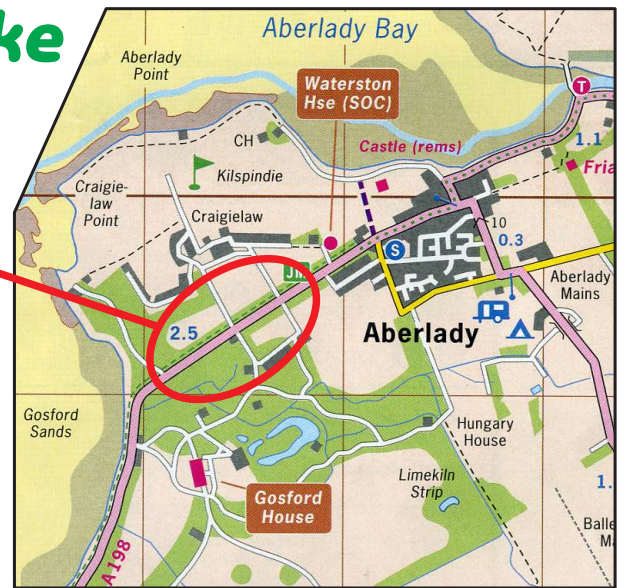


My favourite place by bike

Location: GR: 454793

North side of A198, half a mile west of Aberlady, East Lothian

This is a path close beside the often very busy A198 which is the major tourist route between Longniddry and North Berwick. The path is part of the John Muir Way, a signed long-distance walking route round the coast of East Lothian, some parts of which are cycleable. Unfortunately, the path section from Longniddry to this point skirts the edge of the beach and is not suitable for cycling. To reach this desirable spot there's no alternative but the A198, where traffic speeds can be high enough to make even an experienced cyclist somewhat nervous. However, this only adds to my enjoyment of the location once I get there.



Attractive features:



The path itself is only 3 or 4 feet wide, and winds between the trunks of mature trees. Many of these are scots pines, so the path surface is cushioned with pine needles and littered with fallen cones. There's an immediate feeling of complete separation from the busy traffic only a few yards away. On a sunny day ... yes, we do sometimes have them ... there is cool shade, and on a windy day the trees give shelter, although the pines pay for it by leaning noticeably away from the prevailing west winds.

