



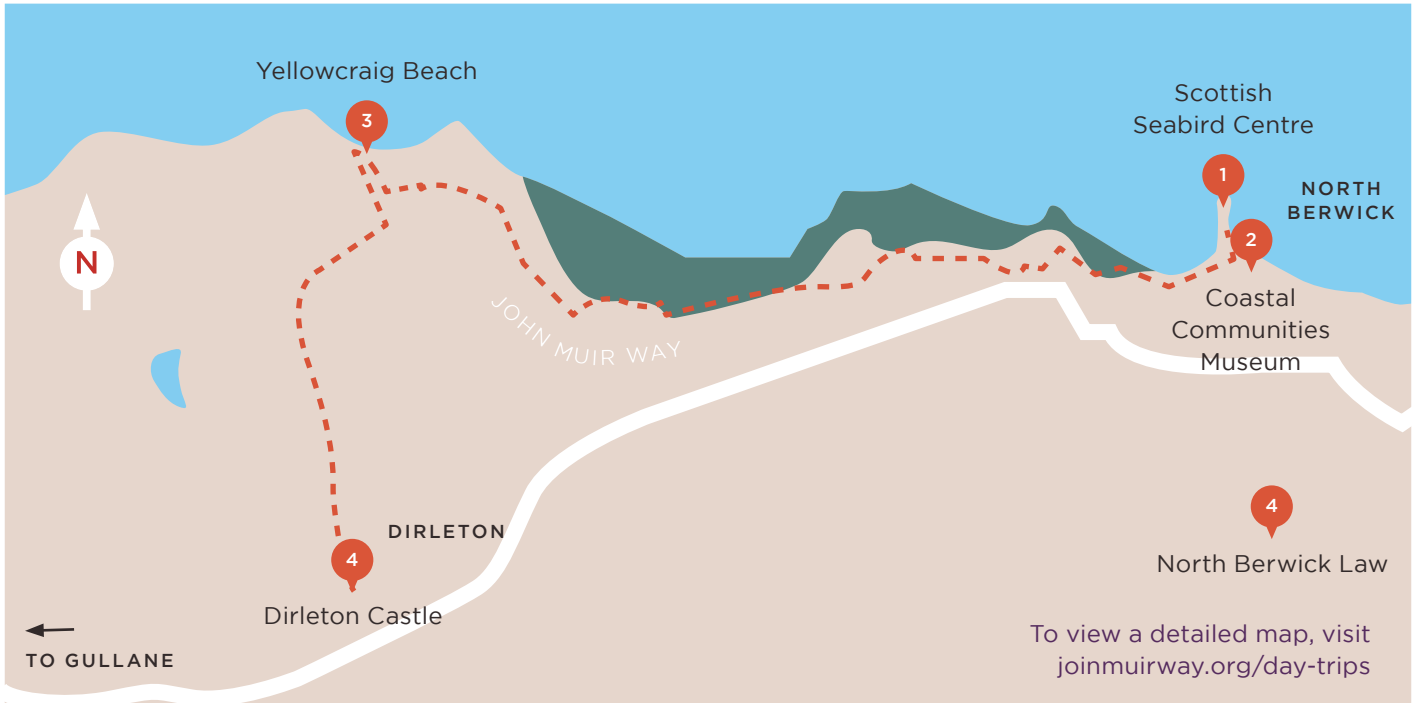
North Berwick Sand-Castle Stroll

ROUTE TYPE: Walk

DISTANCE: 4.5 miles/7 km one way

AVERAGE TIME TO COMPLETE: 1.5 Hours

DIFFICULTY LEVEL: ■□□□ Short and flat



THE ROUTE

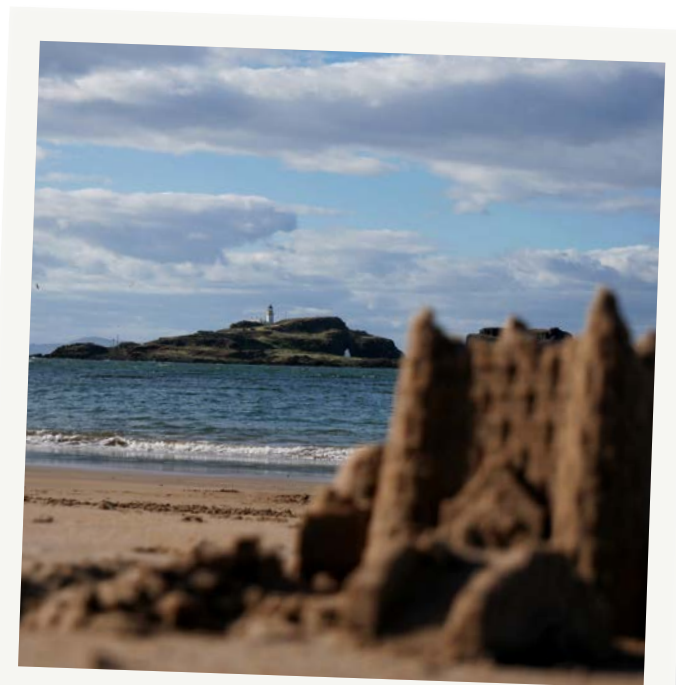
Make sure you pack a bucket and spade for this mini-adventure that will take you from the sandcastles of Yellowcraig Beach to the real thing at Dirleton.

Leaving from North Berwick Harbour, take a look around the Scottish Seabird Centre, or even take a boat trip to Bass Rock, before joining the John Muir Way west past the golf course.

Before long you will come out onto the open dune grassland on the approach to Yellowcraig Beach. Look out for the intriguingly sculpted woodland that borders this area.

Wander onto the beach and take in the views over the Forth towards Fidra lighthouse before heading inland. A woodland path and farm track deliver you to the sleepy village of Dirleton with its picturesque church and the foreboding Dirleton Castle.

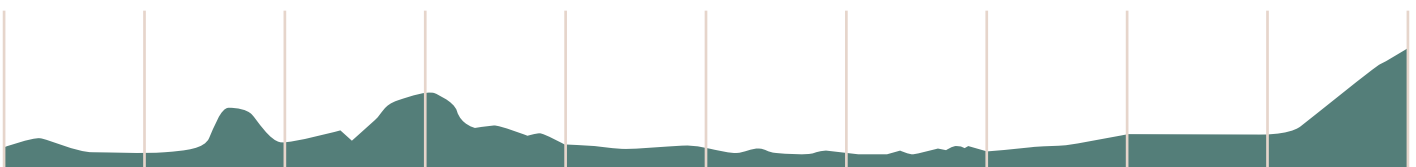
After exploring the castle and its impressive gardens, hop on the bus back to North Berwick.



Yellowcraig Beach

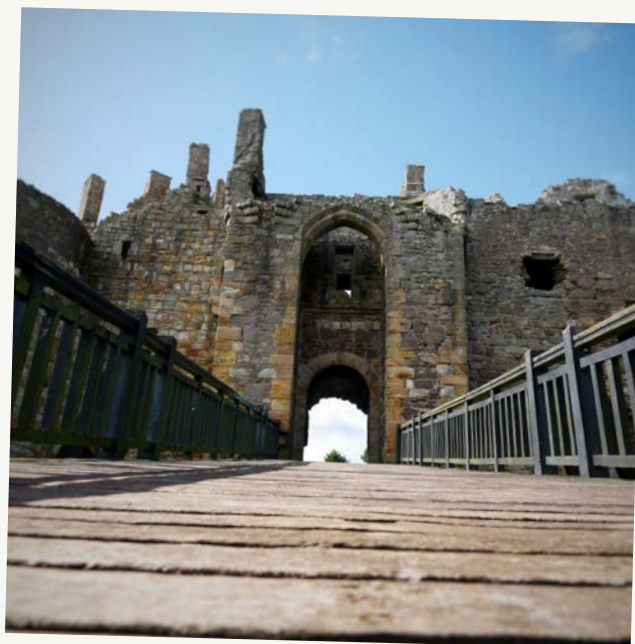
ELEVATION PROFILE

Total ascent 43m / Highest point 29m



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 walk, 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 the John Muir Way out of North Berwick west and is fully waymarked, except the beach itself, which is a stone's throw from the waymarked route. Surfaces are a mix of pavement, grassy track, loose or gravel paths and of course sand. There is very little elevation change, following the flat coast, hence the rating of low difficulty.

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

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.

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