

Spokes competition 2015, Entry 32

Aberlady-Portobello and back!

Take the A198 out of Aberlady past Gosford Bay, then follow the coast round on the B1348, through Port Seton, Cockenzie and Prestonpans.

Cycle past the Musselburgh Race Course, then take the right fork just before Loretto School, crossing over the bridge and cycling by the beach to Fisherrow.

From there follow the coast to Joppa. Before you know it you're on the Portobello Promenade.

On my return once I've crossed the little bridge over the Esk I turn left, following cycle route 76, which hugs the coast by Musselburgh lagoons. This path rejoins the B1348 just before The Prestongrange Mining Museum.

Why is this My Favourite Ride?

The changing direction and strength of the wind make this cycle feel completely different every time I do it.

When I reach Gosford Bay, having cycled along the never-ending wall sheltering the trees sculpted by the wind, I catch sight of the distinctive white building that is The Beach Café in Portobello.

I like being able to see my destination over 11 miles away.

Seton Sands provide wonderful views straight across to Fife as well as glimpses of life in the caravan park and inflatables in the swimming pool.

The long wall of Cockenzie House looks as if it has been built in two parts with distinctive patterns in the stone. Tempting to grab a coffee at Falko's!

Riding past Cockenzie Power Station it is now possible to look straight through it to Fife as it is being gradually demolished. Intriguing to speculate what should appear in its place!

I always spot something I haven't seen before in the murals of Prestonpans.

When I pass Musselburgh Race Course I cycle faster, inspired by the ghosts of the horses that have raced over that turf.

The River Esk mouth offers such a rich source of bird-life, always changing with the ebb and flow of the tide.

I love arriving at Portobello Promenade, watching dogs and children enjoying the sand and anticipating my delicious cake and coffee at The Beach Café.

