

Spokes competition 2015, Entry 37

NORTH NEUK EAST

1. Please give a name for your favourite ride in Edinburgh and/or the Lothians

[e.g. *Midlothian circular*, or *Dalry to Canonmills*, or *Portobello perambulation*] ... North Neuk East

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 point... NB Train Station

b. End point (or circular)... Circular

c. Brief description... Beach Rd, Harbour, East Bay, Glen, Tantallon, Scabhill, Lochhouses, Tynninghame, Newbyth, Bedy's strip, Leuchie, Bonnington, Trauer's Brae, NB Stn.

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

Harbour & beaches in NB; Tantallon Castle; Scabhill beach, Tynninghame cafe; Leuchie House; Benzie Law.

6. Why is this a favourite route of yours? [This question is very important in the judging. You can just write one or two sentences or up to 300 words maximum].

Within 2 hrs of cycling covering less than 20 miles you can see many of the hidden treasures of this part of East Lothian almost entirely on quiet back roads. It is accessible to all via ScotRail.