

North Berwick - Tantallon Tour

ROUTE TYPE: Cycle

DISTANCE: 13.8 miles/22 km

AVERAGE TIME TO COMPLETE: 2 Hours

DIFFICULTY LEVEL: ■■■□□ Medium



THE ROUTE

Explore the dramatic East Lothian coast and countryside along quiet country lanes.

Leaving from North Berwick pier, this route takes in clifftop views, an ancient castle and sandy beaches.

From the Scottish Seabird Centre, cross Milsey Bay and take the track across the golf course, leading to the main Tantallon Road. Heading east, follow the John Muir Way cycle route waymarkers and you'll quickly turn south onto quiet back roads, with a short off-road track leading to Whitekirk.

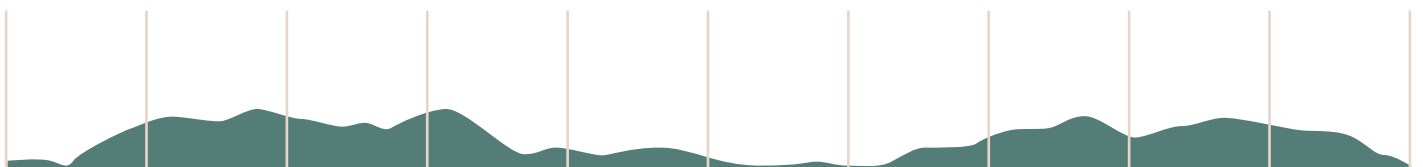
It's then onto the coastal road that leads to Seacliff Beach before turning back inland towards the imposing Tantallon Castle. Enjoy a coffee stop at Canty Bay overlooking the cliffs on your way back to North Berwick.



Tynninghame 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

TYNINGHAME BEACH

Otherwise known as Ravensheugh Sands, this huge beach is regarded as one of the finest in the south of Scotland.

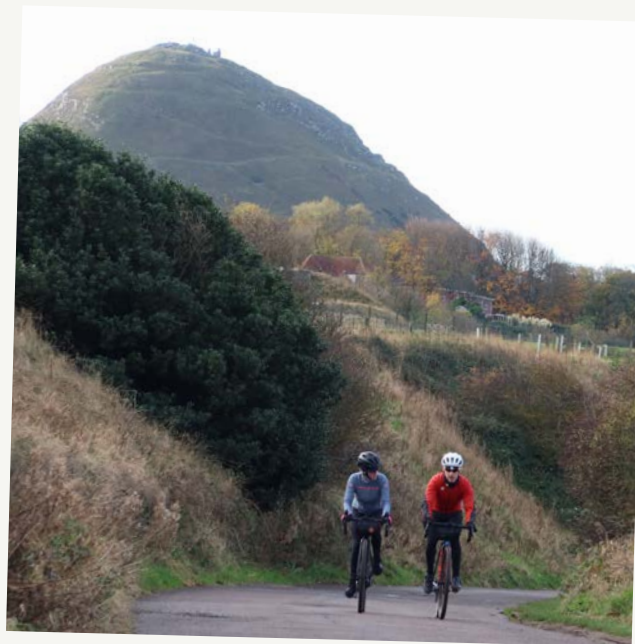
3

SEACLIFF BEACH

With stunning views of Tantallon Castle and Bass Rock and the UK's smallest harbour, Seacliff Beach is well worth the short detour to the coast.



Tantallon Castle & Bass Rock



North Berwick Law

4

TANTALLON CASTLE

Set on the edge of the cliffs, this formidable castle was a stronghold of the Douglas family. Ascend the towers for spectacular views of Bass Rock.

5

CANTY BAY

Just off the main road heading back towards North Berwick, there's a great viewpoint and café on the headland overlooking this sandy beach.

THE INSIDE TRACK

You'll find a good selection of places to stop for a break and a bite to eat on this route, including cafes in North Berwick and near Whitekirk and Canty Bay. For cycle repairs and e-bike hire, check out Law Cycles and EZ Riders.

TERRAIN

This route follows sections of the John Muir Way cycling route along quiet back roads and footpaths. There is a short section on the A198. 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.

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