

Scotland's finest flavours



Your Detailed Itinerary

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Day 1

There is plenty for foodies to explore in and around **Castle Douglas**, including traditional butchers, a nearby smokehouse, delicatessens, chocolatiers, plus a range of restaurants and bistros. And nearby Threave Gardens even has a walled garden which once supplied fruit and vegetables to the main house. Overnight Castle Douglas.

Day 2

Head for Glasgow. As Scotland's largest city, it has a wide range of restaurants, with many old favourites, including **Sloan's Bar and Restaurant**. Best check local magazine listings or the local VisitScotland Information Centre for what is currently hot in the cosmopolitan city dining scene. Overnight Glasgow.

Day 3

Take the road by Loch Lomond for the north with perhaps a coffee-stop and a browse through the quality shopping at **Loch Lomond Shores** at Balloch, also the attractive location for one of Scotland's popular Farmers' Markets on the 1st and 3rd Sunday of every month. Alternatively, there should be time for a cruise from either Balloch or from Tarbet, further up the loch, where your road turns west for the high pass of the Rest and Be Thankful. From there descend to Loch Fyne and the **Loch Fyne Oyster Bar** at Cairndow. The award-winning Fyne Ales Brewery is also at the head of the loch and you can sample its products at local establishments such as the Creggans Inn to the south at Strachur. Both the Loch Fyne Oyster Bar and the Creggans Inn are also on the area's Seafood Trail. Overnight Inveraray area.

Day 4

From Inveraray, go north for the head of Loch Awe. Take the short walk across the lochside fields to see the former Campbells' stronghold of Kilchurn Castle. Then continue eastwards where the Real Food Café at Tyndrum serves classic fish and chips - and much more - from locally-sourced produce. Continue east, pausing perhaps at the main street shops of the attractive little town of Aberfeldy. Among the food businesses in and around Aberfeldy is a smoke-house and a chocolatier. Continue to the main A9 'The Highland Road', turning north for Pitlochry and overnight.

Day 5

The popular visitor resort of Pitlochry has two distilleries, with the **Blair Athol Distillery** by the main road at the east end of the town and a brewery at the Moulin Inn above the town. The nearby Blair Atholl Estates, at the centre of which stands the landmark attraction of Blair Castle,

offers plenty for visitors. Take a Land Rover Safari for a real insight into the life of a Highland estate. An excursion northwards to the well-stocked and very popular **House of Bruar** is another option. If visiting Bruar, return a short way by the main A9 and overnight Pitlochry.

Day 6

Take the A9 south to Dunkeld, where there is a fine choice of cafes and foodie places along the main street, as well as a picturesque riverside walk by Dunkeld Cathedral. Go east from here via Kirriemuir. Continue to Arbroath, famed for its smokies, produced by local business such as the **Arbroath Smokery**. The haddock-smoking process is now officially recognised as creating a product with Protected Geographical Indication, (like Champagne and Parma Ham!) so that 'real' Arbroath smokies must be made within a five mile radius of the town! Continue south via Dundee and over the Tay Bridge for Fife for overnight in the St Andrews area.

Day 7

The East Neuk (Scots for corner) of Fife has a choice of organic eating places of all kinds from award-winning fish and chips in Anstruther to friendly cafés at Falkland and artisan producers such as the **St Andrews Farmhouse Cheese Company**. Continue south for overnight in Edinburgh, where it is said there are more eating places per head of population than anywhere else in the UK, including **Iglu**, with its commitment to cutting food miles. Further afield, the Lothians also have plenty to offer: for example, the **Sun Inn** at Dalkeith.

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To find out more about the best places to eat in Scotland, Food Trails and more, go to:
www.eatScotland.com

For information, inspiration and more itineraries online check out:
www.visitscotland.com



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Scotland's finest flavours

Temperate climate, varied landscape and soils, fruitful seas – these are just some of the factors that give Scotland the edge for top quality foods of all kinds. Choose any meal, any course and there are ingredients to inspire – from delicate seafood starter to soft-fruit dessert. Distilleries set in inspiring scenery, Lowland farm shops, seacoast smokehouses, as well as restaurants, bistros and hotels, are just some of the places to encounter Scotland's finest flavours.



1 CASTLE DOUGLAS, FOOD TOWN

This market town in the rolling Galloway countryside has more than 50 businesses involved in food and drink, with local farm produce featuring strongly.



2 SLOAN'S BAR AND RESTAURANT

The oldest bar and restaurant in the city, starting life as a coffee house in 1787. Strong Scottish emphasis on the menu – plus ceilidhs on Fridays!



3 FARMERS' MARKETS – LOCH LOMOND SHORES

These regular gatherings have proved hugely popular with locals and visitors alike all over Scotland. They offer a platform for many of Scotland's organic and artisan food producers.



4 LOCH FYNE OYSTER BAR

Close to the site of the original Oyster Bar and still rearing its own oysters at the head of beautiful Loch Fyne, using sustainable and environmentally friendly methods.



5 BLAIR ATHOL DISTILLERY

A leisurely distillery tour plus a complimentary dram made with pure local water from the Allt Dour – Gaelic for 'the burn of the otter'.



6 HOUSE OF BRUAR

Offers an exceptionally well stocked food hall offering gourmet food specialities from all parts of Scotland. Also great for a lunch stop in their restaurant.



7 ARBROATH SMOKERY

Traditionally, split and cured haddock are smoked over a hardwood fire to create a delicacy unique to this east-coast fishing town.



8 ST ANDREWS FARMHOUSE CHEESE COMPANY

North-west of Anstruther, a farm making cheese using traditional methods from start to finish. Shop, café.



9 IGLU

Award-winning bar and bistro at the forefront of ethical sourcing in the Edinburgh restaurant scene with the emphasis on sustainability.



10 SUN INN

Gastropub of the Year, 2011, this cosy inn with rooms is easy to reach from Edinburgh. Its menu actively supports Scotland's farmers and fishermen.

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0 12.5 25 50 Kilometers
0 5 10 20 30 40 Miles

