

Be a responsible snorkeller

Before you go

Check the conditions: be aware of tides, water temperatures, currents and weather forecasts before you leave.

Take a friend: never snorkel alone and always tell people where you are going.

Know who to contact: find out where the nearest medical and/or coastguard facility is and note down who to contact in an emergency.

At the beach

Know your surroundings: check what the weather and tides are doing, and identify a landmark for reference.

Use the right equipment: only use good quality and well-fitting equipment – mask, snorkel and fins.

Wear the right protection: a wetsuit will keep you warm and protect you against jellyfish stings. If it's sunny, remember to cream up!

In the water

Follow the Snorkeller's Code:

Do not remove seaweed or animals from the rock or from their homes.

Take care not to kick sealife with fins or stand on delicate animals.

Observe animals where they live and don't take anything away with you.

WARNING:

Do not snorkel in rough weather
Do not touch jellyfish and other wildlife
Never snorkel alone

Emergency Services: 999

Berwickshire Snorkel Trail

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- 1 Starney Bay
- 2 Coldingham Bay
- 3 Milldown Bay
- 4 Weasel Loch
- 5 Eyemouth Beach

This project, developed in partnership with the Berwickshire Marine Reserve, is part of the Scottish Wildlife Trust's Living Seas programme and has been supported by the Esmée Fairbairn Foundation.



scottishwildlifetrust.org.uk

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Dive in to Scotland's Living Seas!









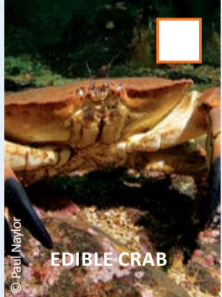





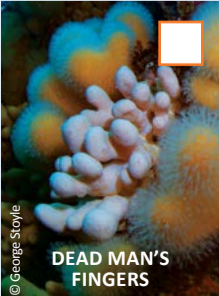
Snorkel Trail Berwickshire

In association with the Berwickshire Marine Reserve

For further information, visit:
scottishwildlifetrust.org.uk/snorkeltrail

Life under the waves

The Berwickshire Marine Reserve is home to a thriving marine environment. There are no guarantees as to what you might see whilst snorkelling (that's part of the fun!), but here are some common species to keep an eye out for:

Fish	 BALLAN WRASSE	 BUTTERFISH	 SCORPIONFISH	 LEOPARD-SPOTTED GOBY
	 SHORE CRAB	 VELVET SWIMMING CRAB	 EDIBLE CRAB	 SQUAT LOBSTER
	 TOPSHELL	 DOGWHELK	 PERIWINKLE	 LIMPET
	 SNAKELOCKS ANEMONE	 CUTTLEFISH	 SEA HARE	 DEAD MAN'S FINGERS

Jellyfish	 LION'S MANE	 MOON	 BARREL	 COMB	
	 COMMON STARFISH	 BRITTLESTAR	 SUNSTAR	 COMMON URCHIN	
	 KELP	 BLADDER WRACK	 SEA LETTUCE	 CHANNEL WRACK	
	 HARBOUR PORPOISE	 BOTTLENOSE DOLPHIN	 MINKE WHALE	 DOGFISH	 GANNET

Remember the three Ts:
No touching, taking or teasing of marine animals, plants or shells.

What did you see on your snorkel?
Send us your pictures on Facebook, Twitter and Instagram!

1

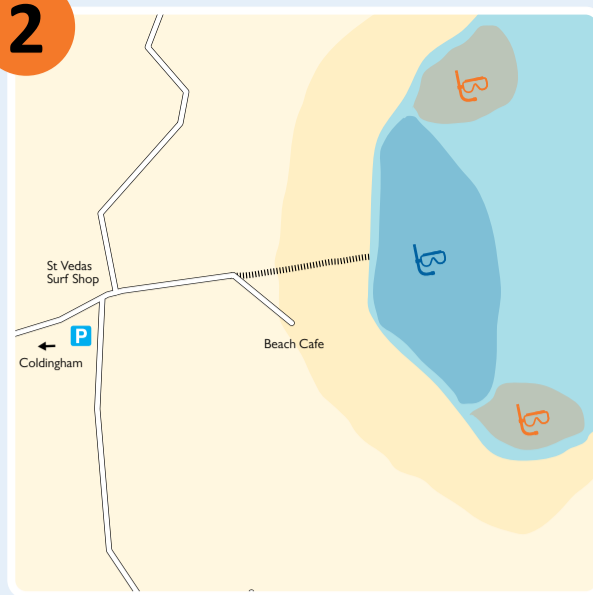


St Arney Bay

P MAP: OS Landranger 67, NT916677
NEAREST VILLAGE: St Abbs (0.4 miles)

Part of National Trust for Scotland's St Abbs Head Nature Reserve, this beautiful beach is accessed by the steps down from the coastal path. Rich kelp beds and rocky reefs in the bay are home to colourful ballan wrasse, leopard-spotted gobies and an array of anemone species. The easier central section is perfect for beginners, whilst the rocky outcrops offer more advanced snorkelling.

2



Coldingham Bay

P MAP: OS Landranger 67, NT917665
NEAREST VILLAGE: Coldingham (0.9 miles)

An easily accessible beach perfect for a family day out. The central sandy section is a great spot for first time snorkelling. For more experienced snorkellers, the rocky shores fringing the bay team with life, from seaweed, anemones and urchins to butterflyfish, gobies and scorpionfish.

3



Milldown Bay

P MAP: OS Landranger 67, NT919662
NEAREST VILLAGE: Coldingham (0.9 miles)

To the south of Coldingham Bay, this smaller and more secluded shingle bay is accessed along the coastal path and offers more fantastic snorkelling opportunities. Cracks and crevices in the rocks provide homes for urchins, anemones and edible crabs, whilst kelp beds provide shelter for juvenile fish including saithe, butterflyfish and scorpionfish. An advanced site due to its relative remoteness.

5



Eyemouth Beach

P MAP: OS Landranger 67, NT943645
NEAREST VILLAGE: Eyemouth (0 miles)

Eyemouth's easily accessible beach is perfect for first-time snorkellers, with a gradual walk into the sea to spot your first fish. Rockier outcrops to the north offer advanced snorkellers the chance to spot crabs and squat lobsters in the submerged rock pools, and seaweed gives shelter for many fish species. The Eyemouth Leisure Centre provides changing and showering facilities for a small fee.

4



Weasel Loch

P MAP: OS Landranger 67, NT939650
NEAREST VILLAGE: Eyemouth (0.3 miles)

This sheltered bay offers advanced snorkellers the chance to explore a range of habitats. Velvet swimming crabs and two-spotted gobies frequent the kelp forests, sea hares feed amongst the red seaweed, and cuttlefish hover above the sandy bottom. Access is via the steep wooden steps that descend from the car park of the Eyemouth Holiday Park. Please note that a parking charge applies.

Berwickshire Marine Reserve

Located between the historic fishing towns of St Abbs and Eyemouth, the Berwickshire Marine Reserve stretches for eight kilometres and covers 10.3km² of coastal waters.

Established in 1984, the Berwickshire Marine Reserve (BMR) was created in order to conserve and protect the rich marine life of the area and promote responsible recreational use alongside a sustainable commercial fishery. A Scottish registered charity, the BMR is one of the UK's oldest marine reserves and remains the only voluntary marine reserve in Scotland.



Coldingham Bay

Due to a mixing of cold and warm waters, the seas here are host to a diverse range of marine life. Cold water species such as Atlantic wolfish live in close proximity to warm water species including the Devonshire cup coral. The marine reserve is also host to some of the UK's best examples of habitats associated with sea caves, rocky reefs and sea arches.

This incredible diversity of life, coupled with excellent underwater visibility and interesting topography, makes the BMR a fantastic location to explore life below the waves. A hotspot for Scottish snorkelling and SCUBA diving, the area also supports a thriving commercial crab and lobster fishery.

**Berwickshire
MARINE
RESERVE**
Scotland's first voluntary marine reserve

Berwickshire Marine Reserve. Scottish Registered Charity: SC050016

Get in touch with the
 Berwickshire Marine Reserve
berwickshiramarinereserve.org.uk
 T 01890 752509

berwickshiramarinereserve
 @BerwickshireMR

Snorkelling equipment can be hired
 from **St Vedas Surf Shop**, Coldingham
stvedas.co.uk
 T 01890 771679

Snorkelling can be dangerous and these self-guided trails are used entirely at your own risk. It is your responsibility to check the conditions present on the day and assess whether it is safe to snorkel.

BMR boundary



Key

Camping

Toilets

Café

Parking

Shop

Steps

Beginner

Advanced

The information contained within this leaflet was correct at the time of publishing (January 2022). For further details, please visit scottishwildlifetrust.org.uk/snorkeltrail