



WALK MORE – FEEL THE DIFFERENCE

Did you know that walking regularly can

- keep your heart strong
- help to reduce your weight
- help you to sleep better
- help to reduce stress
- reduce your blood pressure
- make you feel good

The British Heart Foundation recommends we take 30 minutes of moderate exercise a day five times a week to benefit our health, or 10,000 steps a day. On average we take 4,000 steps a day doing normal activities but to reach the target of 10,000 steps we could:

Walk for 30mins = 2.5 km / 1.5 miles = 4000 steps
Walk for 40mins = 3.2 km / 2 miles = 5500 steps

Try to make walking part of your normal day.

WALKIN' DUNBAR

Would you like to walk more for pleasure or exercise?
Need the motivation of a regular group?

Join us for a weekly led walk (approx 1hr) around Dunbar. **It's free.** No need to book – just meet outside the Leisure Pool on Tuesdays at 10.30am. For more information please call the *Paths To Health Project* Co-ordinator on **01620 827608.**



WHY WALK TO SCHOOL?

- It's healthy
- It's free
- It reduces traffic congestion and the risk of accidents
- It gives you physical exercise and is good for your heart
- It is environmentally friendly and reduces pollution
- It helps you feel good and ready for school

MORE INFORMATION

Further information about walks around Dunbar can be obtained by calling **East Lothian Council** on **01620 827671.**

Printable copies of this and other leaflets are available on www.eastlothian.gov.uk. Any comments or suggestions about this leaflet or the walks can be left on the feedback form on the web site.

Useful web sites

- www.eastlothian.gov.uk
- www.outdooraccess-scotland.com
- www.dunbar.org.uk



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PUBLIC TRANSPORT



traveline
public transport info
0870 608 2 608

Public transport information can be obtained from the Traveline by phoning
0870 608 2 608.



East Lothian
Council

The North Sea Trail

SCOTTISH
NATURAL
HERITAGE

WALKS AROUND DUNBAR

This leaflet is designed to encourage people to take more walks around Dunbar. There are a number of shorter walks around the town that are part of the Paths to Health Programme or suggested routes to school. There are also many paths close to the town that can be used as part of every-day activities such as going to the shops.

Some of the longer walks into the country may be along the edges of fields, muddy tracks or quiet roads. Many of these climb up into the surrounding hills, where you can see great views back towards the coast. Please wear comfortable shoes and check the weather forecast before going on these walks. Also please take care along the roads as traffic can drive quite fast along some sections.

DUNBAR

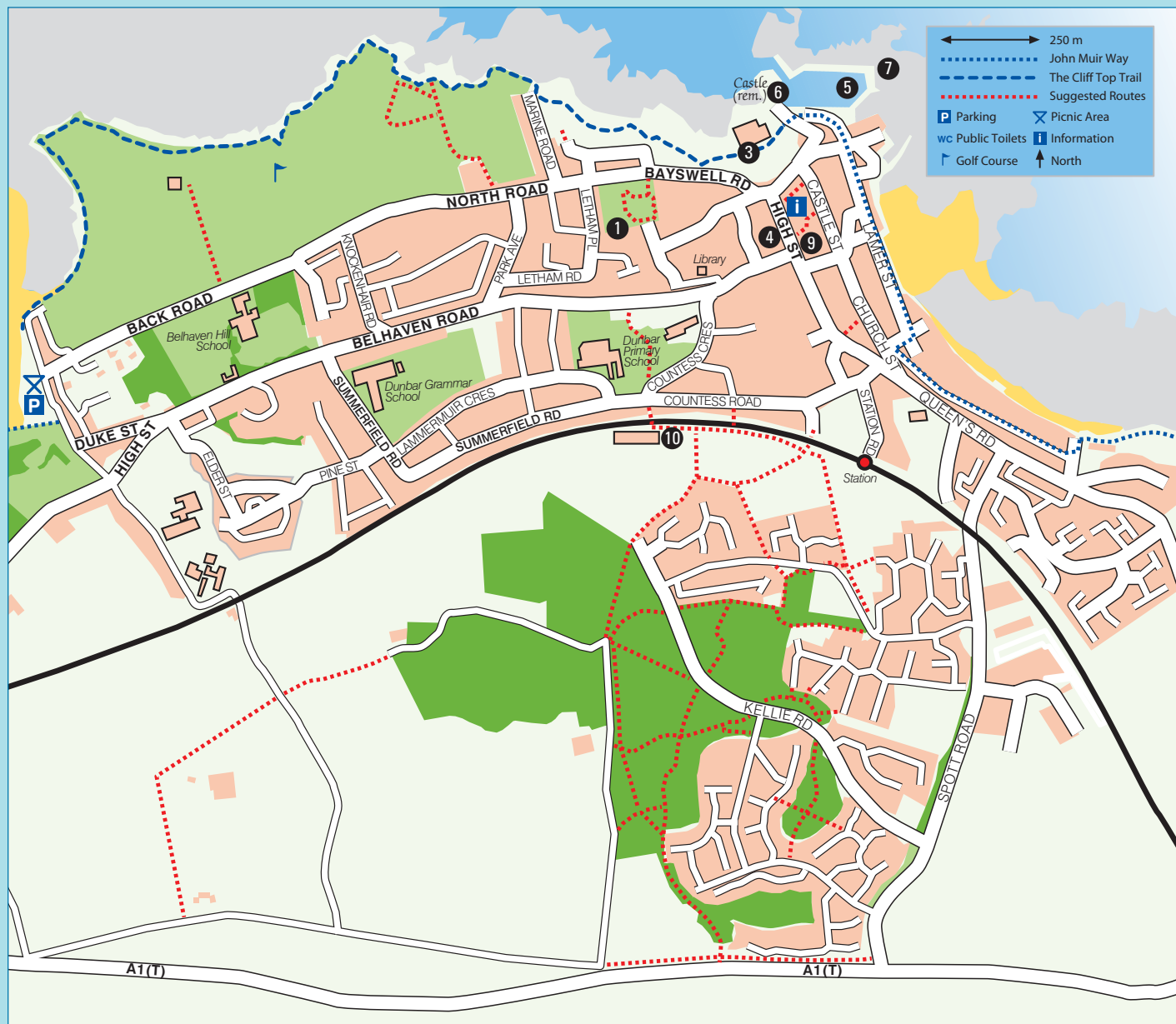
Dunbar is rich in history, geology and wildlife and one of the best ways to see it all is on foot.

There has been a town here for thousands of years. Excavations have found evidence of settlements going back as far as the Iron Age and the site of the castle was used as a fortress for hundreds of years. The town has come under siege, been involved in battles and been razed to the ground on more than one occasion.

The town was always an important trading centre. A large herring fleet was based in the harbour and produce from the local farms was exported from here.

Dunbar is renowned for its good weather and is known locally as Sunny Dunny.

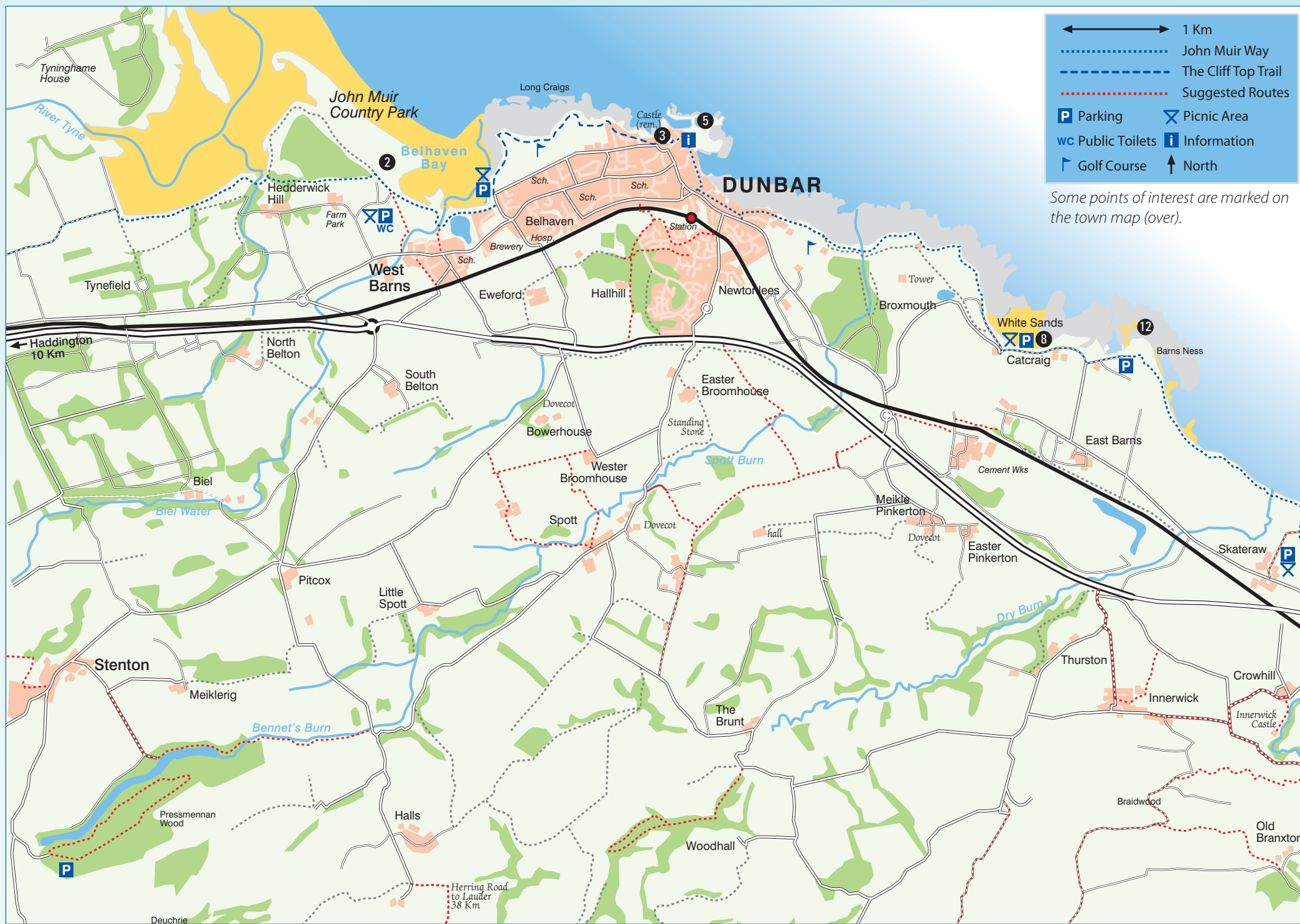
The variety of walks in the area offer chances to see all sorts of wildlife, such as seals, kittiwakes and other sea birds in the harbour. Further inland buzzards, brown hares and roe deer are often spotted in the fields and woods surrounding Dunbar.



PLACES OF INTEREST

Refer to the area map (over) for descriptions and other points of interest.

- | | |
|---------------------------|------------------------------------|
| 1. Lauderdale Park | 6. Dunbar Castle |
| 3. Dunbar's Splash Pool | 7. The Battery |
| 4. John Muir's Birthplace | 9. Town House Museum |
| 5. Dunbar Harbours | 10. Hallhill Healthy Living Centre |



PLACES OF INTEREST

1. LAUDERDALE PARK

The old walled garden for Lauderdale House, now a public park. Lovely flowerbeds and a great play area.

2. JOHN MUIR COUNTRY PARK

Peace and quiet, beaches and variety of walks.

3. DUNBAR'S SPLASH POOL

Swimming pool, flume, gym and café. Tel: **01368 865456**.

4. JOHN MUIR'S BIRTHPLACE

Interactive museum explaining the life and travels of John Muir. He was born in this house in 1838 and later emigrated to the USA where he helped establish National Parks such as Yellowstone and Yosemite. Tel: **01368 865899**.

5. DUNBAR HARBOURS

The Cromwell Harbour dates from the 16th century. In the 1840s the Victoria Harbour was built by blasting away some of the rocks the castle is built on. The harbour was one of the busiest in Scotland, home to an enormous fleet of herring boats.

6. DUNBAR CASTLE

Built on a volcanic plug, there has been a castle here since the 13th century and a settlement since the Iron Age. Black Agnes defended the castle against the English for 19 weeks in 1338, and Mary Queen of Scots visited here several times in the 1500s. It is now well known for the colony of kittiwakes that nest there.

7. THE BATTERY

Built in 1781 to defend the town from privateers and later used as a hospital. The rocks it is built on are columnar basalt – the same as the Giant's Causeway.

8. WHITE SANDS

A lovely spot for a picnic. Why not walk there along the John Muir Way?

9. TOWN HOUSE MUSEUM

Various displays of local history. Tel: **01368 863734**.

10. HALLHILL HEALTHY LIVING CENTRE

Sports centre including rugby and football pitches, badminton and squash courts and other indoor facilities. Tel: **01368 864011**.

11. TOURIST INFORMATION OFFICE

Open between April and October. Tel: **01368 863353**.

12. BARNS NESS

Light house built in 1901. Geology trail explaining about the rocks and fossils in the area.

THE CLIFF TOP TRAIL

The Cliff Top Trail follows the coast from Dunbar Harbour towards Belhaven Bay. There are a number of information points along the way that give details of the geology and wildlife. The total length of the walk is almost 3 kilometres and there are a number of steps at the Dunbar end. However, it is possible to access the level walk along the top of the cliffs from Marine Road. **Please take care and don't venture too close to the cliff edge.**



THE JOHN MUIR WAY

The *John Muir Way* is being developed by East Lothian Council to provide a continuous path between Edinburgh and the Scottish Borders. The route is still being developed and much of what currently exists follows the coast line. It is planned for the route to link into East Linton, North Berwick and Gullane.

The *John Muir Way* will be part of *The North Sea Trail* which is a transnational project grant aided by the European Union that aims to enhance coastal walking opportunities in the countries that border the North Sea. The objective is to provide a path network along the North Sea coastline, which identifies sites and areas of cultural, natural and historic interest and shows connections between the partner countries.



THE 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 or phoning your local Scottish Natural Heritage office.



SCOTTISH
OUTDOOR ACCESS CODE

ROAD SAFETY

WALKING

- Always wear reflective or fluorescent clothing
- Remember the Green Cross Code
 - > stop > look > listen > think!
- Always keep your toes on the kerb when waiting to cross
- Don't wear an iPod or personal stereo when crossing the road
- Don't use mobile phones when crossing the road
- Make sure you concentrate on the road when you are crossing

CYCLING

- Always wear a helmet
- Make sure you have reflectors and lights on your bike and that they are clean
- Ensure others are aware of you – use a bell
- Be aware of other road-users