

Outdoor
and
Active



visit
east lothian
Edinburgh's Coast & Countryside

Love East Lothian

Hopetoun Monument, Garleton Hills

The rugged coastline and expansive beaches provide the perfect backdrop and conditions for many water sports and quiet roads, hills and rolling green landscape make the area a favourite choice for cyclists and walkers.

There's options to try a multitude of activities from disc golf to wakeboarding; or from taking a memorable microlight flight from East Fortune Airfield to staying on land and walking a little or a lot of the long distance John Muir Way. The opportunities are endless. East Lothian is a water sports destination particularly famous for surfing and stand up paddle boarding at Belhaven Bay.

It is easy to walk and cycle for countryside day trips from Edinburgh, bringing that much needed balance of culture, nature and fresh air, necessary for any holiday itinerary. East Lothian is rightly famous for its golf with 21 courses throughout the region including the greatest concentration of championship links courses in one area in the world.



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Bookable experiences

Water Sports

Belhaven Bay is the perfect location for trying surfing and **Belhaven Surf Centre** provides a great resource. From this hub, visitors can try stand up paddle boarding and coasteering. The expansive bay also appeals to kite surfers and windsurfers as does **Longniddry Bents**. North Berwick is the perfect launch spot for sea kayaks and popular also for sailing and diving.

Coast to Coast Surf School

The surf school is based in Dunbar and offers coaching from beginner level in surfing, body boarding, stand up paddle boarding and coasteering. All equipment provided.

Venturing Out

Outdoor adventure for stand up paddle boarding and coasteering as well as other outdoor activities such as guided hillwalking and bush craft. Venues include Musselburgh Lagoons and Dunbar.

Ocean Vertical

Operating from Dunbar, offering coasteering, paddle boarding and surfing as well as mountaineering holidays.

Whiteadder Watersports

Set up in the Lammermuirs Hills book a range of watersports from sailing, paddleboarding and kayaking or apply for angling permits for brown trout fly fishing.



Disc Golf **Reboot Disc Golf**

A fast growing family sport. Located in lovely woods at Foxlake with an easy and more difficult course. All material available.

Activity Centre **Foxlake Adventures**

Just outside Dunbar, the centre is for adults and children alike. The UK's first cable wakeboarding centre as well as the unique **Foxfall**, a high ropes course over water. With an inflatable aqua park and sauna and cold plunge, there's scope for a couple of hours or a full day away. Beautiful outdoor **Jaybird's Larder** too.

Flying **East of Scotland Microlights**

From **East Fortune Airfield** fly over East Lothian's beautiful beaches and famous golf courses and see the world's largest Northern gannet colony on the **Bass Rock** from a different perspective!



Walking & Cycling

The John Muir Way (134 miles/215 km)

The coast to coast long distance walking and cycling route stretching from Helensburgh in the West to Dunbar in the East. Planning to design a client trip around the route, the East Lothian sections includes visitor attractions, a wide variety of accommodation and eateries along the way as well as the trip culminating at **John Muir's Birthplace** in Dunbar.

East Lothian sections Edinburgh to Prestonpans (10 miles/16 km); Prestonpans to North Berwick (16.5 miles/26.4 km) and North Berwick to Dunbar (15 miles/24 km). A section of the John Muir Way for a day out is also easy with public transport access points and scope for great coastal and inland leisurely walking, as well as other options.

From North Berwick, climb Berwick Law for unsurpassed views over the sea and the Bass Rock or take a walk along the beach to Gullane.

From Dunbar follow the coastal path and trail in the direction of Tynninghame and East Linton or take The John Muir Link out to Whitesands and the Barns Ness lighthouse.

From Pencaitland, the disused railway is a hidden gem for cyclists and walkers.



From Musselburgh, several riverside walks with historical landmarks to see.

From Gifford, the community woodland walk or follow signs to Yester Castle through Yester Estate.

Walk between Haddington and Longniddry on the disused railway walk. It has meandering flat paths to suit all abilities. **Walking routes link.**

Choose the terrain with coastal or hill top views and peaceful roads. Routes and maps are available. Cyclists are very welcome at the cafes and restaurants. Planning to offer itineraries? Then **Cycling** with six local cycle trails will be useful.

Cycling routes include visitor attractions and suggested stopping places and it's a compact region to build a cycle day or multiple day tour. Renowned quiet off road routes to know about for planning are **The Pencaitland Railway Path, The River Esk Path** and the **John Muir Way** cycling option.

Go East Lothian trail (63 km/39 miles) is a recognised trail and suited to gravel, mountain or e-mountain bikes. It has been designed by Markus Stitz founder of **Bikepacking Scotland** and provides plenty of opportunity to explore the area and lovely beaches. Can be done in parts or as a 2 day trip. Excellent for families and experienced bikepackers. Starts and ends at North Berwick.

Bookable Experiences

Ez Riders E Bike hire, bike tours and bespoke group tours in East Lothian

Belhaven Bikes Dunbar for bike and e bike hire plus one way hire for the John Muir Way

Useful websites and maps:

Bikepacking Scotland

Sustrans cycling route finder

Visit East Lothian for activities

Cycling the John Muir Way



Kilspindie Golf Club

Golf

The region is proud to be host of the **Scottish Open** at the **Renaissance Club** in Gullane and has previously hosted **The Open** at **Muirfield**.

Musselburgh Links is the oldest playing golf course in the world. There is the opportunity to play a round of hickory golf there with traditional wooden clubs.

All information on the courses including accommodation, tee times, coaching and packages for golf operators and golfers is located on the dedicated website **Scotland's Golf Coast**.



Horseriding

Tracks, trails, woods and beaches in the region provide unique terrain for horse riding. A number of stables offer hacking, trekking and lessons for all standards and do take beginners. Lessons from one hour long.

Harelaw Equestrian Centre

by Gosford Estate, Longniddry

Seacliff Stables nr North Berwick



More itineraries to download:



History and Heritage

Food and Drink Experiences

Outdoor and Active

Nature and Wildlife

Outlander, Culture and Film

Unique Experiences

Touring Itinerary (1–3 days)

Itinerary Builder (1–5 day options)

For further information contact: visit@eastlothian.gov.uk
www.visiteastlothian.org