

A pleasant walk through farmland to Cheswick, returning by the coast. It is 6.25 miles (10 km) long and can be walked in about 3 hours. Good footwear is advised as some muddy patches may be found.

The walk starts at Borewell Farm where the Pot-a-doodle do coffee shop will refresh you at the start or the finish. Come out of the farm road and turn left ignoring the 'to the beach' sign and going straight ahead uphill to Inlandpasture Farm. Walk up the farm road turning right through a way marked gate. Go straight forward through another gate and turn left to a third gate leading into a cropped field.

Follow along the hedge line for two fields to a stile. The path goes down to another stile, over a plank bridge and athird stile before climbing up to a level field with Scremerston Town Farm ahead.



Aim to the left of a large modern barn to a gap in the buildings. go through the gate onto the farm road and turn left.

Follow the road past the cottages and round to the right on an often muddy lane. Eventually the track turns sharp left and our route carries straight on passing a conifer plantation on the right and coming to a fence Don't go through the old gate. but go left to a modern wicket gate.

aiming for the right hand of the buildings on the skyline.

An old stone stile over the wall brings you onto the road. Walk along to the Phone box and go left at the junction past the former school. Go left at the next junction towards Cheswick Farm. The road goes to the right past the farm buildings and crosses the railway on a stone bridge.



At a gate across the road you can go through the right hand wicket to the dunes and, if the tide is low, follow the sands, with occasional rocky scrambles back to Cocklawburn. Alternatively you can take the left hand wicket to an improved track which is also a national cycle route.

Most of the coastal strip is nature reserve, heritage coast or of special scientific interest. The track passes a fishing pond and then an old lime kiln with a W.W.II gun emplacement on top. After a cattle grid and gate the road is busy with holiday makers in Summer. At Philadelphia there is parking, an emergency phone and an ice cream van

Ahead of you is the distinctive shape of Sea House. Follow the road towards it, going left to the level crossing and continuing back to your starting point.

@Arthur Wood.