

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 enter the water during or 1-2 days after heavy rainfall, as water pollution may occur

Do not touch jellyfish and other wildlife
Never snorkel alone

Emergency Services:

999

NHS 24:

111

North Berwick

Health Centre

(working hours):

01620 892169

East Lothian Snorkel Trail

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W scottishwildlifetrust.org.uk/snorkel-trails

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@ScotWildlife

@scottishwildlifetrust



- 1 Gullane Bents
- 2 Yellowcraig
- 3 Scottish Seabird Centre
- 4 Milsey Bay
- 5 Dunbar

Beach Wheelchairs
Charity that offers free hire of beach wheelchairs in North Berwick
0300 111 2112
beachwheelchairs.org

Coast to Coast
Coast to Coast Surf School and snorkelling equipment hire.
07971 990361
c2csurfschool.com
surf@c2csurfschool.com



scottishwildlifetrust.org.uk

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Dive in to Scotland's Living Seas!



Snorkel Trail East Lothian

In association with **Scottish Seabird Centre**

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

Life under the waves

East Lothian 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	 WEEVER FISH WARNING: PAINFUL STING	Seabirds	 EIDER	 ARCTIC TERN	 GANNET	 SHAG				
	Crustaceans	 SHORE CRAB	 VELVET SWIMMING CRAB	 EDIBLE CRAB		 HERMIT CRAB	Jellyfish	 LION'S MANE WARNING: PAINFUL STING	 MOON	 BARREL	 COMB		
		Snails	 TOPSHELL	 DOGWHELK		 PERIWINKLE		 LIMPET	Algae	 KELP	 BLADDER WRACK	 SEA LETTUCE	 CHANNEL WRACK
			Other Invertebrates	 COMMON STARFISH		 BRITTLESTAR		 BLOODY HENRY STARFISH		 DEAD MAN'S FINGERS	Also look out for...	BOTTLENOSE DOLPHIN	DOG FISH
FULMAR				GREY SEAL									
GUILLEMOT	RAZORBILL												

1



Gullane Bents

P MAP: OS Explorer 361, NT476832
NEAREST VILLAGE: Gullane

This popular stretch of sandy coast is perfect for a family day out. From the car park, head down the sandy track and through the sand dunes to reach the beach. Here, you'll find a mix of sandy beach, boulders and rocky reef; a perfect area for beginners. Toilets and showering facilities can be found a short walk away from the car park (vehicle height restrictions and parking charges apply).

2



Yellowcraig

P MAP: OS Explorer 361, NT514859
NEAREST VILLAGE: Dirleton

Fidra, the island said to have inspired Robert Louis Stevenson's book, *Treasure Island*, is a fantastic backdrop for this beautiful site. Access is a short walk from the car park along a sandy path through sand dunes. The central sandy area is a great spot for first time snorkelling, whilst more experienced snorkellers can head to the rocky areas west of the bay. Toilets and changing facilities are situated next to the car park (parking charges apply).

3



Scottish Seabird Centre

P MAP: OS Explorer 361, NT554855
NEAREST VILLAGE: North Berwick

This popular beach next to the Scottish Seabird Centre is accessible by ramp, providing a fantastic opportunity for beginners to find species such as hermit crabs and snails around North Berwick's Boating Pond. More experienced snorkellers can search in gullies to the north and east of the centre. Visit the Centre's shop and cafe or head into town for more services.

4



Milsey Bay

P MAP: OS Explorer 361, NT567852
NEAREST VILLAGE: North Berwick

At the quieter east end of Milsey Bay, a section just off the beach is perfect for beginners, whilst the deeper water and rocky outcrops near the cliff line offer more advanced snorkelling. Shore-side parking is available along Melbourne Road and parking areas along Tantallon Terrace. For public toilets, town car parks (charges apply) and other services, head to the town centre.

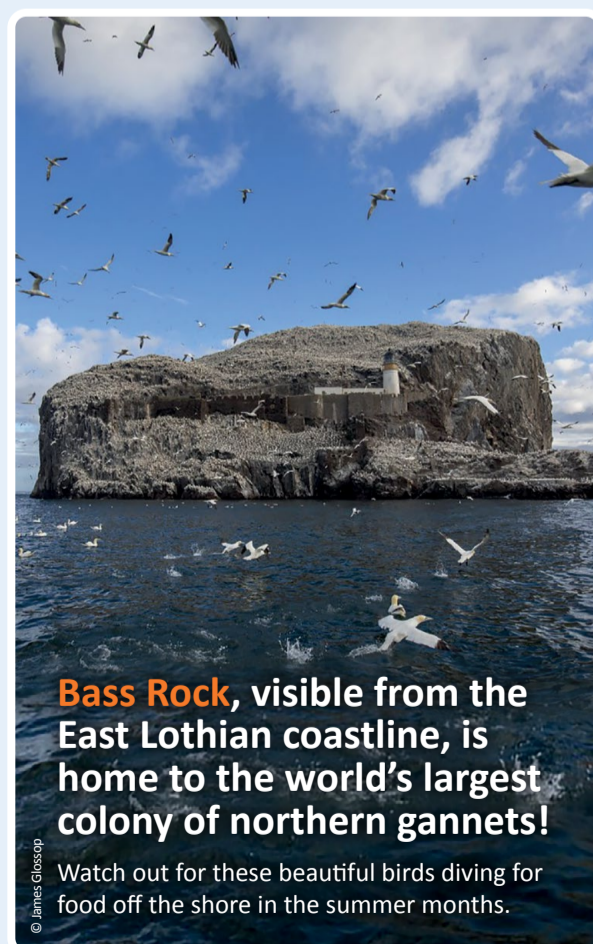
5



Dunbar

P MAP: OS Explorer 361, NT676791
NEAREST VILLAGE: Dunbar

This sheltered, rocky bay, overlooked by Dunbar Castle, is a haven for marine life amongst the kelp and rocky crevices. More experienced snorkellers can head towards deeper parts but be sure to keep away from the harbour entrance. Access is via steps descending from the coastal path, west of Dunbar Leisure Pool. Parking and public toilets are available. Be cautious of metal piles present from old pool infrastructure.



Bass Rock, visible from the East Lothian coastline, is home to the world's largest colony of northern gannets!

Watch out for these beautiful birds diving for food off the shore in the summer months.

Scottish Seabird Centre

The Scottish Seabird Centre is an award-winning conservation and education charity, dedicated to inspiring people to care for and protect Scotland's incredible marine environment.

For over 20 years the Scottish Seabird Centre has been helping people to learn about Scotland's marine wildlife, habitats and iconic seabirds.

Based on the edge of the Firth of Forth in the seaside town of North Berwick, East Lothian, the Centre has unparalleled access to amazing coastal seascapes and underwater environments. These include the Bass Rock which supports the world's largest colony of northern gannets.



The Centre's work is supported by its five-star visitor experience and wildlife boat trips that take in the local seabird colonies. Exciting exhibits and interactive live cameras enable people to experience and learn about Scotland's spectacular marine wildlife.

The East Lothian coastline is made up of a variety of marine habitats, including fantastic sandy beaches and rocky outcrops perfect for snorkelling. The islands in the Firth of Forth, including Bass Rock, are internationally important breeding sites for seabirds including puffins, razorbills, guillemots and fulmars. Many of the islands are visible from the locations along the trail. The sandy beaches alongside the Centre offer an ideal starting point for getting into the water and discovering the amazing creatures to be seen just offshore.

Scottish Seabird Centre. Registered Charity: SC025837

Get in touch with the
 Scottish Seabird Centre

seabird.org

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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.

Key



Toilets



Café



Beach wheelchairs



Parking



Shop



Steps



Beginner



Advanced

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