WALK MORE FEEL THE DIFFERENCE

The British Heart Foundation recommends we take 30 minutes of moderate exercise a day on 5 or more days a week to benefit our health.

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

Try to make walking part of your normal day.

WALKIN' TRANENT

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

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.

Walks around TRANENT

TNANAAT **ΜΑΓΚ** Α **Β**Ο**UND**

.sbeor taiup bns stnamavsq abis-bsor routes have been colour coded to show off-road paths, other communities and longer distance paths. The routes that there are in and around Tranent, leading to This leaflet is designed to highlight the different

miners to get to the coal pits. whilst others were used by area. Some are disused railways, a legacy of the coal mining in the Many of the paths around Tranent are

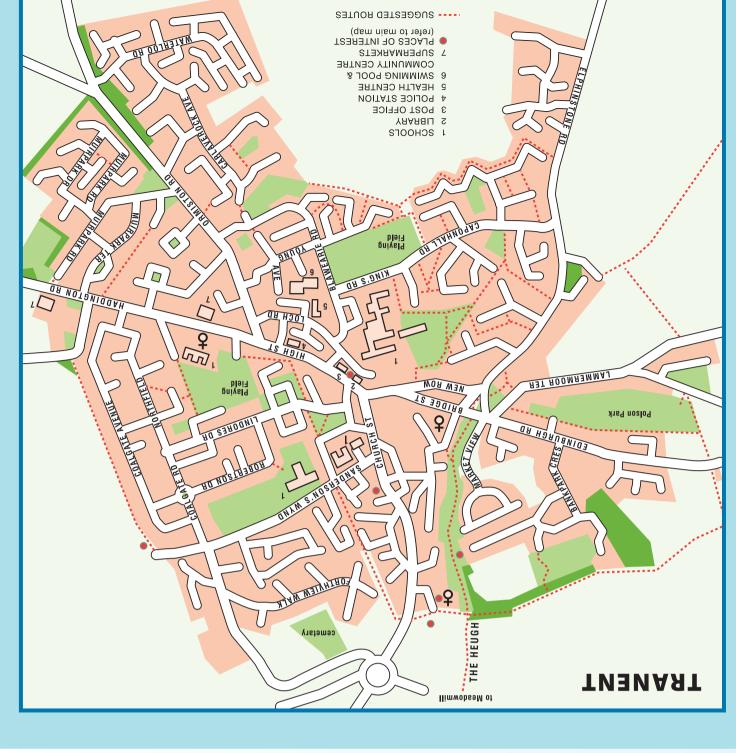
well as magnificent views to the to be seen around Tranent, as przzards and yellowhammers wildlife such as hares, There is a great variety of

some sections care along the roads as traffic can drive very fast along take waterproof clothing on the longer routes. Please take after wet weather so please wear appropriate shoes and Some of the tracks may become muddy

TNANAAT

High Street. memorial, north along Church Street and east along the of Tranent extends from the mercat cross, now a war name, meaning "Village on the ravine". The medieval core its origins are much older, as suggested by its Iron Age mines and a quarry to the monks of Newbattle. However, early 13th century, when the Lord of Tranent granted Tranent has been associated with coal mining since the

Battle of Prestonpans. Tranent Tower, the Old Parish Church and the site of the the site of Scotland's first railway, the 16th century The surrounding area is steeped in history and includes





East Lothia







For more information please call East Lothian's Paths To Health Co-ordinator on 01620 827608 or Email: aadams@eastlothian.gov.uk.

NORTH SEA TRAIL

The John Muir Way forms the East Lothian section of the transnational North Sea Trail, linking 26 partner areas from 7 countries around the North Sea. The project aims to establish a network of pathways connecting heritage sites, and promoting business development through tourism. The project is funded through the EU Interreg IIIB Programme. For further information, click on www.northseatrail.org where you can learn more about the culture and heritage along the Trail, such as: The Natural World; Buildings & Architecture; Working Life; Historical Routes; and Culture & Traditions.



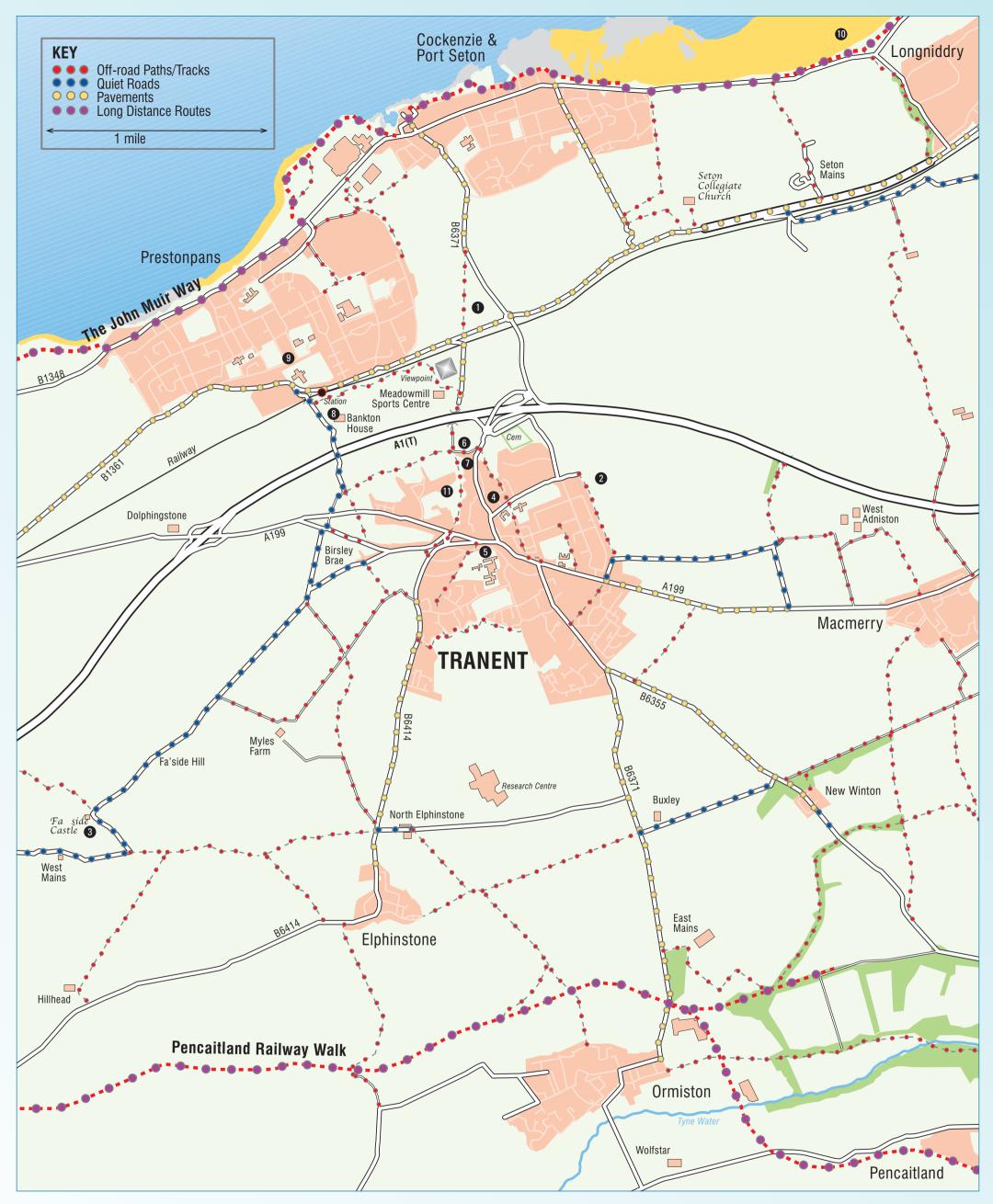
MORE INFORMATION

Further information about walks around Tranent can be obtained by phoning East Lothian Council on **01620 827419**.

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. This leaflet may be available in large print, audio and community languages on request. Please contact 01620 827199 or www.eastlothian.gov.uk







PLACES OF INTEREST

Battle of Prestonpans Bonnie Prince Charlie's Jacobite army defeated the government troops in 1745.

2 Tranent Wagonway Horse drawn railway carrying coal from the pits around Tranent to Cockenzie harbour. The first railway in Scotland, built in 1722.

3 Fa'side Castle First built in the 14th century. Comprehensively restored in 1982.

4 Tranent Tower Dating from at least the 16th century. It is believed that there may be an underground passage from here to Fa'side Castle

Jackie Crookston The statue of Jackie Crookston in the Civic Square commemorates the Massacre of Tranent in 1797.

6 Doocot The doocot was built in the late 16th century.

Tranent Parish Church Built on the foundations of a 15th century church, although the present church was erected in 1800.

Bankton House Home of Colonel Gardiner, who was killed at the Battle of Prestonpans and buried in Tranent churchyard.

Preston Tower 15th century tower house built for the Hamiltons of Preston.

DLongniddry Bents A great location to spot sea birds and spring-time wild flowers.

() The Heugh The ravine that may have given Tranent its Iron Age name. Monks mined coal here in the 12th century. Railway built in 1800s. Open-air school here in the 1900s.

The residents of Tranent are traditionally known as "Belters". The origins of this are a little lost in time, but it is thought that the name derives from a tannery that used to be in the town. Here leather belts were manufactured for use on agricultural machinery by the belters!