

Be a responsible snorkeller (A-E)

**Area** Get to know it before you go (eg facilities, access, weather, tides, water temperature, currents, water quality). When you arrive, check the conditions to ensure it's safe to snorkel.

**Buddy up** Never snorkel alone and always tell people where you are going.

**Checklist of kit**  
Use good quality and well-fitting equipment (mask, snorkel, fins, wetsuit, hood, gloves and boots).

**Don't**  
✗ Snorkel in rain or rough weather.  
✗ Snorkel 1-2 days after heavy rainfall, as water pollution may occur.  
✗ Touch, take or tease wildlife (and be careful not to stand on or kick delicate species with your fins).

**Emergency plan (just in case)**  
✓ For safety it is recommended you bring: a first aid kit, mobile phone (check signal), a bright tow float, sun cream and diving shears.  
✓ Before you go, know where to find nearby medical aid (eg minor injuries unit, defibrillator).  
✓ In an emergency always dial 999.



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|-------------------|---------------------|
| 1 Starney Bay     | 4 Milldown Bay      |
| 2 St Abbs Harbour | 5 Killedraughts Bay |
| 3 Coldingham Bay  | 6 Eyemouth Beach    |

Thank you to our funders:



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Dive in to Scotland's Living Seas!



Snorkel Trail  
Berwickshire

IN ASSOCIATION WITH



Find your nearest...

**A&Es and Minor Injury units**  
nhsinform.scot/scotlands-service-directory/aes-and-minor-injuries-units

**Defibrillators**  
defibfinder.uk



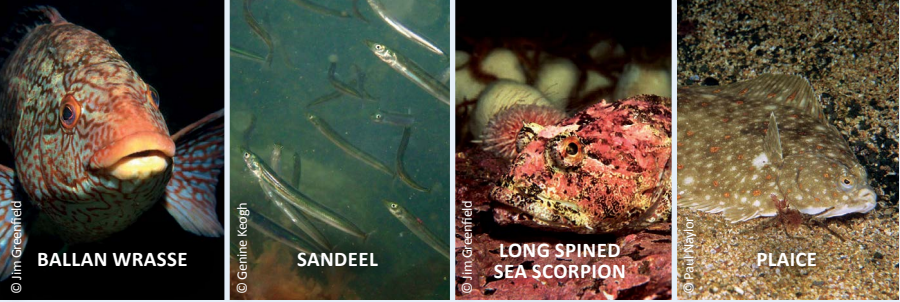
The Scottish Wildlife Trust is a British Sub-Aqua Club (BSAC) Snorkel Centre. BSAC is the National Governing Body for snorkelling and scuba diving in the UK. Please visit [bsac.com](https://bsac.com) for more snorkel information, including safety guidance and training opportunities.

Life under the waves

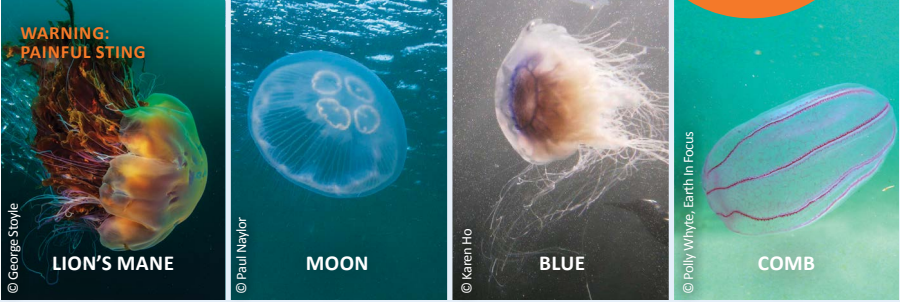
The Berwickshire Marine Reserve is home to a thriving marine environment. There are no guarantees as to what you might see whilst snorkelling (that's part of the fun!), but here are some common species to keep an eye out for:

Remember the three Ts:  
No Touching,  
Taking or Teasing  
of marine animals,  
plants or shells.

Fish



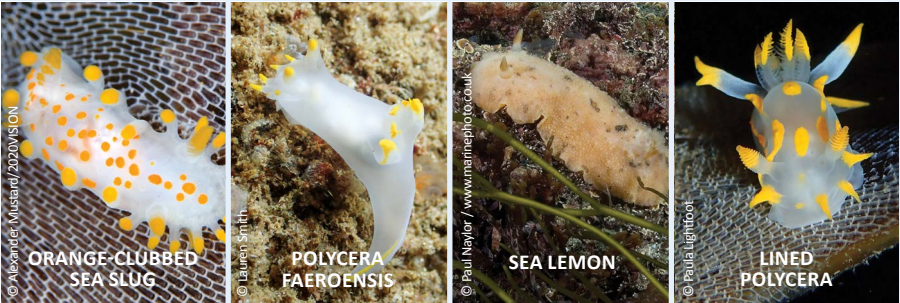
Jellyfish



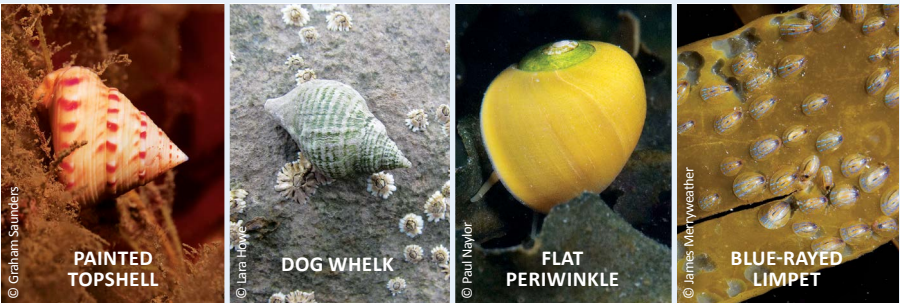
Crustaceans



Nudibranchs



Molluscs



Marine plants



Other Invertebrates



Wildlife fact files!

Snorkel tips & FAQs

Directions & transport links!

Detailed site info!

Photo refs!

For more wildlife and snorkel site information, visit:  
**snorkel.scottishwildlifetrust.org.uk**







### Starney Bay

**Grid reference:** NT916677  
**Nearest village:** St Abbs (0.4 miles)  
**Visit for:** Nature Reserve, kelp forest, ballan wrasse  
Part of National Trust for Scotland's St Abbs Head National Nature Reserve. The easier central section is perfect for beginners, whilst the rocky outcrops offer more advanced snorkelling.  
**Safety & access:** Accessed by the steps down from the coastal path.



### St Abbs Harbour

**Grid reference:** NT918674  
**Nearest village:** St Abbs (0 miles)  
**Visit for:** Rocky gullies, kelp forest, starfish  
From the rocky shore, follow channels toward Seagull Rock (Maw Carr) to explore the kelp. Look out for anemones, urchins and colourful sea slugs.  
**Safety & access:** Best at high tide (when water entry/exit is easier from the rocky shore).



### Coldingham Bay

**Grid reference:** NT917665  
**Nearest village:** Coldingham (0.9 miles)  
**Visit for:** Seasonal RNLI lifeguards, sandy shore, urchins  
The central sandy section is a great spot for first-time snorkelling, while more experienced snorkellers can explore rocky shores teeming with life.  
**Safety & access:** An easily accessible beach perfect for a family day out.



### Milldown Bay

**Grid reference:** NT919662  
**Nearest village:** Coldingham (0.9 miles)  
**Visit for:** Secluded shingle shore, rocky reefs, plaice  
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.  
**Safety & access:** An advanced site due to its relative remoteness.



### Killiedraughts Bay

**Grid reference:** NT936647  
**Nearest village:** Eyemouth (0 miles)  
**Visit for:** Kelp forests, sandy seabed, sandeels  
Accessed via the coastal path, this sheltered bay has both kelp forests and sandy sections. Crystal clear waters are home to large schools of sandeels and an abundance of life.  
**Safety & access:** Best at high tide and avoid exiting on a falling tide. The path can be steep and muddy.



### Eymouth Beach

**Grid reference:** NT943645  
**Nearest village:** Eyemouth (0 miles)  
**Visit for:** Shower/changing facilities (leisure centre, fee required), sandy shore, hermit crab  
The sandy bay is perfect for first-time snorkellers, while advanced snorkellers can explore rockier outcrops to the north.  
**Safety & access:** Easily accessible beach. After heavy rain, water quality at this site can be compromised.

## Berwickshire

Located between the historic fishing towns of St Abbs and Eyemouth, the Berwickshire Marine Reserve stretches for 8 kilometres and covers 10.3km<sup>2</sup> 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. An incredible diversity of life, coupled with excellent underwater visibility and interesting topography, makes the BMR a fantastic location to explore life below the waves.



### Local information

- Snorkel Wild** (Coldingham)  
Snorkel lessons and guided snorkelling tours  
[snorkelwild.com](http://snorkelwild.com) 0776 277 4900
- St Vedas Surf shop** (Coldingham)  
Wetsuit hire  
[stvedas.co.uk](http://stvedas.co.uk) 01890 771679
- Blue Adventures** (Eyemouth)  
Snorkel lessons, guided snorkelling tours and equipment hire  
[blueadventures.co.uk](http://blueadventures.co.uk) 07803 741454
- Berwickshire Marine Reserve**  
[berwickshiremarinereserve.org.uk](http://berwickshiremarinereserve.org.uk) 01890 752509

#### Wildlife Warning

This area is home to breeding seabirds (April-September) and seals (harbour seals June-July, grey seals August-December). Please behave responsibly and stay distant, wildlife should be left undisturbed. For more information see [sealalliance.org](http://sealalliance.org) and [nature.scot](http://nature.scot).  
Avoid disturbing ground-nesting birds and livestock; follow the Outdoor Access and Marine Wildlife Watching codes.

### Key

- Beginner Advanced
- Parking Accessible parking Accessible toilets
- Showers Bus stop Car charge
- Toilets
- Shops Cafe Picnic area

**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.