



SUMMARY

A stroll through a varied nature reserve opening out onto a beach. Go at low tide to visit the submarine wrecks before finishing along the cliff towards Gullane.

START POINT



EH32 0QB



East Coast No.124



Free Parking at
Aberlady Nature
Reserve



Download the
complete route at
www.edinburghadventures.com

ABERLADY NATURE RESERVE

MINI ADVENTURE

Difficulty	Easy
Distance	7 km
Location	East Lothian
Walk Type	A → B
Ascent	35 metres
What to Pack	Hiking boots Water bottle Picnic Bus money

RATINGS

Scenery	<div style="width: 100%; height: 10px; background-color: #c85135;"></div>
Fun Factor	<div style="width: 100%; height: 10px; background-color: #c85135;"></div>
Dog Suitability	<div style="width: 10%; height: 10px; background-color: #c85135;"></div>
Public Toilets	<div style="width: 30%; height: 10px; background-color: #c85135;"></div>

GETTING TO THE START

Head to the car park at the entrance to Aberlady Nature Reserve (where there is a large wooden footbridge) around 1km east of Aberlady village (POSTCODE: EH32 0QB)

If using public transport, you can catch the East Coast No. 124 towards North Berwick from St Ansdrew's House in Edinburgh. Buses run every half an hour and take about an hour.

SPECIAL NOTES

No dogs in the nature reserve - sorry!

You'll have to get the bus back from Gullane to Aberlady at the end. Best to check ahead to make sure the bus is running.

HIGHLIGHTS

- Explore the hulks of two Second World War midget submarines on Aberlady Beach
- Spot special wildlife on the walk through the Nature Reserve, towards the sand dunes
- The sand dunes are super fun to play on
- From the beach, the coastal walk to Gullane has stunning views
- Have some refreshments in Gullane and jump on the bus back!



TOP TIPS

You need the tide to be out to access the submarines. If you search 'Aberlady Tide Times', you'll see appropriate days to visit.

WALK DESCRIPTION

- 1 Follow the Nature Reserve footpath out to the beach across the footbridge. You'll walk through a 'tunnel' of bushes and pass the marl loch on your left.
- 2 Turn left at the junction of paths and head towards the big sand dune. Climb this big sand dune and run down the other side! Don't worry if you get lost - just keep heading for the sea.
- 3 From the top of the sand dunes, you can see the submarines if you look over towards the Pentlands. To reach them, it's about a 15 minute walk (three-quarters of a mile) across the sand.
- 4 After visiting the submarines, turn east and continue to the far end of the beach where it becomes rockier, and take a path that heads up onto the low dunes to reach Gullane Point.
- 5 Follow the paths and eventually you'll see some concrete defences from the Second World War. Climb up to them. The grassy track turns to the left above the clifftops - with the golf courses of Gullane on the right. You'll have to cross one of the golf course tees at one point.
- 6 It's fairly straightforward to find Gullane from there!



TOP TIPS

We've stopped for refreshments in the Old Clubhouse pub once or twice and really enjoyed that, before heading back on the bus.