

Diary at a glance

	Charge
Friday 21 April	
Walk 1 Gifford to Bolton and return	£3
Walk 2 Haddington Town Walk	£3
Walk 3 East Linton to Traprain and return	£3
Friday Night Reception Haddington Town House. Free, but apply for ticket	
Saturday 22 April	
Walk 4 Longyester to Lammer Law and return	£3
Walk 5 Dunglass to Dunbar	£3
Walk 6 East Linton to Dunbar	£3
Walk 7 Haddington to Aberlady	£3
Saturday Night Ceilidh Haddington Corn Exchange	
Sunday 23 April	
Walk 8 Fisherrow to Port Seton	£3
Walk 9 East Hopes circular	£3
Walk 10 Oldhamstocks circular	£3
Walk 11 Gullane to North Berwick	£3
Register at Town House, Haddington for all walks.	



The North Sea Trail / NAVE Nortrail project is partly funded by the EU through the Interreg IIIB North Sea Programme



www.eastlothian.gov.uk/northseatrail

East Lothian Walking Festival

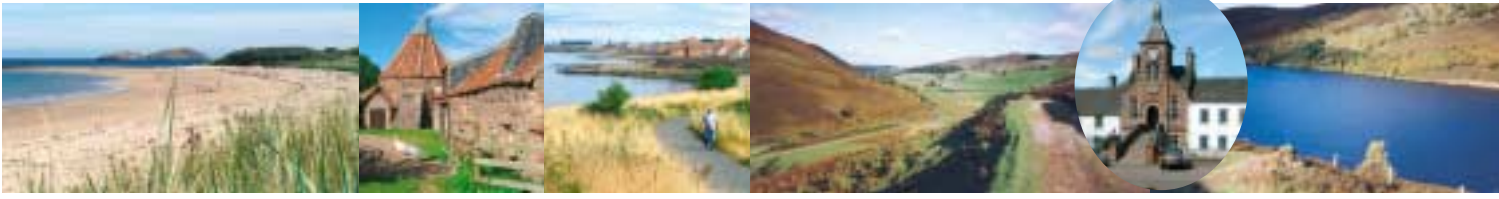


East Lothian

Walking
FESTIVAL



21st – 23rd April 2006



Welcome to the first East Lothian Walking Festival. We invite you to join us in exploring our diverse county this spring. Come and see the varied landscape full of brightness and colour. Stretch your legs and experience the warm welcome and hospitality from a wide range of accommodation and eating establishments.

The Festival includes walks along the John Muir Way (part of the North Sea Trail) exploring beautiful bays and ancient rocky shores. There are paths through woodland glades with blossoming snowdrops and primroses, and routes through historic farmland - "the most glorious corn country" said Robert Burns. There is a town walk through hundreds of years of built heritage, as well as longer walks in the Lammermuir Hills with breathtaking views of the Firth of Forth, the North Sea and East Lothian's diverse coastline.

The festival will be based in Haddington, a Royal burgh since the 12th century, and steeped in history.

Walks are graded to indicate the level of physical ability required, ranging from gentle strolls to energetic hikes. Enthusiastic, knowledgeable, competent and experienced guides will lead all walks.

The East Lothian Walking Festival is supported by the NAVE Nortrail project linking 26 partner areas from seven countries along the North Sea Trail. The East Lothian part of the Trail is the John Muir Way. The project aims to establish a network of pathways connecting heritage sites, and also promote 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 features along the Trail.



Registration and Information

The festival event centre will be Haddington Town House (see map), which will be open from 8.30am each day. All walk registration will take place here. **NB Walkers must register each day before setting off on a walk.** If you do not register, your name will not be on the leader's list and you may not be allowed on the walk.

Information on the festival including walk route maps will be displayed at the event centre.

Charges

There is a small charge of £3 per person for each walk. Transport will be provided from Brewery Park, Haddington to the start of each walk and back from the finish at no extra cost.

There is also a charge for the Saturday night Ceilidh, as detailed in the programme. See the Booking Form for details of payment.

Walk Numbers

For safety and logistical reasons, numbers are limited to 15 people for hill walks and 20 people for other walks, as detailed in the walks' descriptions. Pre-booking is therefore essential to secure a place on the walk(s) of your choice. If your selected walk is full, we shall aim to offer you an alternative walk on the same day. Please bring your booking acknowledgement with you when you register each day during the festival.

Walks Grading

Festival walks have been graded as Easy, Moderate or Strenuous, and it is hoped that this grading, together with the walk description in the programme, will enable you to select walks suitable for your capabilities and interests.

Fitness

You must inform the organisers if you have any medical condition, or take any medication, that walk leaders should know about.



Equipment – what to bring on walks

Most Easy or Moderate walks will require stout shoes or walking boots and warm, waterproof clothing. All walkers on Strenuous walks must be fully prepared for a full day on the hill, including: boots, waterproofs, over trousers, hat, gloves, spare fleece, spare food and water. You should provide your own packed lunch on each walk.

All abilities

One of the walks is suitable for all abilities. Please contact us if you have a disability that may affect your participation in this walk.

Children

A responsible adult must accompany children at all times.

Dogs

In common with other similar events, dogs are not allowed on Festival walks. This rule is strictly applied (guide dogs excepted).

Smoking

Please do not smoke while on a guided walk, both out of consideration for others and also to avoid any undue risk of fire. Thank you.

Liability

Participants in the East Lothian Walking Festival take part at their own risk, and the organisers/leaders and sponsor bodies shall not be liable for any accident or injury, however caused. Participants should consult their GP/Medical Adviser if they are in any doubt as to whether or not they should take part. You are recommended to arrange your own insurance cover for the period of the event.

Travel to East Lothian

Visit www.travelinescotland.com or call Traveline on Tel: 0870 608 2 608 for information on travel to East Lothian.

Car Parking

There is free public car parking in Haddington (see map on pages 8-9).

Accommodation

For practical advice, ideas and information about exploring Scotland and to book your accommodation (£3.00 booking fee applies):

Tel: 0845 22 55 121
Overseas: +44 (0)1506 832121
Email: info@visitscotland.com
Write to: visitscotland.com
PO Box 121
Livingston
EH54 8AF
Or go to www.visitscotland.com



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.



Friday 2 1st April

Walk 1

Gifford to Bolton by Fawn Wood and Eaglescairn. Return by Pedlar's Way.

- Grade** Moderate
- Length** 5.5 miles / 9km, minimal ascent
- Start** Gifford Village Hall, 11.45
(bus leaves Haddington 11.15)
- Finish** Gifford Village Hall, 16.15
(bus arrives Haddington 16.45)
- Limit** 20

About the walk

A fairly level walk through woodland and the lowland farming landscape from Gifford to Bolton, returning to Gifford along the Colstoun Water. The walk includes a short section of road and passes through beautiful mixed farmland. The walk covers a variety of surfaces and may be muddy in places.

Walk 2

Haddington Town Walk

- Grade** Easy
- Length** 3 miles / 5Km, minimal ascent
- Start** Haddington Town House, 14.00
- Finish** Haddington Town House, 16.00
- Limit** 20

About the walk

A town walk led by a local historian along the wynds and streets of the 12th century Royal Burgh.

Walk 3

East Linton, River Tyne, Hailes Castle and Traprain Law - circular.

- Grade** Moderate; optional ascent of Traprain Law is Strenuous
- Length** 7.5 miles / 12km, ascent of 300 - 600 feet, depending if Traprain Law is climbed
- Start** East Linton village square, 10.30
(bus leaves Haddington 10.00)

- Finish** East Linton Station Road, 15.00
(bus arrives Haddington 15.30)
- Limit** 20

About the walk

A vigorous walk over mixed terrain of farmland, riverside path, short stretches of country road, with an optional short and steep ascent of Traprain Law, site of an ancient hill fort of the Romano-British Votadini, giving excellent views of the surrounding countryside and coast.

Friday Evening Reception

All walkers are invited to the official reception at Haddington Town House at 19.00 where the Provost of East Lothian will welcome them. Vic Lough, Countryside Ranger, will present a slide show, entitled "East Lothian: A Ranger's View." Free buffet.
Booking is essential to secure your place.

Saturday 22nd April

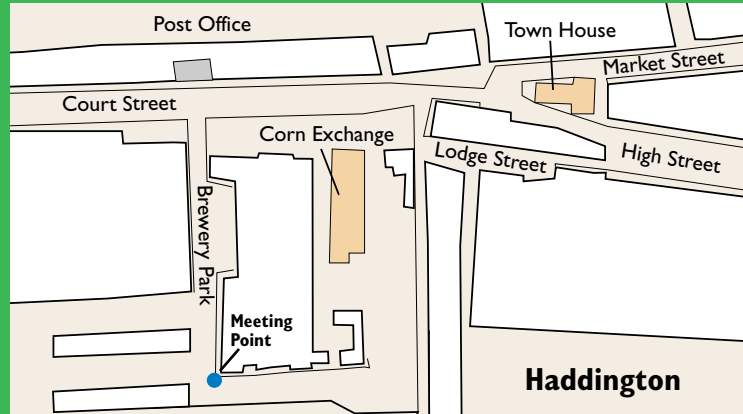
Walk 4

Longyester, Lammer Law, Witches Knowe, Lammer Loch, Priest Law, Red Scour Rig, and return to Longyester.

- Grade** Strenuous
- Length** 10 miles / 16Km, 2,000 feet of ascent
- Start** Longyester, 10.00
(bus leaves Haddington 9.15)
- Finish** Longyester, 16.15
(bus arrives Haddington 17.00)
- Limit** 15

About the walk

This superb walk on grassy paths and heathery heights visits Witches Knowe and a secret loch. The return over 3 summits gives panoramic views of Fife and the Firth of Forth, East Lothian's coast, the Bass Rock and the North Sea.



21st-23rd April 2006

Reception and Registration - Town House
 (details on page 7)

Ceilidh - Corn Exchange
 (details on page 11)



Saturday 22nd April continued

Walk 5

Dunglass to Dunbar on the John Muir Way

- Grade** Moderate
- Length** 10 miles / 16Km, minimal ascent
- Start** Bilsdean A1 lay by, 11.45
(bus leaves Haddington 11.00)
- Finish** Dunbar Leisure Centre, 17.00
(bus arrives Haddington 17.30)
- Limit** 20

About the walk

A varied walk, full of interest, starting from the county boundary at Dunglass Dean – a legacy of the Ice Age - and continuing along secluded beaches with spectacular views of the North Sea and the East Lothian and Berwickshire coasts. The walk finishes at the historic town of Dunbar, where an optional visit may be made to the John Muir Birthplace Museum.

Walk 6

East Linton, Preston Mill, River Tyne, John Muir Way, John Muir Country Park, Belhaven and Clifftop Trail to Dunbar

- Grade** Moderate
- Length** 7.5 miles / 12km, minimal ascent
- Start** East Linton village square, 11.15
(bus leaves Haddington 10.45)
- Finish** Dunbar Leisure Centre, 15.45
(bus arrives Haddington 16.15)
- Limit** 20

About the walk

This is a pleasant walk starting from the 18th century Preston Mill - a popular subject with local artists - and including the banks and estuary of the River Tyne. We continue through John Muir Country Park and on to Dunbar via the Clifftop Trail.

Walk 7

Haddington - Longniddry – Aberlady – via Railway Walk and John Muir Way

- Grade** Moderate
- Length** 8 miles / 13Km, minimal ascent

- Start** Haddington Town House, 9.15
- Finish** Aberlady, 15.00
(bus arrives Haddington 15.30)
- Limit** 20

About the walk

Some fine Victorian villas are passed on the way to the start of the Haddington to Longniddry Railway Walk. Beyond Longniddry train station a pleasant diversion through part of Gosford Estate is followed to join the John Muir Way. The route skirts Gosford Bay and on into Aberlady – at one time the port of Haddington. Optional visit to the new headquarters of the Scottish Ornithologists' Club.

Traditional Scottish Ceilidh

A traditional Scottish Ceilidh with local band Cruithne (featuring Jim Wilson with Bet Morrison calling) at Haddington Corn Exchange from 7.00pm – 11.30pm. Bring your own food and drink. Cost £3.00. Booking essential.

Sunday 23rd April

Walk 8

Fisherrow Harbour to Port Seton Harbour via Levenhall Links and Prestonpans on John Muir Way

- Grade** Easy
- Length** 6 miles / 10Km, minimal ascent
- Start** Fisherrow Harbour, 12.00
(bus leaves Haddington 11.30)
- Finish** Port Seton Harbour, 15.30
(bus arrives Haddington 16.00)
- Limit** 20

About the walk

This is a fairly level walk along coastline following John Muir Way on good paths with fine views over the Firth of Forth towards Fife. Good opportunity to spot varied seabird life. Bring binoculars. Stout shoes or good trainers will be adequate.



Booking Form



Walk 9

East Hopes, Nipper's Knowe, Harestane Hill, Horse Law, Lammer Law, Threep Law, Sting Bank, East Hopes.

- Grade** Strenuous
- Length** 12 miles / 19Km, 2,600 feet of ascent
- Start** East Hopes, 10.00
(bus leaves Haddington 9.15)
- Finish** East Hopes, 16.45
(bus arrives Haddington 17.30)
- Limit** 15

About the walk

This is an exhilarating Lammermuirs hike to 5 summits, 2 valleys and an Iron Age fort, an ancient mill, an aqueduct, and a large reservoir dam. Spectacular views of Fife and the Firth of Forth, East Lothian's coast, the Bass Rock and the North Sea, as well as Traprain and North Berwick Laws, and the Border hills.

Walk 10

Oldhamstocks, Fairy Castle, Monlynut Edge, Wester Dod, Wightman Hill, and Oldhamstocks.

- Grade** Strenuous
- Length** 9 miles / 14Km, 1000 feet of ascent
- Start** Oldhamstocks, 10.15
(bus leaves Haddington 9.30)
- Finish** Oldhamstocks village green, 16.45
(bus arrives Haddington 17.30)
- Limit** 15

About the walk

An invigorating walk amongst the eastern Lammermuir foothills. This is sheep and heather country with few paths. We will walk through one of the steep sided cleughs that are a feature of the area and view its unusual rock formations.

Name	
Address	
Postcode	Country
Telephone	Mobile
Email	

Contact Details during Festival

Accommodation (if known at time of booking)
Telephone

Please let us know if you have a disability which may affect your choice of walk

Contact in case of emergency

Name
Tel

Please enter the number of places you wish to book in the box next to the walk or event (maximum 4).

Friday 21 April	No of Places	Cost @ £3 / person
Walk 1		
Walk 2		
Walk 3		
Friday night Reception		Ticket - only

Saturday 22 April	No of Places	Cost @ £3 / person
Walk 4		
Walk 5		
Walk 6		
Walk 7		
Saturday Night Ceilidh		

Sunday 23 April

Walk 8		
Walk 9		
Walk 10		
Walk 11		
Total		£

Cost is £3 per person per walk. Please make cheques payable to East Lothian Council. Please note that charges for walks are non-refundable. Bookings for the civic reception must be made by 14 April 2006 to guarantee your place.

Participants in the East Lothian Walking Festival take part at their own risk, and the organisers/leaders and sponsor bodies shall not be liable for any accident or injury, however caused. Participants should consult their GP/Medical Adviser if they are in any doubt as to whether or not they should take part. You are recommended to arrange your own insurance cover for the period of the event.

Signed	Date
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Please tick here if you do not want to receive future mailings related to walking in East Lothian.

Please return this completed form with payment to:
East Lothian Council, Landscape & Countryside Division,
John Muir House, Haddington, East Lothian, EH41 3HA



Versions of this leaflet are available on request on audiotape, in Braille, large print or your own language.
☎ Phone 01620 827199



Walk 11

Gullane to North Berwick

Grade Easy

Length 7 miles / 11Km, minimal ascent

Start Gullane, 11.15

(bus leaves Haddington 10.45)

Finish North Berwick Seabird Centre 15.45

(bus arrives Haddington 16.15)

Limit 20

About the walk

Walk starts from Gullane car park and heads east passing Muirfield golf course. The route alternates between dune paths and the seashore according to the tide. There is much of interest along the way and fine views to islands of the Forth and Fife. The impressive Bass Rock and North Berwick Law feature towards the end of the walk. Outing includes an optional visit to the Scottish Seabird Centre at North Berwick.

East Lothian Walking Festival

