

My Favourite Place by Bike:

We love cycling the Haddington ([55.9562°N 2.7920°W](#)) to Longniddry ([55.9763°N 2.8884°W](#)) cycle track which marks the line of the old railway between the two towns.

Why it's my favourite place by bike...

As a dedicated cycle track and footpath it is completely devoid of traffic and so really safe for kids.

The route is really interesting and after passing under the A1 road the track rolls out into the lovely East Lothian countryside. The route passes a pond for frog and tadpole hunting, the ruined castle known as the Red House and has stunning views of the hills and Firth of Forth.

On the whole the cycle track is pretty level and where there is an incline it is fairly gentle.

Along the way there are flip out sign boards which give local information about the birds, insects, animals and wild flowers. These signs are evenly spaced and provide ideal resting points for small legs or older longer legs!

The whole route is around 5.5miles or 9 kilometres depending exactly where you start and finish from. We regularly ride the cycle track as a family to blow out the cobwebs and there is plenty of cover if the weather turns wet. Ideal for all abilities and a great afternoon out!

“Owl calling” during a family bike ride on the Haddington to Longniddry cycle track, an owl answered back!

