

Fisherrow to Aberlady Bay

ROUTE TYPE: Cycle

DISTANCE: 25 miles/40 km return

AVERAGE TIME TO COMPLETE: 2 Hours

DIFFICULTY LEVEL: ■■■□□ Long ride over flat terrain



THE ROUTE

Explore the Firth of Forth coastline just east of Edinburgh on this cycle along the John Muir Way. Starting at Musselburgh's Fisherrow Harbour, cross the River Esk and hug the coastline past the ash lagoons with their rich birdlife. Look out for the hundreds of swans that patrol the Forth here too.

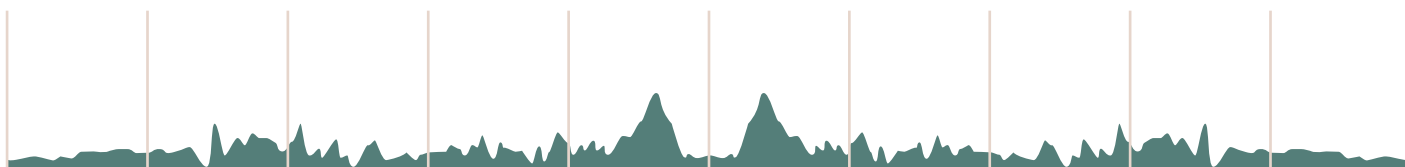
Approaching Prestonpans you'll spot the towering chimney that marks the industrial heritage museum at Prestongrange. After a tour of the free museum, continue along the John Muir Way through Prestonpans. See how many of the Prestonpans murals you can spot on the way.

There's plenty of history on this route, passing the site of the Battle of Prestonpans and Scotland's oldest railway, revealed at the 1722 Waggonway Museum.

There are multiple birdwatching opportunities too and the route takes you to a good one at Aberlady Bay Nature Reserve. Retrace your steps from here to return to Fisherrow Harbour.

ELEVATION PROFILE

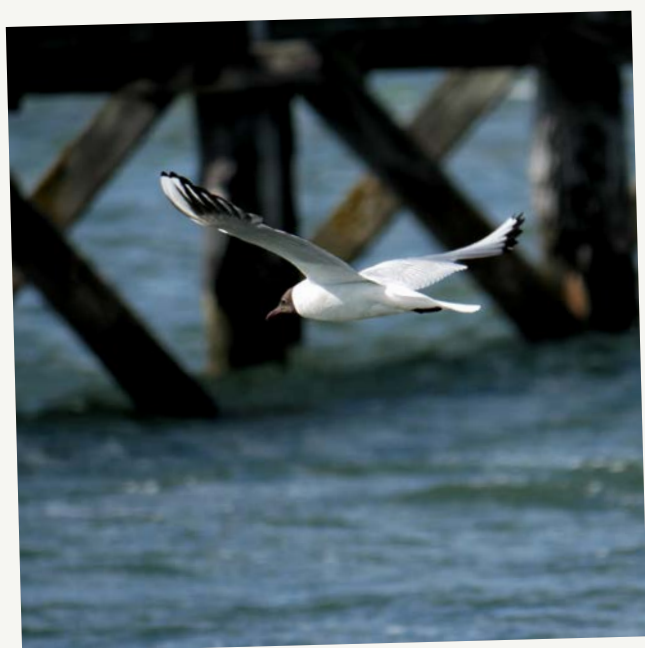
Total ascent 100m / Highest point 16m



Fisherrow Harbour

PLACES OF INTEREST

- 1 **FISHERROW HARBOUR**
Just west of Musselburgh this harbour, built from 1850, is still used by pleasure and fishing boats. Walk along the prom or harbour piers and spot wading birds on the shoreline.
- 2 **PRESTONGRANGE INDUSTRIAL MUSEUM**
Explore monumental relics of Scotland's industrial heritage including a Cornish beam engine and vast brick kiln at this free museum with outdoor and indoor exhibits and an audio tour.
- 3 **PRESTONPANS MURALS**
Prestonpans is home to a murals trail of over 30 artworks scattered across the town. They celebrate the town's history and culture from John Muir to witch hunts, industry and migration.



Aberlady Bay Nature Reserve



Prestongrange Industrial Museum

- 4 **COCKENZIE HOUSE & GARDENS**
Visit one of the few remaining late 17th century manager's houses in Scotland. Call in for a well-deserved tea and cake and explore the gardens.
- 5 **WAGGONWAY MUSEUM**
Museum dedicated to Scotland's first railway, the 1722 Tranent - Cockenzie Waggonway. Open at weekends only, 12-4pm.
- 6 **ABERLADY BAY NATURE RESERVE**
A nesting site for a wide variety of birds, this local reserve is worth spending time exploring. Over 30,000 pink-footed geese visit in autumn.

THE INSIDE TRACK

Plan to make a few stops on this route and not just at the historical sites. There are some great beaches in this area and several small towns and villages where you can stop for a snack. Too tired to pedal all the way back? Hop on the train at Longniddry back to Musselburgh.

TERRAIN

This route follows the John Muir Way along the coast and is fully waymarked. The coastal terrain means it's virtually flat. Surfaces are good with a few sections of hard packed dirt track or gravel but mainly tarmac on shared walking/cycle path. There is a short section of main road on the A198 leaving Cockenzie so take care on this stretch. On the approach to Aberlady, follow the lovely wooded footpath adjacent to the road.

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

GETTING THERE

BY RAIL: There are train stations at Musselburgh, Prestonpans and Longniddry on the Edinburgh line.

BY BUS: This area is served by the 26 and X5 bus routes between Edinburgh and North Berwick.

BY CAR: There is free parking at Fisherrow Harbour and more options in Musselburgh town.

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