

20
Lothian
Cycle Routes

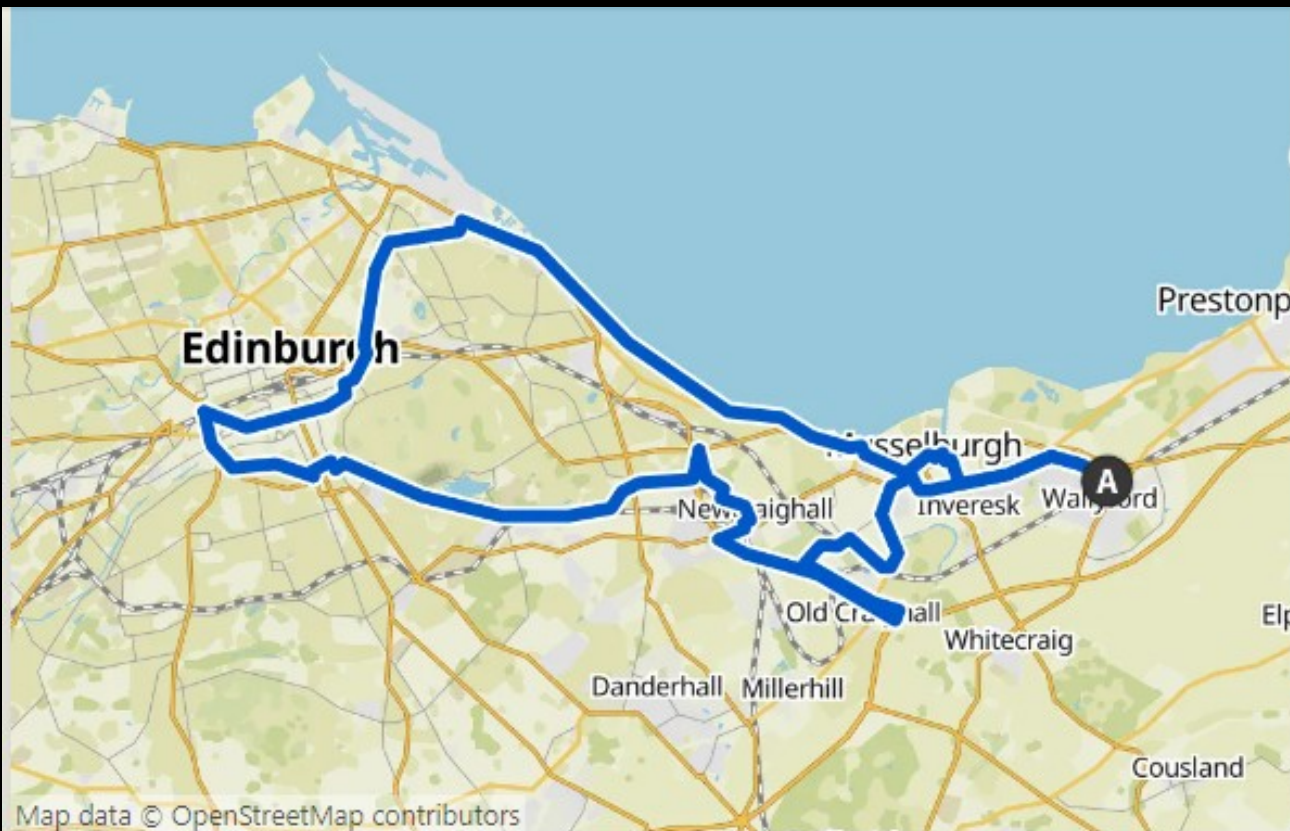


1 Prestonpans – Roman Bridge Loop from North Berwick

Intermediate

🕒 03:24 ↔ 35.7 mi ⌀ 10.5 mph ↗ 650 ft ↘ 650 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



2 Innocent Railway Path – Portobello Promenade Loop from Wallyford

Intermediate

🕒 02:08 ↔ 22.6 mi ⌀ 10.6 mph ↗ 575 ft ↘ 575 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



3 Roman Bridge – Portobello Promenade Loop from Longniddry

Intermediate ⌚ 02:15 ↔ 24.1 mi ⌀ 10.7 mph ↗ 375 ft ↘ 375 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



4 Dalkeith Country Park – Over the top - stunning views Loop from Wallyford

Distance

Difficult

🕒 05:33 ↔ 53.1 mi ⌚ 9.6 mph ↗ 3,475 ft ↘ 3,475 ft

Expert bike ride. Very good fitness required. Mostly paved surfaces. Suitable for all skill levels.



5 Innocent Railway Path – Silverknowes Loop from Musselburgh

Distance

Intermediate

🕒 02:39 ↔ 28.1 mi ⌀ 10.6 mph ↗ 775 ft ↘ 775 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



6

Silverknowes – Blackness Bay and bridges view Loop from Musselburgh

Intermediate

🕒 02:19 ↔ 24.7 mi ⌀ 10.7 mph ↗ 575 ft ↘ 575 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



7

Roman Bridge – Prestonpans Loop from West Saltoun

Intermediate

🕒 03:16 ↔ 32.1 mi ⌀ 9.8 mph ↗ 950 ft ↘ 950 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.

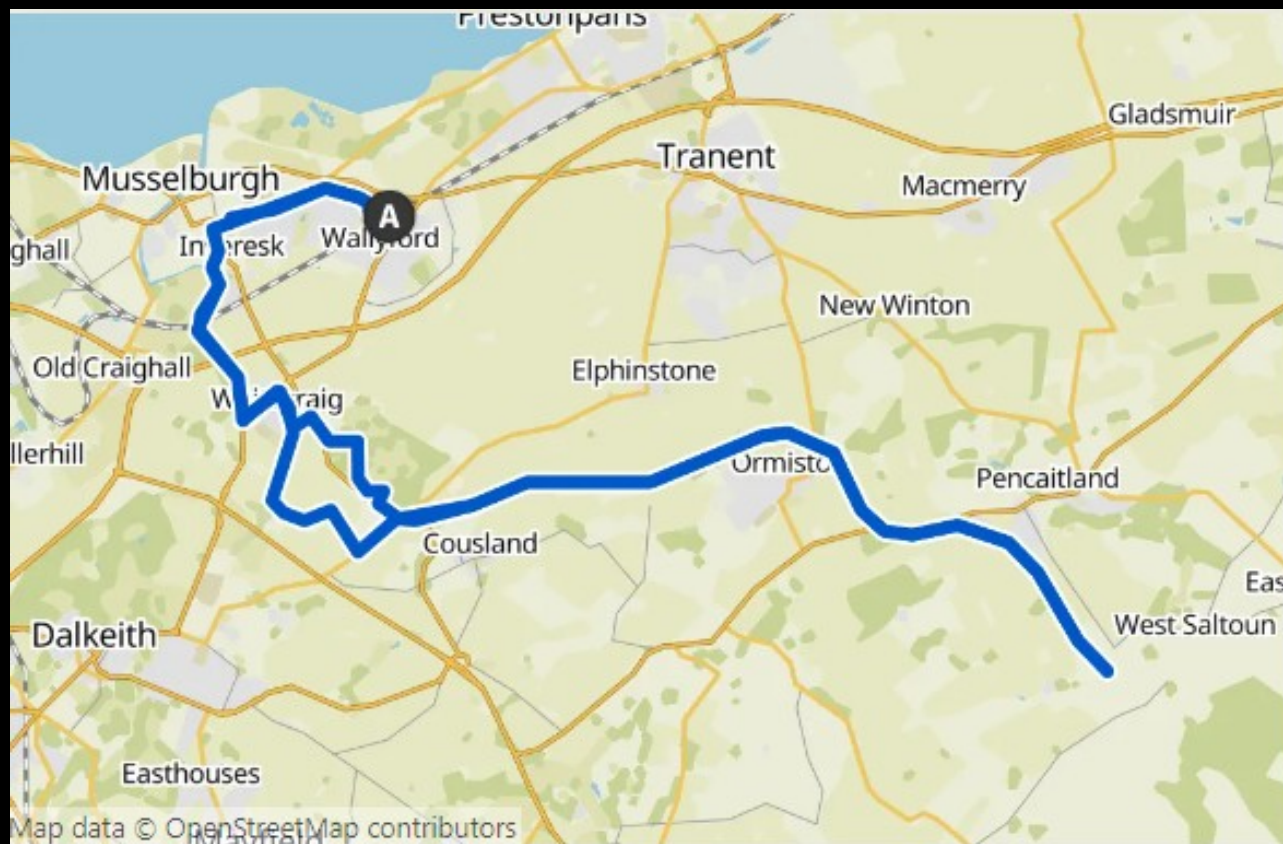


8 Tynninghame Beach – Preston Mill Loop from North Berwick

Intermediate

🕒 03:16 ↔ 28.1 mi ⌀ 8.6 mph ↗ 900 ft ↘ 900 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



9 Kingfisher painting – Carberry Tower Loop from Wallyford

Intermediate

🕒 02:23 ↔ 23.0 mi ⌀ 9.7 mph ↗ 825 ft ↘ 825 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



10 Nungate Bridge – Preston Mill Loop from Haddington

Average Speed

Intermediate

🕒 03:27 ↔ 35.1 mi ⌀ 10.2 mph ↗ 1,200 ft ↘ 1,200 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



11

Dirleton Castle – Gravel trail with defences Loop from Longniddry

Time

Intermediate

🕒 02:13 ↔ 22.5 mi ⌀ 10.2 mph ↗ 575 ft ↘ 575 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



12

Mussel shell sculpture – Portobello Promenade Loop from Wallyford

Easy

🕒 01:29



15.2 mi



10.2 mph



200 ft



200 ft

Easy bike ride. Great for any fitness level. Mostly paved surfaces. Suitable for all skill levels.



13 Gravel trail with defences – nice gravel section Loop from Longniddry.

Intermediate

🕒 02:17 ↔ 23.1 mi ⌀ 10.1 mph ↗ 600 ft ↘ 600 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.

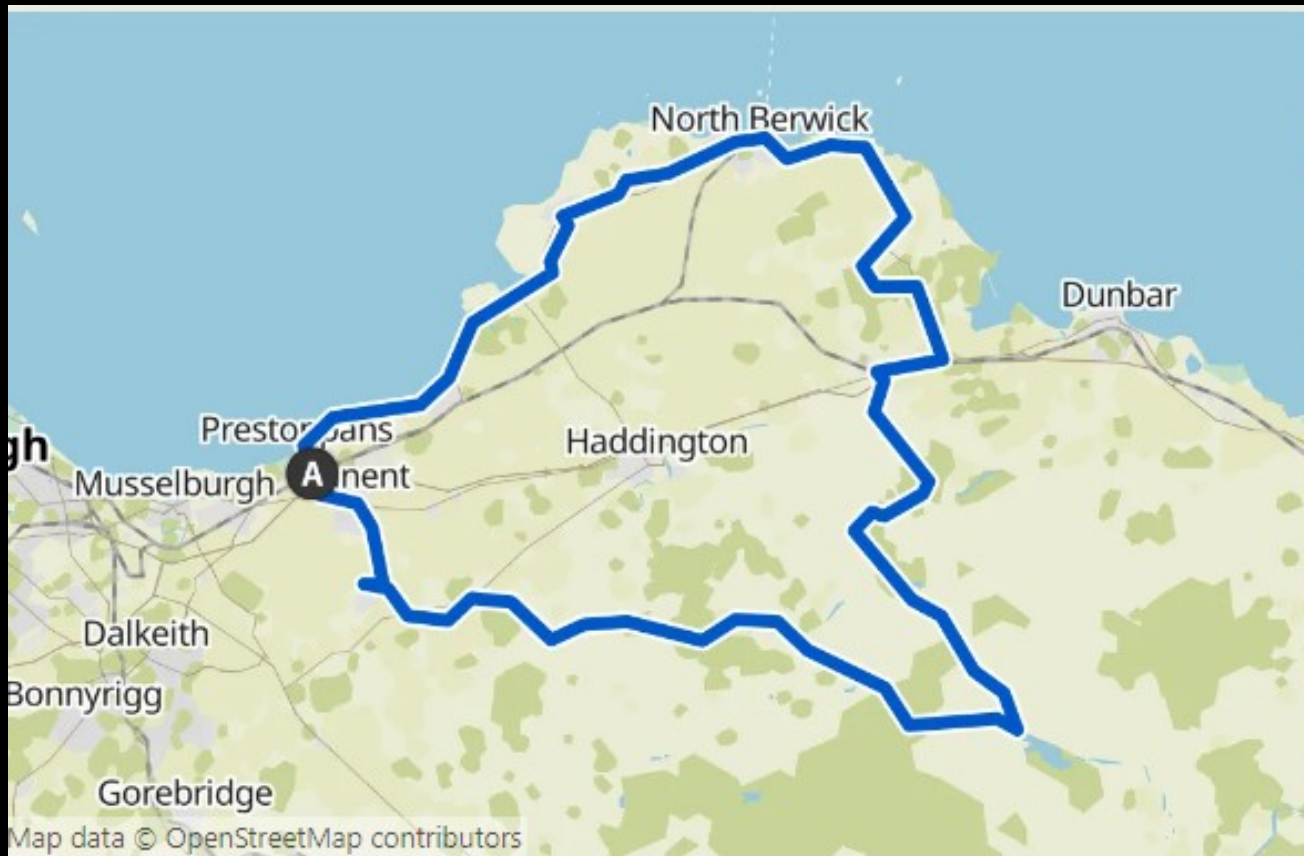


14 Old ruin of Knowes Mill – Tyne Single Track Loop from North Berwick

Intermediate

🕒 02:30 ↔ 23.2 mi ⌀ 9.3 mph ↗ 700 ft ↘ 700 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



15 Gravel trail with defences – Lanterne Rouge café Loop from Prestonpans

Difficult

🕒 05:56 ↔ 58.3 mi ⌀ 9.8 mph ↗ 3,075 ft ↘ 3,075 ft

Expert bike ride. Very good fitness required. Mostly paved surfaces. Suitable for all skill levels.



16

Fox Lake Activity Centre – Phantassie Farm Loop from North Berwick

Intermediate

🕒 02:35 ↔ 26.7 mi ⌀ 10.3 mph ↗ 875 ft ↘ 875 ft

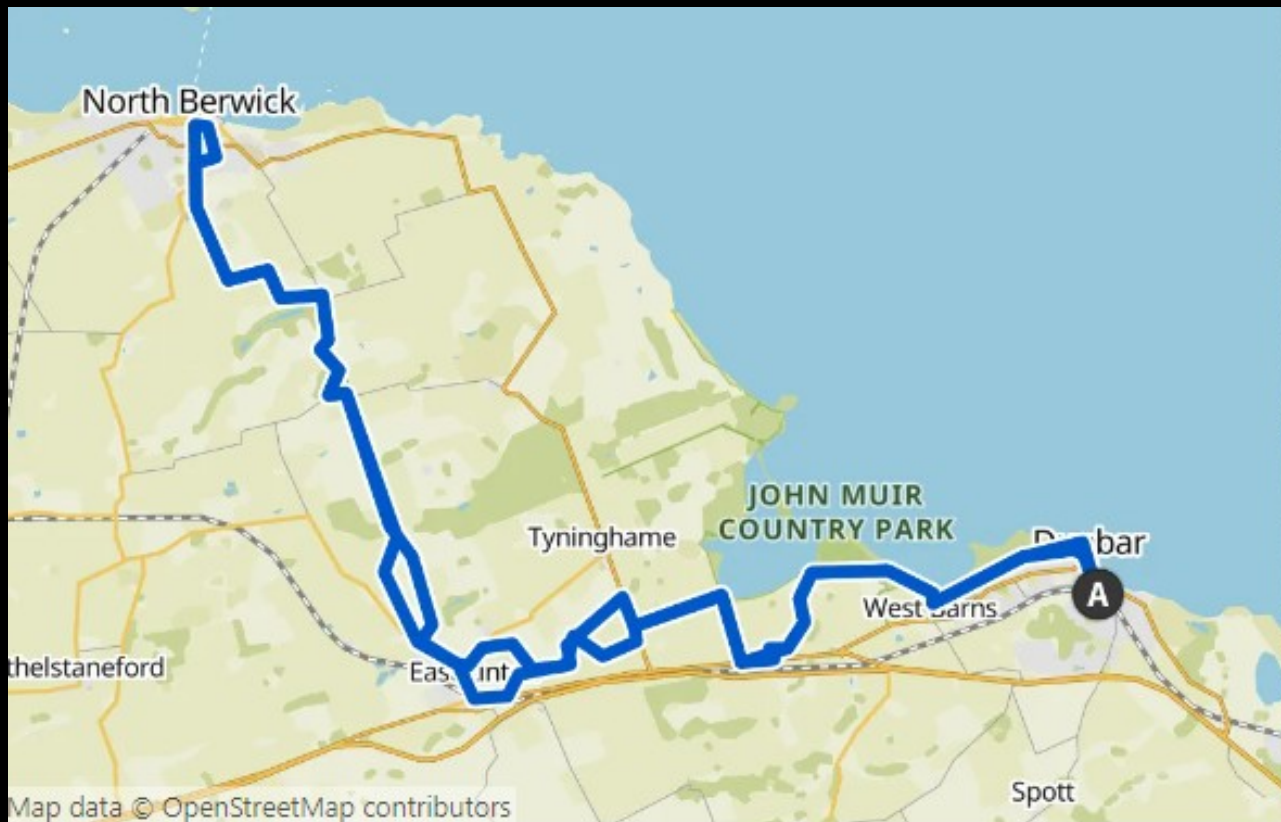
Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



17 Ormiston station allotments – Scots Pine tree Loop from Musselburgh

Intermediate ⌚ 02:14 ↔ 22.1 mi ⌀ 9.9 mph ↗ 950 ft ↘ 950 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



18

Old ruin of Knowes Mill – Preston Mill Loop from Dunbar

Average Speed

Intermediate

🕒 04:05 ↔ 31.1 mi ⌀ 7.6 mph ↗ 1,000 ft ↘ 1,000 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



19

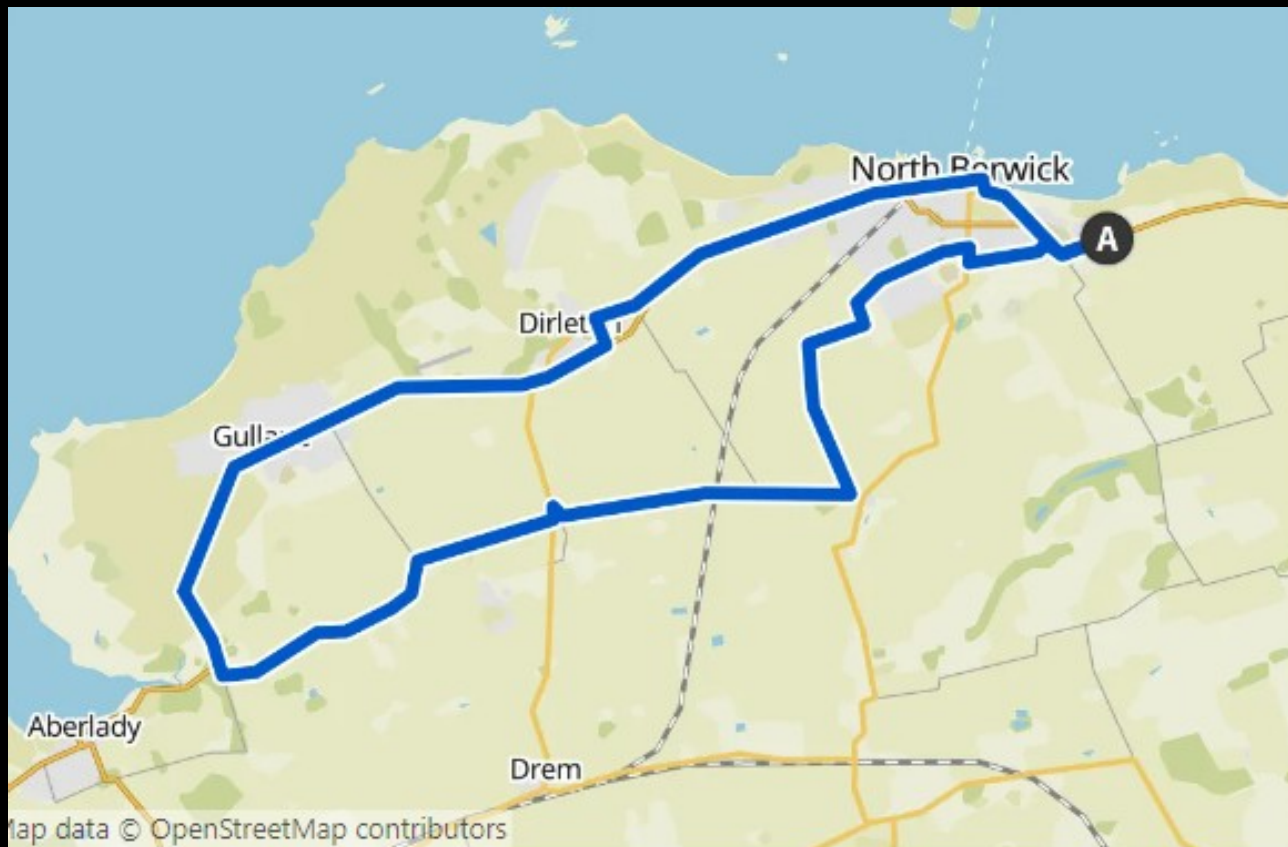
Preston Mill – Nungate Bridge Loop from Nungate

Time

Intermediate

🕒 03:48 ↔ 38.6 mi ⌀ 10.2 mph ↗ 1,450 ft ↘ 1,450 ft

Intermediate bike ride. Good fitness required. Mostly paved surfaces. Suitable for all skill levels.



20 **Dirleton Castle – Dirleton Loop from North Berwick**

Easy

🕒 01:26 ↔ 15.3 mi ⌀ 10.7 mph ↗ 400 ft ↘ 400 ft

Easy bike ride. Great for any fitness level. Mostly paved surfaces. Suitable for all skill levels.