



a. Helensburgh promenade b. gannet colony at Scottish Seabird Centre c. Forth & Clyde Canal d. views of Edinburgh from Arthur's Seat e. John Muir statue, Dunbar

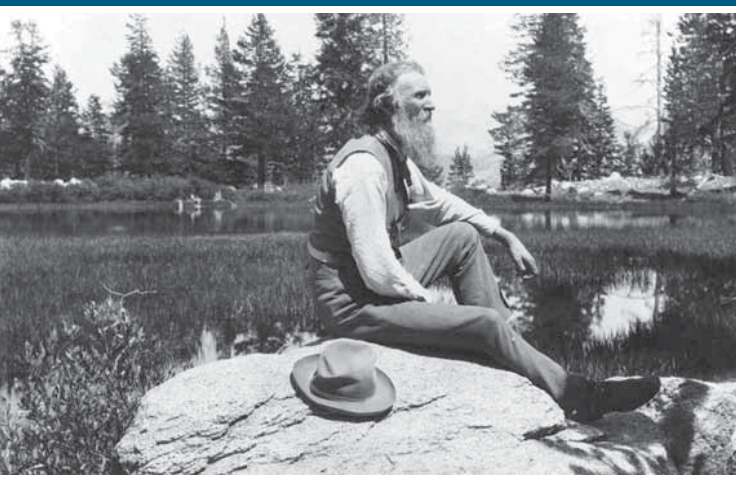
John Muir wrote:

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

The John Muir Way – one of Scotland's Great Trails – covers all the wild beauty John Muir loved. Stretching between Helensburgh on the River Clyde in the west, through Scotland's heartland to John Muir's birthplace of Dunbar on the east, the coast-to-coast route explores quiet canals, breathtaking beaches, gentle hills, famous lochs and tranquil woods. It is a historical journey taking you to palaces, castles and the ancient Roman remains of the Antonine Wall, one of three Unesco world heritage sites along the route.

You can complete the John Muir Way on foot or by bike as an end-to-end expedition, or savour it slowly and enjoy the varied delights of each section on day trips or weekends. You'll never be far from excellent accommodation in stunning settings or culinary delights stocked by Scotland's rich natural larder. Celebrate John Muir as you follow his footsteps into our great outdoors.

Front page images, top to bottom: Blackness Castle, Loch Lomond and The Trossachs National Park, Forth Rail Bridge, former railway at Strathblane, Cramond Beach, Linlithgow Palace



John Muir and Scotland

John Muir is widely associated with the wild American landscapes and considered the father of the USA's National Parks. But it was in Scotland that Muir fell in love with nature. **John Muir spent the first 11 years of his life in Scotland, growing up in the coastal town Dunbar where he first discovered the joys his natural surroundings had to offer.**

"Around my hometown of Dunbar I loved to wander in the fields to hear the birds sing and along the seashore to gaze and wonder at the shells and seaweeds, eels and crabs in the pools among the rocks..."

Despite leaving for America, John Muir never lost his love for the Scottish countryside. In **1893, at the age of 55, Muir returned to Scotland and explored the mountain vistas and waters of Loch Lomond, the largest inland body of water in the UK and the first of Scotland's own national parks.**

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.

Factfile:

- 134 miles, 215km. 9-11 days walking or 4-5 days cycling
- Fully way-marked
- Six country parks
- Two canals
- Five castles
- Loch Lomond and The Trossachs National Park
- Four local nature reserves protecting wildlife
- Firth of Forth supporting up to 95,000 wintering birds
- Three Unesco world heritage sites



To help plan the perfect trip visit the John Muir Way website for information on:

- self-guided holiday, baggage transfer and bike hire services
- accommodation, facilities and attractions on the route
- route section descriptions, maps and diversion alerts

www.johnmuirway.org



Enjoy Scotland's outdoors responsibly

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



KNOW THE CODE BEFORE YOU GO
outdooraccess-scotland.com

Support John Muir's legacy in Scotland, donate online at www.johnmuirway.org/donate



Images: Becky Duncan / Open Aye c.i.c, except Arthur's Seat: Marc Millar, gannet colony: Scottish Seabird Centre, Forth & Clyde Canal: Scottish Canals

Explore one of Scotland's Great Trails



www.johnmuirway.org