

Hike Description

STAGE 1

The hike begins from the Tynninghame Links car park, at the end of the minor road known as Lime Tree walk (off the A198). Begin the walk by heading to the far end of the car park, following the track that curves to the right. Keep going dead ahead. Ignore a track off to the left. Continue ahead until the shore is reached.



STAGE 2

Follow the rocks on the shore with many big flat slabs until you reach the grassy headland. A path leads from the beach just before the headland starts. Follow it up grassy banks bearing to your right until you reach a structure at the top of the headland above steep rocks. It makes a good seat and viewpoint towards the Bass Rock.



STAGE 3

Follow the path as it continues round the northern side of the headland. Depending upon the tide drop down onto the beach. If needs must, avoid the rocky cliff ahead by detouring to its south when it blocks your way because the tide is in. Then continue along the long beach beyond.



STAGE 4

Continue along the beach until you come to a stream that runs down between dunes towards the sea. At low tide you can hop over it where it spreads out across the beach. If the tide is high you can avoid this entirely by crossing at a bridge further inland. You will see the 'Harvest Moon' glamping on your left. Keep to the edge of the stream until you come to a bridge. Then return towards the beach. A Scripture Union campsite is behind the dunes on your left.



STAGE 5

After rounding some red rocks, you will reach Seacliff beach. You can see Seacliffe house and other more ancient buildings on the cliffs and hills above you. When you reach the end of the beach you will come to rocks, amongst which is a tiny harbour on your right. It is well worth a look. You should now see Tantallon Castle in the distance at the top of some cliffs. Leave yourself an hour and a half to finish the next tricky sections before low water plus two hours. And only do this in dry weather. Otherwise you should go back to the road to Seacliff beach and up to the main road. Follow it past Tantallon Castle and Canty Bay, optionally returning to the beach just after the 'Drift' café.



STAGE 6

Negotiate your way through the rocks. This is great boulder hopping with lots of barnacle covered rocks. Generally speaking avoid getting too close to the cliffs or you will often find steep sections that can be avoided by following obvious series of less steep rocks. There are a series of these sections until you get to Canty Bay. Here you have the option of going up to the main road or can continue around another short rocky section. Immediately after that section you can then go up the steep grass in the first corner of a bay to visit 'Drift' for refreshment, before reversing your route back down to the bay.



STAGE 7

With the Glen Golf Course on your left and the Leithies rocks on your right, continue around several more short bays until you reach the last awkward section beside a big grassy headland immediately before North Berwick's East Bay. If the tide is still low enough (half tide is fine) you can continue through the rocks at the foot of the headland. Otherwise use the paths that go over the top of headland before dropping down to the East Bay. The walk finishes at the Lifeboat Station at the west end of that bay.

