Scotland’s Tay Country – Designed to explore

Inspirational Outdoor Ideas

From beautiful beaches to a buzzing culture; from serene glens to a tantalising food scene, Scotland’s Tay Country was designed to be lived. Whether it’s meeting the world at the new V&A Dundee, spotting amazing wildlife in the forests of Perthshire, teeing off in the footsteps of golfing legends at St Andrews and Carnoustie, or simply greeting the sun as it rises over the sea at Arbroath, Scotland’s Tay Country was made to be seen up close. But it’s not just about what you see, but what you’ll experience here that makes Scotland’s Tay Country so special. You’ll find the most perfect scenery as a backdrop for a wide variety of adventures - on land or water, from the banks of the Tay to the foothills of the Highlands. Amazing wildlife, awesome glens, the tallest tree, the sunniest city in the UK and some of the best distilleries in the world are waiting to be explored.

Travel distance to and from V&A Dundee

<table>
<thead>
<tr>
<th>Towns</th>
<th>Miles</th>
<th>Kilometres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carnoustie</td>
<td>13.5</td>
<td>21.7</td>
</tr>
<tr>
<td>Forfar</td>
<td>14</td>
<td>22.5</td>
</tr>
<tr>
<td>Kirriemuir</td>
<td>19</td>
<td>30.6</td>
</tr>
<tr>
<td>Arbroath</td>
<td>17</td>
<td>27.3</td>
</tr>
<tr>
<td>Montrose</td>
<td>30</td>
<td>48.3</td>
</tr>
<tr>
<td>Brechin</td>
<td>27</td>
<td>43.5</td>
</tr>
<tr>
<td>Glamis</td>
<td>12</td>
<td>19.3</td>
</tr>
<tr>
<td>St Andrews</td>
<td>16</td>
<td>25.75</td>
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<tr>
<td>Dunfermline</td>
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<td>64.4</td>
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<td>Kirkcaldy</td>
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<tr>
<td>Falkland</td>
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</tr>
<tr>
<td>Anstruther</td>
<td>25</td>
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<tr>
<td>Perth</td>
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<tr>
<td>Pitlochry</td>
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<td>82.1</td>
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<td>Crieff</td>
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<td>62.8</td>
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<tr>
<td>Aberfeldy</td>
<td>56</td>
<td>90.1</td>
</tr>
</tbody>
</table>

Based on direct routes (car based) on Google Maps

For more ideas and contacts go to www.visitscotlandtraveltrade.com or email traveltrade@visitscotland.com
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Day 1 – Perthshire

Highland Safaris – a 5 star visitor attraction, offering a unique range of products and tours. Discover the Red Deer Centre and Highland Perthshire’s only gold and gem panning centre, or try a cruise on Perthshire’s largest loch. A comfortable cruise where you will pass Deep Point – the alleged lair of the mythical Kelpie of Loch Tay. Suitable for all ages.
T: 01887 820071
E: info@lochtaysafaris.net
www.lochtaysafaris.net

Nae Limits – this activity centre in Highland Perthshire offers full or half day bespoke programmes. Choose from more than 12 water and land activities which include white-water rafting, canoeing, gorge walking and Highland games. Advance booking necessary.
T: 01796 482600
E: info@naelimits.co.uk
www.naelimits.co.uk

Paddle Surf Scotland – stand up paddle boarding is the world’s fastest growing watersport and a perfect way to explore Perthshire’s lochs and rivers. It is easy to pick up, fun and can be done almost anywhere there is water. SUP Yoga combines traditional yoga with stunning locations and exploring on the water.
T: 07852 588 759
E: info@paddlesurfscotland.com
www.paddlesurfscotland.com

Highland Fling Bungee – the UK’s first static bungee jump offers a once in a lifetime free fall experience of 40m. This airborne flight into the dramatic gorge beneath the Garry Bridge – at more than 50 mph – is an adrenaline-packed experience using the latest technology and safety equipment, led by experienced, qualified bungee jump masters. Advance booking necessary.
T: 0345 366 5844
www.bungeejumpscothland.co.uk

Day 2 – Dundee

Fox Lake – an urban wakeboarding park at Dundee’s City Quay, offering mini-adventures in the heart of the city. Wakeboarding is one of the most progressive and fastest growing sports worldwide. Suitable for age 6+ and all levels of experience.
T: 01382 214484
E: info@foxlake Dundee.co.uk
www.foxlake Dundee.co.uk

Pirate Boat Trips – take in the sights of the Tay estuary, including a different viewpoint of the stunning V&A Dundee, the Larkin Beacon and City Quay, from this 7 seater rib. You may also spot a dolphin or two. Suitable for children 7+ years with an accompanying adult, one adult to one child.
T: 07931 231054
E: Info@pirateboatstld.com
www.pirateboatstld.com

Outdoor Explore – kayaking trips off the east coast of Scotland, offering the chance to kayak through caves, taking in castles and majestic cliffs all surrounded by the natural wildlife of the Tay estuary. Experience magnificent hidden gems, inaccessible on foot. Suitable for anyone with a sense of adventure including children 12+.
T: 07904 324102
E: info@outdoorexplore.org.uk
www.outdoorexplore.org.uk

Run the Sights – guided tours allow you to explore Dundee on the run. Why walk when you can run the sights and keep fit? Dundee is designed for discovery, from the iconic Tay Rail Bridge, to street art surprises, Dundee’s Law or the iconic V&A Dundee. Suitable for all, or groups seeking a guided running tour.
T: 07548 203139
E: info@runthesights.co.uk
www.runthesights.co.uk

Day 3 – Angus

Arbroath Angling Boat Trips & Sightseeing – take a fishing or sightseeing trip aboard a licensed charter vessel and experience a variety of sea angling and sights off the Angus coastline. You can see the magnificent cliffs with all the associated birds and you may be lucky to see the bottlenosed dolphins. Advance booking necessary.
T: 07543 005 908
E: arbroathangling@hotmail.co.uk
www.arbroathangling.co.uk

Forbes of Kingennie Country Resort – explore a range of outdoor pursuits. There are five fishing pools, a nine hole golf course, an 18 hole putting course, an 18 hole putting course, and an Angus Thistle Maze. You can re-fuel at the on-site eateries, with menus filled with local and home-grown produce. There are also 14 lodges that sleep from two to ten guests.
T: 01382 350777
E: reception@forbesofkingennie.com
www.forbesofkingennie.com

Montrose Basin Visitor Centre – the enclosed estuary of the South Esk River includes a 4 star visitor centre along with four remote bird hides. It’s home to tens of thousands of migratory birds including pink-footed geese, arctic terns, knots and sedge warblers. Groups welcome with advance booking.
T: 01674 676336
E: montrosebasin@scottishwildlifetrust.org.uk
www.scottishwildlifetrust.org.uk

Murton Farm, Tearoom and Nature Reserve – enjoy a walk around the beautiful lochs and wetlands that are home to a wide variety of birds and wildlife. The farm has a friendly collection of animals, birds and an extensive play area. The tea room serves light lunches and home baked cakes. The farm is free to the public.
T: 01307 819491
E: murtontrust@murtontrust.org.uk
www.murtontrust.org.uk

Bike & Go – a bike hire scheme available from over 70 train stations across the UK, including Dundee. You can hire up to two bikes at a time and keep them up to 72 hours. Perfect for a weekend of cycling in the city and East of Scotland! Sign up and hire a bike instantly (you must be 18 to register, however riders 15 or over can join you.)
T: 0151 5551111
E: info@bikeandgo.co.uk
www.bikeandgo.co.uk

Day 4 – Fife

Isle of May Boat Trips – The May Princess sails from Anstruther almost every day from 1 Apr – 30 Sept. The island is a National Reserve and home to an incredible array of wildlife, including the largest puffin colony in the North Sea, and Scotland’s oldest lighthouse. Suitable for all ages. Advance booking advised.
T: 07473 631671
E: info@isleofmayboattrips.co.uk
www.isleofmayboattrips.co.uk

Elie Watersports – are located at the eastern end of Elie harbour. The team offer the opportunity to try sailing, windsurfing, kayaking, paddle boarding and water skiing. Instructors and equipment available. Suitable for all abilities.
T: 07799418192
E: angus@eliewatersports.com
www.eliewatersports.com

Blown Away Experiences – one of Scotland’s most established activity providers. Blown Away’s awesome adventures are normally based at West Sands beach, St Andrews and include landyachting, beach kayaking, stand-up paddle boarding and beach olympics. Suitable for all abilities. Advance booking required.
T: 07784 121125
E: ahoy@blownaway.co.uk
www.blownaway.co.uk

Fife Coastal Path – one of Scotland’s Great Trails stretching for 117 miles, the route offers walkers a walking experience, ranging from easy and level to more strenuous. Whether completed in smaller sections or as a long distance route, it offers a great walking experience for all abilities.
T: 01592 656 080
E: ask.us@fifecountryside.co.uk
www.fifecoastalpath.co.uk

Knockhill Racing Circuit, Scotland’s National Motorsports Centre – enjoy a group action day out doing some fabulous motorsport activities, from racing cars to rally driving experiences. Group activities can be tailored. Open all year round, advance booking required. Coach parking on site.
T: 01383 733337
E: enquiries@knockhill.co.uk
www.knockhill.com/experiences

Please check opening times directly with the businesses.

For more information on things to see and do in Scotland’s Tay Country go to www.visitscotlandtraveltrade.com