

THE JOHN MUIR WAY CENTRAL SCOTLAND 9th-17th JUNE 2019

Many of you will recognise the name of John Muir, the Scottish environmentalist who was instrumental in the creation of the first national Parks in the USA. John Muir was born in Dunbar on the east coast and later travelled across central Scotland to Helensburgh on the west coast to sail to America. The John Muir Way was completed in 2014 between Dunbar and Helensburgh and explores quiet canals, beautiful beaches and gentle hills. Along the route it passes palaces, castles and ancient Roman remains (the Antonine Wall). The full trail measures 134 miles but we will only walk for 93 miles from Croy to Dunbar, or possibly only 80 miles from Falkirk to Dunbar if the accommodation at Croy is already booked.



The trail passes the three bridges at Queensferry

The trip will be excellent value for money as I will again bypass the middlemen and directly book the accommodation and baggage transfer. The holiday will consist of eight nights ensuite B&B accommodation in a mix of B&Bs and guesthouses, seven days walking and transfer of your main case ($\leq 20\text{kg}$) each day to the next accommodation. Seven nights and six days if we start from Falkirk.

DAILY WALK STAGES

Each daily walk will be 10-16 miles, fairly flat and on good surfaces, mostly canal towpaths, park paths and coastal paths alongside the Firth of Forth.

DAY	STAGE	LENGTH (kms/miles)	HOURS	ASCENT (metres)
Monday	Croy to Falkirk	20/12.5	5-6	176
Tuesday	Falkirk to Linlithgow	15/9.5	4-4.5	132
Wednesday	Linlithgow to S Queensferry	24/15	6-7.5	169
Thursday	S Queensferry to Edinburgh	25/15.75	6.5-7.5	291
Friday	Edinburgh to Prestonpans	15.75/9.75	4-4.5	25
Saturday	Prestonpans to N Berwick	25/15.75	6-7.5	68
Sunday	North Berwick to Dunbar	23/14.5	5-5.5	174
	Croy to Dunbar	146.75/92.75	7 days	1035
	Falkirk to Dunbar	126.75/80.25	6 days	859

TRAVEL

Ulsterbus offer daily services from Belfast(also pickup from other locations) to Glasgow and returns from Edinburgh for £59(£47 senior) with local connections to/from the trail for £10 to £15.

COSTS/CANCELLATION

Most guesthouses and B&Bs on the route will only request payment on departure and will typically charge £50 per person for B&B sharing a twin or double room. Charges may be higher in some locations such as North Berwick due to the presence of several golf courses and lower in Edinburgh depending on the rating. Accommodation costs will therefore be about £400 starting from Croy or £350 starting from Falkirk. My intention is that the group start from Croy if possible but otherwise start from Falkirk if accommodation convenient to Croy is already booked(sadly one nearby hotel closed in October).

Luggage transfer for a group of 6-8 walkers will be £6 per bag per transfer, £42 or £36 per person depending on our startpoint. Bags must not weigh more than 20kgs, if your bag does weigh above 15kgs then I suggest that you are bringing too much! Transport costs will be £59(£47 senior) for the Ulsterbus and ferry return service and £15 for local transfers.

Most of the guesthouses and B&Bs serving the route do not require deposits to secure a booking according to their websites but this may change once I contact them. The baggage transfer company does not require a deposit, full payment on arrival. I am therefore requesting a deposit from you of £60 per person and some or all of this deposit may be forfeited if you subsequently cancel and your cancellation means that the individual costs of others are

increased(e.g. a single supplement becomes due) or cancellation charges arise. Accommodation charges will be payable each day on the trip to the proprietors and I will check which form of payment they accept and notify you beforehand.

WHAT TO DO

If you want to discuss the trip please contact me by phone or e-mail. Further information can be found at the following websites, <https://johnmuirway.org/> which is the official website or <https://www.walkhighlands.co.uk/john-muir-way.shtml> for a detailed description.

If you want to join the holiday then please send me a deposit cheque for £60 (payable to John Holmes, dated 20 November 2018) by 20 November to my home address(see below). Please include your name and contact details(name and title, postal and e-mail addresses and phone numbers), and indicate if you are willing to share a room or would prefer a single room. I will then book the accommodation and baggage transfers and pay any required deposits by card but will only cash your cheques once the bookings are confirmed. Please contact me by 20th November or sooner if you are interested, several of the destinations offer a limited number of rooms and I do not expect to be able to cater for more than eight walkers.

John Holmes

Address - *****

Tel - 028 ***** or 07*****

E-mail – *****