

# Spokes competition 2015, Entry 24

## Biking to Belhaven

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

Families with young 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 - Dunbar town centre/ train station b. End point (or circular)...Belhaven Bay

c. Brief description...Starting in the town centre, or the nearby railway station, follow the signs for NCN76. You can make the ride part of a circular tour (see link below to Biking the Bounds) or a out and back. There are lots of places to stop if you have young children. If you are feeling more ambitious you can carry on following my other favourite ride Rivers and Ropeswings.

ScotRail will accommodate up to 10 cycles without booking otherwise an advance reservation is advisable. You can book Mainline trains just before departure if necessary.

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

John Muir Statue and Birthplace, Dunbar Leisure Centre, Lauderdale park and cafe, Belhaven Bay beach. The Dunbar Community Bakery, on the High Street, is worth a stop.

**6. Why is this a favourite route of yours?**

A ride familiar, frequently ridden, and yet always different. Dunbar to Belhaven, just shy of 2km, riding back from an activity, meeting, trip to the city, panniers full of shopping, or part of our annual community cycle ride [Biking the Bounds](#) (A family friendly ride of around 11kms). The ride is part of NCN 76, Round the Forth.

The character of the ride is dictated by the weather. More often than not a westerly blows, the wind is markedly stronger away from the city. Heading due west from the town centre, passed the leisure centre, our destination when we first visited Dunbar 15 years ago, and the site of the old outdoor swimming pool. Passed the best play park in the County - Lauderdale Park and onward to Winterfield and the links golf course. The Back Road is the windiest stretch of the ride home. I can almost be at a standstill, nevertheless I can find myself whooping with exhilaration. At other times cool easterly breezes can give my ride home a welcome boost with a tail wind urging me to pedal a little harder.

Heading west you are greeted by Belhaven Bay. Three kilometres of golden sand, if the tide's out, a stranded "Bridge to Nowhere" if in. I'll often take this longer route home so I can enjoy the view over the John Muir Country Park. Imagining Muir, as a young boy, roaming over the rocks.

The sea could be white horses or clear calm. Surfers playing in the breakers, inviting me to join them? The rain might be biting into my cheeks and making my fingers ache with cold but I know the ride is short and my destination is warm and dry. I am lucky to have this route on my doorstep.

