



The Scottish Outdoor Access Code

Everyone has the right to be on most land and water providing they act responsibly. When walking in the countryside please remember the new Scottish Outdoor Access Code:

- Respect the interests of other people: Be considerate, respect privacy and livelihoods and the needs of those enjoying the outdoors.
- Care for the Environment: Look after the places you visit and enjoy. Care for wildlife and historic sites.
- Take responsibility for your own actions: The outdoors cannot be made risk-free for people exercising access rights; land managers should act with care for people's safety.

Find out more by visiting www.outdooraccess-scotland.com or phoning Scottish Natural Heritage on 0131 446 2400.

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



Would you like to walk more for exercise or pleasure?

Need the motivation of a regular group?

For more information contact:


Anne Adams, Paths to Health Co-ordinator,
East Lothian Council, Haddington EH42 3HA

Tel: 01620 827608, Email: aadams@eastlothian.gov.uk

Directions

East Linton is on the A199, 7 kilometres east of Haddington. Leave the A1 at Haddington or Dunbar to join the A199.



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

East Linton

The village has various shops to explore. The pubs in the village offer a welcoming atmosphere for refreshments and there is a coffee shop situated at the Tourist Information Point. There are also coffee shops at Smeaton Nurseries and in Tynninghame. The Farm Shop at Knowes sells fresh local produce and the shop at Preston Mill offers a wide range of gifts.

Acknowledgements

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Walks around East Linton

Great routes for walkers,
cyclists and horse riders.

