



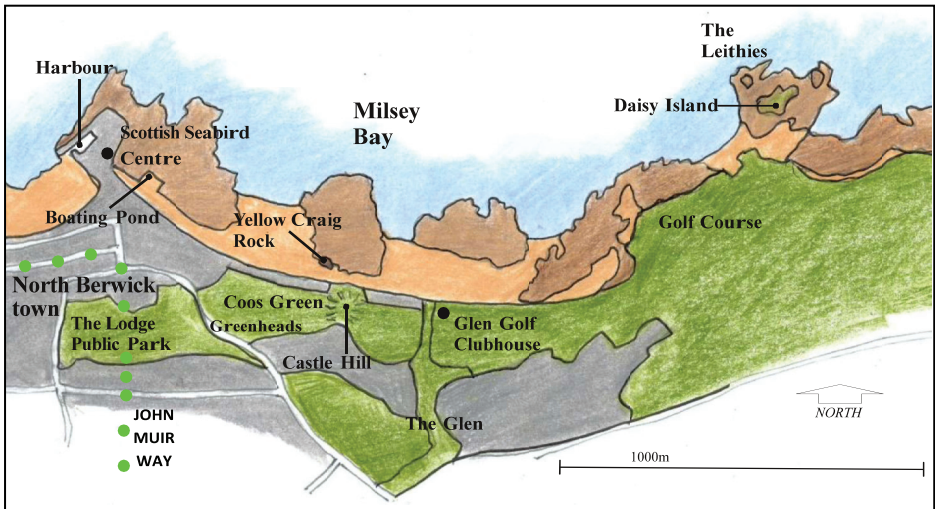
North Berwick

# Two Coastal Walks

*in collaboration with*



North Berwick Environment and Heritage Trust  
Heritage Guide



*Start by the harbour.* The hard volcanic rock provides a viewpoint towards Craigleith which has many seabirds in spring and summer. In winter look for purple sandpipers from Norway on the tide edge. By the Seabird Centre you will find the coastal wildflower bed which contains around 30 plants that grow along the East Lothian coast, including examples of tree mallow, which is being eradicated from the islands as it makes it harder for puffins to access their burrows (it's not a problem on the mainland).



***Milsey (east) Bay, so named after medieval mills in the Glen, on a busy summer's day, with the volcanic plug of the Law behind***

*Turning left (east) towards Milsey Bay, look for blue sea rocket at the top of the beach in summer. Blue-grey sea lyme grass grows below the sea wall along with other plants, including many colourful garden escapes. Small ferns, ivy leaved toadflax and blue campanulas have colonised the wall. Part way along the bay another prominent piece of igneous rock is known as Yellow Craig, due to its covering of lichen.*

Children enjoy looking for sea creatures in rock pools, but please don't take any creatures home as they will die. Don't ignore seaweeds – there are nearly 200 species in the Firth of Forth. The green ones are mainly on the upper shore, the red ones lower down and in rock pools. The brown weeds vary from small wracks around high-tide mark to large kelps at the low-water mark. Washed-up weed is no longer routinely removed as it is an important food resource for shorebirds.



***Left, Scottish bluebell (known as the harebell further south);  
Right, Northern Marsh orchid***



***A larger range of wildflowers has been encouraged by a reduced mowing regime on the Coos Green***

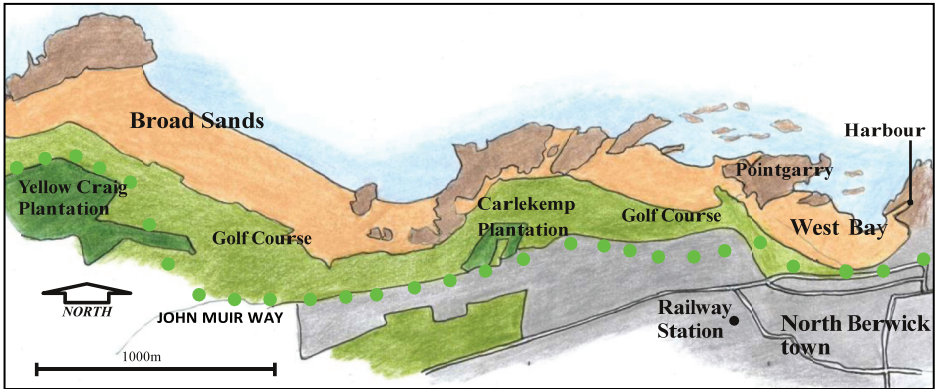


***The old raised beach of the Coos Green with Castle Hill, site of a medieval castle, in the background***

Birds that breed from Greenland across the Arctic to Russia come south to winter on the East Lothian coast.

By the Glen Golf Clubhouse is an increasing stand of Japanese rose which will be removed as it is crowding out native plants. At the end of the bay, the ground rises as the walk goes along the edge of the golf course above grey cliffs of volcanic ash and debris. The route heads towards the Leithies, one of which is Daisy Island, named for the sea daisies or thrift that grows there. The eastern rock is a protected area as it is the only regular breeding site left for eider ducks on this coast. Please don't allow dogs to roam across the site.

The short rough at the edge of the golf course has breeding skylarks and many wildflowers, notably Scottish bluebell in late summer. More of these flowers can be seen if you return by the Coos Green. Formerly grazing land for the town's livestock, this public open space is now only mown once a year in



autumn. In June look for hundreds of spikes of early marsh, northern marsh and common spotted orchids. A few thousand years ago this was the beach – hence the very light sandy soil here today.

Self-seeded sycamore trees on the Greenheads have been reduced to encourage greater biodiversity, with native hawthorn, bramble and wild rose now thriving, as well as smaller plants such as red campion and primroses.



***The sweep of the West Bay towards Pointgarry, looking from the harbour rocks***

*As you walk westwards from the harbour*, the shore is largely sandy. Many choose to walk on the seaward side of the golf course, especially at high tide, so please pay attention to safety notices. The whole walk is on low-lying sandy ground. In spring and summer there are singing skylarks and wild flowers in the rough and among the sand dunes. The dunes get bigger as you progress. Marram grass is a key plant that helps stabilise the dunes by catching the blowing sand. Its roots can go down 10 metres or more. Broad Sands is one of the largest beaches in the county.

You can walk to the end of the golf course and then on to the Yellow Craig car park, or you can walk back to North Berwick via the John Muir Way, a little inland, which links to public roads.