery. In the summer house martins nest on the cliffs on this part of the coast. More commonly seen nesting under the eaves of houses, this is their natural nesting habitat. Many varieties of ferns grow at Bilsdean, benefiting from the shade and humid atmosphere around the waterfall.

Overlooking Bilsdean Burn is the remains of Castledykes Fort. The Iron Age fort makes use of the natural coastal defences and has a massive earthen rampart defending the more landward side.

Inland of the bridge at the coast are the remains of the original bridge across the burn. This dates from the 1400s and was part of the earliest post-route from England to Scotland.

## 13 Dunglass

Dunglass was once a medieval village that was elevated to burgh status in 1489. Its centre was the Tron Tree, a large sycamore close to Dunglass Collegiate Church, which itself was built during the 15th century. Dunglass Estate dates back to at least the 14th century. Dunglass Old Bridge dates from the early 1600s and was an important link on the post-road. It is the earliest of five bridges that cross this part of the dean.

