

Spokes competition 2015, Entry 23

Rivers and Ropeswings

2. Who is it suitable for? [it doesn't need to suit everyone] *circle all that apply...*

Families/Cyclists with older children / Experienced cyclists / Novice cyclists / Other – specify...

3. Where is the route located? *circle all that apply ...*

Ed central / Ed north / Ed south / Ed east / Ed west / East Lothian / Midlothian / West Lothian

4. Brief description of route

a. Start and Finish - Dunbar train station

c. Brief description...to be used with map



Starting at the railway station turn left into Countess road at top of station road. First left down under the railway and follow cycle path to the woods at end of large car park. Head through Dunbar Community Woodlands to Eweford. Go straight ahead (across Kellie road) along a track for 200m until you reach a concrete road. Turn right and follow road (it turns into a track) until crossroads, straight across for 500m, the road swings left. Left at T junction then right down to echoy underpass. Follow road round to left and right at T junction.

This is the only tricky section.

Alternatively follow NCN76 to Belhaven Bay left into Shore Road, and straight across at crossroads along Beveridge row to Eweford cottages and the underpass.

The road climbs gradually to Pitcox and towards Stenton. A turn to Biel takes you whizzing down to first left towards the ropeswings. Over the crossroads and an old stone bridge marks the ropeswings. Back track 200m and turn left to climb the hill that takes you towards Traprain. Left at the cross roads at the top of the hill*. First right and next left takes you up to the Law. Stop at bike parking if you want to climb. Follow road down to meet NCN 76, take right along to Hailes Castle. Another mile take you to East Linton. Follow signs to Preston Mill. Continue on towards Tynninghame and at brow of hill watch out for right turn joining JMW. Follow JMW back to Dunbar.

*The route can be shortened as required. Turn right and keep going straight and through the Biel estate, eventually joining the cycle path beside the old A1, with a stop off at [Foxlake](#) wakeboarding centre, following route 76 to Dunbar.

CONTINUED OVERLEAF

ScotRail will accommodate up to 10 cycles without booking. You can book Mainline trains just before departure if necessary but its best to book in advance and space is more restricted.

5. Any interesting / useful / beautiful features / facilities en route ...

In Dunbar; John Muir Statue and Birthplace, The Dunbar Community Bakery, see below for other places of interests on the ride. The views over the Forth to Fife, especially from Traprain Law.

6. Why is this a favourite route of yours? [327 words]

My ride goes through great countryside almost entirely on quiet roads and tracks. It's a bonus if a ride includes fun stuff to do whether alone or in a group. Some are more fun with company - a shared ropeswing yeehaa! (see summer competition 2012 "My favourite place by bike").

This ride is superb in itself, but with many possibilities, included here as they are an integral part of the ride (in order or appearance);

- Fantastic Echo-y Tunnel under A1
- ropeswings over a river - bathing/ skinny dipping possible in a small pool upstream
- a climb - Traprain Law - fabulous views
- a castle with river - Hailes
- a village - East Linton,
- a water mill - Preston Mill NTS property
- a ford - River Tyne at Knowes
- a farm shop - Knowes Farm
- After harvest, straw bales to run along.
- A fantastic Beach - Belhaven Bay (see other entry)

I don't always do all the above but pick and choose. The ride can take a couple of energetic hours or most of the day, picnic essential. Young people have enjoyed the ride, miles passing relatively easily, even the hills. Riding the route clockwise means the first part has all the hills.

The first section of the ride involves route finding when fresh. Thereafter the sections from Traprain Law (NCN 76) and just after Preston Mill follow flat well signed routes (JMW). I like following signed routes. There's good reason for signing, it will invariably be the best available route.

The return leg of the journey often has a tail wind, make sure by choosing a day with a westerly wind. This section of the JMW is mostly tracks, which is fun. The final section is the reverse of my other favourite ride, the short stretch from Belhaven into Dunbar overlooking Belhaven Bay.

Find Dunbar Cycling Group on FB and post what you did on the ride.