

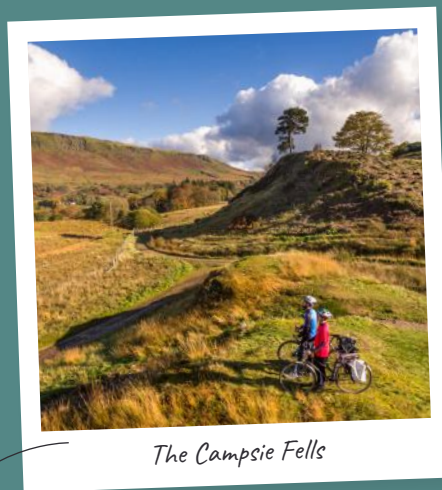
Explore 134 miles of central Scotland's landscapes, history & heritage — on foot or by bike.



johnmuirway.org



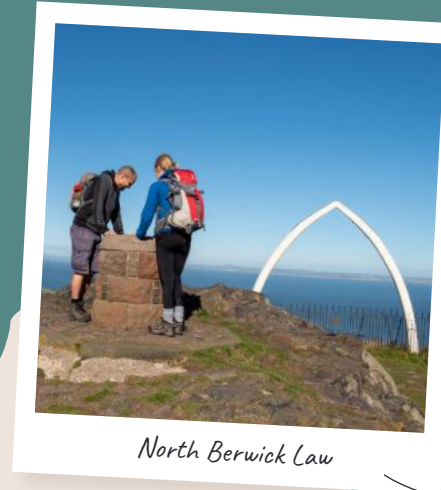
Loch Lomond



The Campsie Fells



Blackness Castle



North Berwick Law

HELENSBURGH

BALLOCH

STRATHBLANE

KILSYTH

FALKIRK

LINLITHGOW

SOUTH QUEENSFERRY

EDINBURGH

PRESTONPANS

DUNBAR

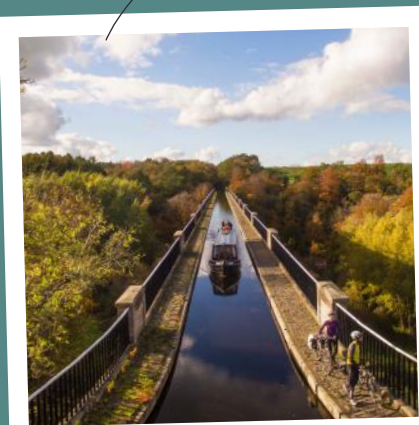
NORTH BERWICK

Fact File

- 134 miles/215 km
- 9-11 days walking
- 4-5 days cycling
- Fully way marked
- Six nature reserves
- Five castles
- Three UNESCO sites
- Two canals
- One national park



The Antonine Wall



The Avon Aqueduct



Arthur's Seat

Passport



Stamp your way across Scotland with the official route passport.

Collect stamps in all ten sections to claim your own completer certificate. Plus, you'll find exclusive offers for passport holders along the way.

Find out more at johnmuirway.org/passport

HELENSBURGH
to BALLOCH
9 miles/15 km

BALLOCH
to STRATHBLANE
18.5 miles/30 km

STRATHBLANE
to KILSYTH
13 miles/21 km

KILSYTH
to FALKIRK
13 miles/21 km

FALKIRK
to LINLITHGOW
8.5 miles/14 km

LINLITHGOW to
SOUTH QUEENSFERRY
15 miles/24 km

SOUTH QUEENSFERRY
to EDINBURGH
16 miles/26 km

EDINBURGH
to PRESTONPANS
10 miles/16 km

PRESTONPANS
to NORTH BERWICK
16 miles/26 km

NORTH BERWICK
to DUNBAR
15 miles/24 km

PLAN YOUR TRIP

at johnmuirway.org

Visit the website to plan your perfect trip. You'll find the latest tips and a wealth of essential resources:

- Downloadable route maps
- Section by section guides
- Diversion alerts
- Where to find accommodation, bike hire and more



Follow us and share your journey #johnmuirway

Enjoy Scotland's outdoors responsibly

- Take responsibility for your own actions
- Respect the interests of other people
- Care for the environment



SCOTTISH OUTDOOR ACCESS CODE

KNOW THE CODE BEFORE YOU GO

outdooraccess-scotland.com

One of Scotland's Great Trails, the John Muir Way is managed by the Central Scotland Green Network Trust, a charity improving central Scotland's environment to enrich people's lives, support economic growth and help meet the challenges of climate change.



Central Scotland Green Network Trust



MIX From responsible sources FSC® C000000

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The European Agricultural Fund for Rural Development



Scottish Government Rinnalltas na h-Alba gov.scot



Scottish Rural Development Programme



LEADER

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CELEBRATING JOHN MUIR'S LEGACY

Known as 'the father of national parks' in America, John Muir is recognised as one of the most influential figures in the conservation movement — and he was born in Dunbar, Scotland in 1838.



As well as being instrumental in saving Yosemite Valley, Muir's writings became a personal guide into nature for countless individuals. Muir's passion for nature encourages us all to discover the natural wonders on our doorstep and this route provides a way to do just that, right across central Scotland.

The John Muir Way was launched in 2014, the centenary of Muir's death, to celebrate the achievements of this great Scots-born environmentalist and his love of the natural world.

“All the wild world is beautiful, and it matters but little where we go, to the highlands or lowlands, woods or plains, on the sea or on land.” JOHN MUIR



JOHN MUIR'S BIRTHPLACE

HELENSBURGH WATERFRONT



THE COAST TO COAST ROUTE

One of Scotland's Great Trails, the John Muir Way offers a journey through Scotland's landscapes, history and heritage. Traversing central Scotland coast to coast in 134 miles, it links Helensburgh in the west with John Muir's birthplace, Dunbar in the east.

Whether you're on a walking or cycling holiday, looking to keep fit, or simply exploring what's on your own doorstep, you'll experience a little of everything Scotland has to offer.

From stunning coastlines and tranquil woods to our canals' industrial past and the bustling capital city, this is a journey of contrasts and discovery. It's a route through Scotland's history too, passing ancient Roman remains, medieval castles and Jacobite battlefields.

Complete the John Muir Way on foot or by bike as an end-to-end expedition, or savour the nature, sights and sounds of each section on day trips or weekends. You'll never be far from a rich variety of accommodation and eateries, or transport links to get you home.



DUNBAR COASTLINE



THE JOHN MUIR WAY

DISCOVER SCOTLAND COAST TO COAST



ON FOOT



BY BIKE