



PRESS RELEASE

For immediate release

6 June 2023

NEW SPOKES EAST LOTHIAN CYCLE MAP NOW AVAILABLE

Spokes' revised and updated map of East Lothian showing the best routes for cyclists and walkers has recently been published

The new East Lothian Cycle Map (5th edition), produced by Spokes (the Lothian Cycle Campaign), has just been published. Fully revised and updated, the map shows new cycle infrastructure and other developments across the area. It is invaluable for cyclists and walkers seeking safe routes to shops, work or school and planning running and leisure routes across East Lothian. The map is available through bike shops, some bookshops and from Spokes.

Local Spokes volunteers surveyed East Lothian and the mapping was then updated by a skilled volunteer cartographer. Major updates and improvements to the map include all new housing developments, and contours and hill-shading so users can see the hill spots at a glance. In addition, the back of the map shows large-scale street maps of Musselburgh, Wallyford, Prestonpans, Cockenzie, Port Seton, Tranent, Haddington, North Berwick and Dunbar. The maps are printed on tear and water-resistant synthetic paper, which is fully recyclable.

Members of Spokes recently visited John Muir House in Haddington to celebrate the arrival of the new map with Councillor John McMillan, Provost and Cabinet Spokesperson for Environment, Economic Development and Tourism. Also present was Green Councillor Shona McIntosh, members of the East Lothian Cycle Forum, and Chris Brace, Senior Network Delivery Manager for sustainable transport charity Sustrans Scotland.

Councillor McIntosh cycled the maps out from Edinburgh to Haddington in her family's cargo bike, calling en route to deliver some to Patrick Harvie, Green MSP and Minister for Zero Carbon Building, Active Travel and Tenant's Rights at the Parliament at Holyrood!

Printing of the map has been supported by East Lothian Council and through Sustrans Scotland's Network Development programme, which is funded by the Scottish Government.

Katharine Taylor of Spokes praised the volunteers involved: "This has been a great voluntary effort by local Spokes members and their friends. The new map will help residents and visitors find their way around the area in active and healthy ways, as well as showing new quiet routes and short cuts they didn't know existed!"

John McMillan, Provost of East Lothian, outlined the benefits of the map for tourism: "East Lothian is a popular destination for cyclists and has featured in many elite cycling events taking on the challenge of the local hills in recent years. However, for those wishing to enjoy a more sedate day out there are many routes linking the county's towns and villages which offer a range of fabulous places for local food and drink 'pit stops'."

Chris Brace, Senior Network Delivery Manager at Sustrans said: "This map will be a fantastic resource, making it easier for people to walk, wheel and cycle for everyday and leisure journeys.

"We hope it will inspire and encourage more people across East Lothian to leave the car at home and make healthier, happier and more sustainable choices more often."

The new East Lothian Cycle Map is available from local bike shops for £6.95.

There is also a special introductory offer for orders direct to Spokes on office@spokes.org.uk before the end of June 2023, to buy one map for £6 (postage-free) or £27 for 6 copies.

More information on all Spokes maps and sales outlets is at www.spokes.org.uk/spokes-maps

PHOTO DETAILS

Photo 1 – From left to right - Donald Mitchell and Mark Holling of Spokes, Chris Brace of Sustrans Scotland, Councillor Shona McIntosh, Robert Simpson and Katharine Taylor of Spokes, Provost John McMillan, Richard Kerr of East Lothian Council's Active and Sustainable Travel Team, and Peter Hawkins of Spokes.

Photo Caption - *Councillor Shona McIntosh on her cargo bike, with Provost John McMillan, celebrate the delivery of the new maps with Chris Brace of Sustrans (third left), Richard Kerr of East Lothian Council's Active and Sustainable Travel Team (second right), and members of Spokes.*

Photo credit – Andrew Moncrieff

Photo 2 – From left to right – Chris Brace of Sustrans Scotland, Peter Hawkins, Jacqueline Noltingk and Katharine Taylor of Spokes, Provost John McMillan, Councillor Shona McIntosh, Donald Smith (I think?), Mark Holling, Robert Smith and Donald Mitchell of Spokes.

Photo caption – *Provost John McMillan and Councillor Shona McIntosh celebrate the delivery of the new maps with Chris Brace of Sustrans Scotland (far left), Richard Kerr of East Lothian Council's Active and Sustainable Travel Team (far right), and members of Spokes.*

Photo credit – Andrew Moncrieff

Screenshot of front cover of the East Lothian Cycle Map 2023.

CONTACT DETAILS

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Web CyclingSurgeon.Bike

Notes to Editor:

Spokes is a voluntary organisation with 1000+ members, mainly in Edinburgh and Lothian, aiming to promote cycling for everyday transport, and to persuade local authorities and government to provide for this. Activities include lobbying, public meetings, traffic counts, stalls, bike rides, and bike maps (over 130,000 sold). www.spokes.org.uk.

Spokes has been producing cycle maps since 1987 which are much loved and valued by cyclists and pedestrians. The clear layout, colour coding of roads and cycle paths, and large scale maps of urban areas, make it easy to identify the safest and quietest routes. Spokes maps receive [superb feedback](#) from users: 'invaluable'; 'amazing detail'; 'second to none'; 'one of my best non-human companions'; 'by far the best'; and so on ...

Sustrans is the charity making it easier for people to walk and cycle. We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey. www.sustrans.org.uk