The surroundings of Dunbar provided the perfect playground for John Muir, who emigrated to the United States as a boy and later in life became known as ‘Father of the National Parks’. Muir was born in the seaside town, and this mostly flat and family-friendly route takes you through East Lothian’s stunning countryside, past long beaches, through sheltered woodlands and past the DunBear, a massive sculpture by Andy Scott.

Dunbar also marks the start or finish of the John Muir Way. And while the historic Herring Road only exists in a few places, this was once the main route across the nearby Lammermuir Hills in the 18th, 19th and early 20th centuries. It was used by the fishwives carrying baskets of cured herring from the coast to the market in Lauder.

This route loops the small town, which offers a quieter alternative to nearby North Berwick. There’s a direct train connection on the East Coast mainline from Edinburgh to London. Find out more about Dunbar at 60thingsdunbar.scot

MARKUS STITZ
Markus is the founder of Bikepacking Scotland and works with tourism organisations to create new routes north of the border

Further riding
Try this 86-mile road ride south of the Cairngorms: cyclinguk.org/ride-caterancountry