

Musselburgh is an attractive harbour town for you to explore with spectacular views across the Forth, so sit for a while and enjoy!

When you reach Whitecraig, your route will take you on a short on-road section through the village to meet the next shared-use path for walkers and cyclists. Follow this path by the River Esk into and through Musselburgh, towards the Firth of Forth (not signed). If you turn left over the River Esk and stay on the National Route 1, it will take you to Edinburgh!

Begin your ride on Salters Road (B6414) in Dalkeith. From here you will be cycling on a shared-use path for walkers and cyclists towards the coast, surrounded by open countryside and with views of Arthur's Seat.

## Esk Valley Cycle Route

**Who'd enjoy this ride?**  
A short ride suitable for adults and children as it is mainly on shared-use path for walkers and cyclists. There are some short on-road sections, so a level of road sense is needed.

**Start/finish points:**  
Salters Road, Dalkeith / the harbour at Musselburgh.

**Nearest railway station:**  
Musselburgh.

**Parking:**  
Dalkeith, Whitecraig and Musselburgh.

**Refreshments:**  
Lots of choice in Dalkeith and Musselburgh.

**Public toilets:**  
Dalkeith and Musselburgh.

**Length of journey: 5 miles (one way)**

When you are on the National Cycle Network look out for these signs.  
The numbers on the signs relate to the route you are following.

This map is a representation of the route, use the signage on route or OS maps for further detail if required.

**TIME TAKEN:** ..... **DISTANCE COVERED:** .....

**NOTES:** .....

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Did you know 20 minutes of gentle cycling burns up to 100 calories? There are no emissions from cycling so you are being good to yourself and the planet!

**Enjoyed your ride on the National Cycle Network?**  
Sustrans is the charity behind the National Cycle Network.  
For more information visit [www.sustrans.org.uk](http://www.sustrans.org.uk)



## Esk Valley Cycle Route

With the reward of fantastic views of the Forth and an ice-cream from the famous Luca's in Musselburgh, this is a short ride not to be missed.

[www.kelloggs.co.uk/cycling](http://www.kelloggs.co.uk/cycling)  
[www.kelloggs.ie/cycling](http://www.kelloggs.ie/cycling)



**Attractions:**  
There is plenty to see and do in and around the pretty town of Dalkeith, including Butterfly World & Bird Prey Centre and Dalkeith Country Park. Find out more at [www.visitscotland.com](http://www.visitscotland.com)

Inversk Lodge Gardens and Newhalls in Musselburgh are both managed by the National Trust for Scotland and are wonderful places to visit in their own right. Visit [www.ntr.org.uk](http://www.ntr.org.uk) to find out more.

As well as being a pretty harbour town, Musselburgh has its own race course. Visit [www.musselburgh-racecourse.co.uk](http://www.musselburgh-racecourse.co.uk) to find out meet days.

You can visit [www.kelloggs.co.uk/cycling](http://www.kelloggs.co.uk/cycling) or [www.kelloggs.ie/cycling](http://www.kelloggs.ie/cycling) where you can download more guides and share your experiences with others.

