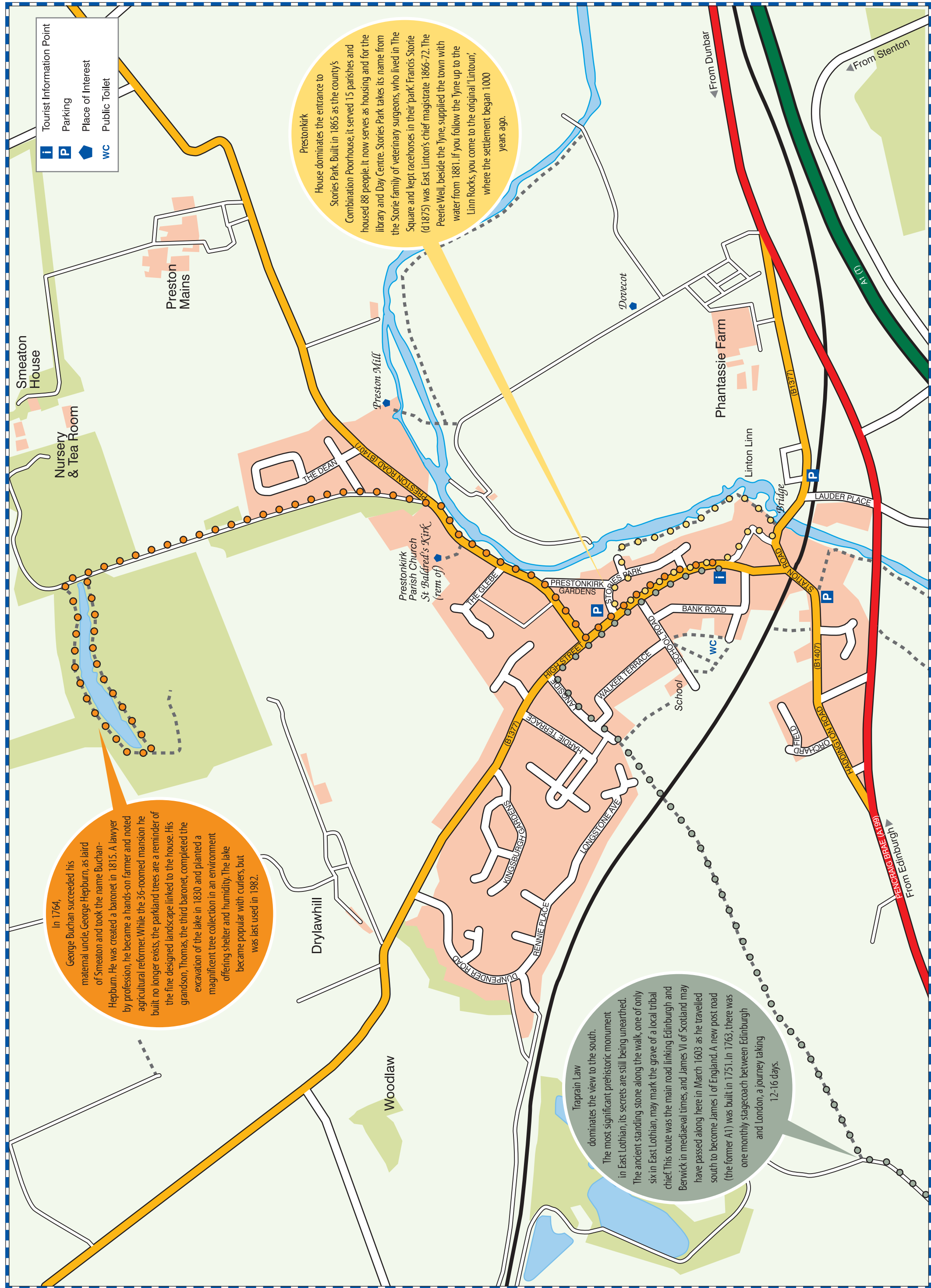


Routes in and around East Linton



Pencaig Brae

- Grey Dots
- 30 minutes or circular route 1.5 hours
- Recommended for walkers
- Stiles to cross, moderate incline involved

This vigorous walk will reward you with excellent views from the top of Pencaig Brae. Walk down the High Street away from the fountain and the Square. Continue along Brown's Place then turn left up Langside. Go straight on at the top, along the edge of the playing field and then through the tunnel underneath the railway. Follow the path up the hill, crossing various stiles. In the middle of the last field before the top of Pencaig Brae, the path bears off to the left. You will arrive at the main road; use the pavement for a few yards until you reach the lay-by. You can now look out over the Tyne Valley and the Lammermuir Hills then climb up through the trees behind the lay-by to a fine viewpoint at the top.



The Long Stane

Return by the same route or, for a circular walk, carry on along the road a short distance, turn right to go under the bridge to Overhailes, walk through the farm and down the hill to the River Tyne. Turn left and walk back to East Linton along the river bank or cross the footbridge and turn left to return by road. Arriving at Braeheads, turn left, cross over the A199, go down Lauder Place and then left over the river and back up Bridge Street to where you started (add another hour for the circular walk).



The Bass Rock

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

East Linton Riverside Path

- Yellow Dots
- A short stroll of approximately 15 minutes
- Recommended for walkers only, narrow path.
- The rocks at the far end of the path to be negotiated with care. Fairly narrow path which can be muddy.

A gentle stroll along the riverbank where otters have been spotted. From the Tourist Information Point turn left down the High Street to Stories Park, the first turn on the right. You can park here in the free car park behind the Library. Follow Stories Park, turning left down to the river after Prestonkirk Gardens, then walk along the bank to your right. When you reach the private gardens at the turn in the river you must retrace your steps unless you are reasonably fit, when you can continue round and scramble up the rocky steps [at your own risk] to admire the water as it roars through the Linn.

Follow the path until it comes out of a gate on to Mill Wynd then turn either right or left back up to The Square.



The Linn and Mediaeval road bridge

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
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 Tynningham. The Farm Shop at Knowes sells fresh local produce and the shop at Preston Mill offers a wide range of gifts.

Acknowledgements

The East Linton Path Initiative gratefully acknowledges the following:

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Design: www.numediadesign.co.uk

Smeaton Lake

- Orange Dots
- 20 minutes from entrance gate, 1 hour from Tourist Information Point
- Recommended for walkers only, dogs to be kept on a lead, please leave bikes by the gate
- Can be wet in places

This is a gentle circular walk around a beautiful lake. From the Tourist Information Point, turn left along the High Street then second right down Preston Road. Take the third road on the left to Smeaton then follow the road until you see the two entrance gates to the lake on your left. Pass through either gate to the path as this is a circular walk. While you are here, visit the garden centre within the old walled garden. This is situated further along the road past the lake walk and over the second cattle grid.

Visitors should be aware that this is a private estate and it is by kind permission of the owners that this walk can be enjoyed. Please control dogs, take home any litter, leave gates as you found them and be aware that shoots often take place in this area.



Smeaton Lake

Walks around East Linton

Great routes for walkers, cyclists and horse riders.



Stonelaws

- Brown Dots
- 2 hours
- Recommended for walkers, bikes, horses
- Can be wet in places, mostly quiet country roads back to East Linton

A long route with varied terrain suitable for walkers, bikes and horses. Walk north through the village away from the fountain and Square. Carry on up Drylawhill, cross the road and take the signposted track on the right hand side. Follow the path along the field margin, swinging right along the burn you will cross 2 bridges. Once you have passed through the woods you will be heading to Kamehill. You will pass a cottage on the left hand side at the end of the path. Turn left and then immediately right. Take the track up the hill towards Stonelaws Farm. At the end of the track turn right on to the road. Follow this road until you come to a signpost for East Linton, turn right down the hill and continue along the road past Binning Woods. You will pass the back entrance to Smeaton Nurseries before eventually coming to a T junction. Turn right and follow the road past Preston Mains farm on your right and Preston Mill on your left. At the next T junction you will find yourself in East Linton. Turn left to return to the Tourist Information Point.



Walking towards Newbyth House

Hailes Castle

- Green Dots
- Roundtrip 1hour 15 minutes
- A flat walk recommended for walkers only.
- Muddy in parts after rain, short steep flight of steps to negotiate

An attractive walk along the bank of the River Tyne returning by a small country road. Turn right from the Tourist Information Point, past the Crown Hotel and down Bridge Street. Turn right under the railway bridge. Cross the road and take the signposted lane on your left down to the riverbank. The path, easily followed, runs through a mixture of woodland and farmland to the cottage at Hailes Mill. Cross the river using the footbridge built by the Royal Engineers, climb up to the road, turn right for a short distance to reach the ruin of Hailes Castle. Return to East Linton by the road on the south side of the river.

To extend your walk follow the track next to Hailes Cottage. This leads to Traprain Law, the site of a large Iron Age fort. At the top of Traprain you will experience splendid views across the county.

Springtime around Hailes



Tynninghame

- Purple Dots
- 2 hours.
- Recommended for walkers, bikes
- 3 bridges,1 with steps.

This walk journeys along the River Tyne, passing many sites of local and historical interest. Walk north along the High Street and turn right into Preston Road. Pass Preston Kirk on your left and continue until you reach Preston Mill on your right. Go through the Mill grounds and cross the small bridge by the mill wheel. Walk through the field and cross the River Tyne by the white bridge, taking a sharp left following the signs for 'John Muir Way'. Continue along the riverbank. Cross the large metal bridge, turn right and walk along the edge of a field with the River Tyne on your right until you reach a tarmac road. Turn right and you will shortly cross the ford at Knowes Mill by the wooden bridge. Take a sharp left, and take the red whindust path along the banks of the Tyne until you reach the A198 North Berwick Road. Now, either return by the same route to East Linton or climb the steps, taking great care when emerging onto the road as it is busy and fast with blind summits. Turn left and walk down into Tynninghame Village. Here you will find Tynninghame Country Store serving lunches, teas, coffees and cakes. Return to East Linton along the side of the road. There is no path but this road is generally not too busy.

Woodlands around East Linton



Whitekirk to Gleghornie

- Blue Dots
- 1 hour
- Recommended for walkers, horses
- The walk can be very muddy in places and is unsuitable for a wheelchair or a standard wheeled buggy.

Travelling from the A198 by car, turn into Whitekirk village in front of St Mary's Church. Go through the village and park in the small lay-by on the right hand side. This is a peaceful walk across open countryside. At present the path requires you to retrace your steps, a round route is not possible unless you return along the side of the busy A198.



A window from Whitekirk Kirk

Start the walk by taking the steep lane on the right just beyond the lay-by. This turns into a grass path to the left hand side of the garage. The path follows the edge of Whitekirk Golf Course and passes a small deep pond on the right. The path crosses the farmland and is easy to follow. There are great views of North Berwick Law to the north and Bass Rock towards the East.

At the end of the fields the path crosses over a Burn and passes through a tree lined, narrow path. The path comes out onto the driveway to Gleghornie. Turn right and follow the drive to the farm. The right of way continues on to the A198 but it is best at present to turn at this point and retrace your steps.

Wildlife

There is a surprising range of wildlife within a short distance of East Linton due to the variety of landscapes in the area.

From the paths along the River Tyne you will usually see mallard ducks and dippers and sometimes it is possible to spot otters in the water, or if you are very lucky a blue flash as a kingfisher flies past.

There are many species of butterflies to be found on the walks, especially along the riversides. Look out for orange tips, peacocks and ringlets, all of which are increasing in numbers in East Lothian.

The Tyne estuary is a great place to spot a number of different birds from the resident waders, such as curlew and oystercatchers to winter visitors such as whooper swans and pink-footed geese.

In the surrounding farmland brown hares make their home in the fields, while buzzards are regularly seen flying overhead. You may also catch sight of roe deer from the paths or along the edge of woodland— look out for footprints in softer ground.

The hedgerows offer food, shelter and a means of passage for many small mammals and birds. In the autumn and winter flocks of fieldfares make the most of the berries whilst in spring many birds will nest in or under the hedgerows.

It is always worth bearing in mind that much of this wildlife is very shy and easily disturbed. Please make sure that dogs are kept under proper control.

Small tortoiseshell butterfly



Agricultural History

The rapid changes that took place during the Agricultural Revolution in the East Linton area in the 18th Century can be traced because of the number of significant 'improvers' who lived in this area.

Rigs and outfields were replaced by enclosed farms; a new type of plough drawn by two horses instead of four was introduced; bigger lime kilns were built by George Rennie of Phantassie; and new farm steadings with houses for the farmworkers were erected. At Houston Mill, south of the river from Preston Mill, Andrew Meikle was constructing new machinery to thresh the increased quantities of grain and with the support of Rennie, new inventions using wind and water power were developed. Experiments in farming techniques were publicised by people like Sir George Buchan Hepburn of Smeaton and Robert Brown of Markle. The improved prosperity brought expansion to the community of East Linton and renewal of buildings like Preston Kirk. Many of the improvers of the time now lie in the Kirkyard with detailed inscriptions on their gravestones which refer to their achievements. The landscape we enjoy today is a reminder of their skills in invention and husbandry. It is a heritage for us to respect and protect.

Harvest time in fields around East Linton with Berwick Law in the background



Routes around the East Linton area

