

# 108 YHA Berwick-upon-Tweed Burnmouth (Scotland)

## Coast walk

**Distance:** 15.6 miles (25.2km) **Ascent:** 416m (1,365ft)

**Time:** Allow 7h to 8h (caution slow walkers, over 10h)

**Map:** OS Explorer 1:25k (346) Berwick-upon-Tweed

**Start/Finish:** OS Locate NT 998 527 **what3words** ///rates.rocky.glitz

A walk along stunning coastline to Scotland. From the hostel cross the car park onto Drivers Lane, then Palace Street and follow the walls to Pier Road. Join the Berwickshire Coastal Path, pass the golf course, then the caravan park, and onto more open land alongside the railway. Enter Scotland between Marshall Meadows Bay and Tods Loup. Turn around to retrace your steps to Berwick at any point – depending on how much ascent you'd like. Drop down into Cowdrait for the pretty harbour and beach. Climb up through Burnmouth to reach the pub and the A1 for a bus back to Berwick. From Burnmouth turn left along the A1 (with footpath) to a track on the left leading under the railway and back to the coast path above Cowdrait. After the holiday park at Berwick head through the golf course, onto Parade, turn left onto Church Street, cross Marygate to Hide Hill and right onto Bridge Street back to the hostel.

## Hazards

Quaysides and sea cliffs with unprotected edges and long drops. Short section on pavement alongside the busy A1. Watch out for golf balls through the course at Berwick.

## Accessibility

There are stiles and steps on the route and paths and gates less than one metre wide. Long stretches of rough ground.

## Points of interest

Views across the coast, River Tweed estuary and clifftop scenery, Burnmouth harbour and memorial and Kittiwake colony (in seabird nesting season) near Needles Eye. Look out for traditional wild salmon fishing using net and coble and seals swimming in Tweed Estuary.

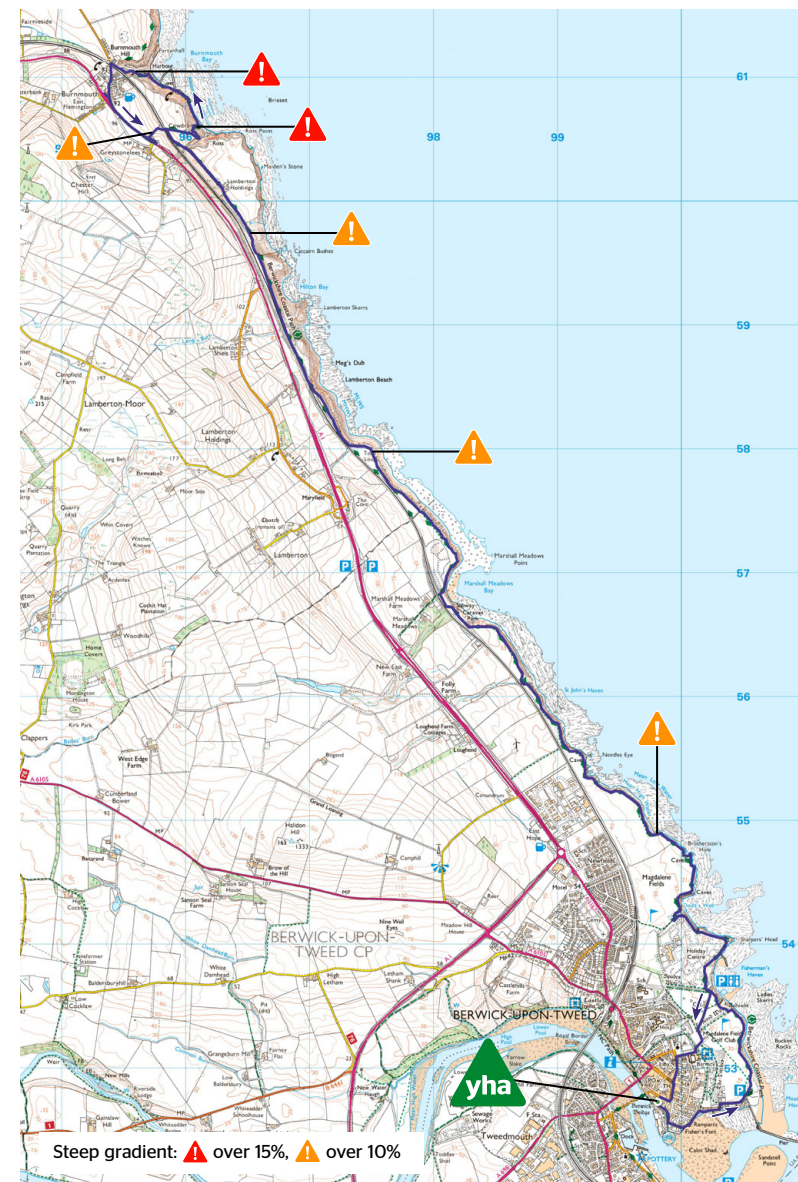
## Facilities

Food, drink and toilets available at the YHA. Many options for eating and drinking in Berwick. No food or drink between Berwick and Burnmouth – check before leaving that the First and Last pub in Burnmouth is open. Check bus times before leaving if walking one way. Public toilets (April to October) between the golf course and holiday park near Berwick.

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.



Scan or click to view this route on the OS Maps App – also a route profile and GPX





Thank you for choosing to walk from our hostel.  
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

### Before you go:

- Check the local weather forecast ([metoffice.gov.uk](http://metoffice.gov.uk)).
- Check the tide times for coastal routes ([tidetimes.org.uk](http://tidetimes.org.uk)).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) ([relayuk.bt.com/emergencysms](http://relayuk.bt.com/emergencysms)).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated ([yha.org.uk/route-card](http://yha.org.uk/route-card)).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit [adventuresmart.uk](http://adventuresmart.uk)

For more walks or information on route grading and timings go to [yha.org.uk/walks](http://yha.org.uk/walks)

If you encounter problems with this route contact [walking@yha.org.uk](mailto:walking@yha.org.uk)



Scan or click to shop  
for OS maps online  
[osmaps.com/yha](http://osmaps.com/yha)

Share your walks  
 #YHAWalks

## What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

## Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

## You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

## In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.