

# Scotland's Tay Country – Designed to explore



Mountain biking in the Angus Glens



Land yachting, St Andrews



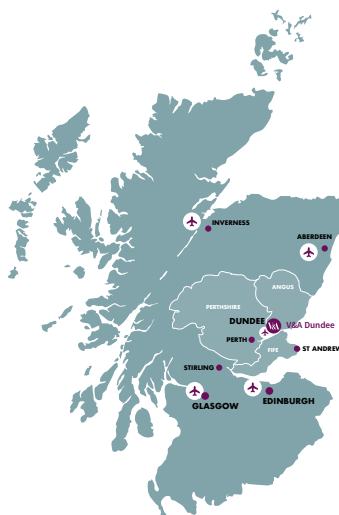
Kayaking on River Tay, Perthshire



Sightseeing trips, Dundee

## 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

Towns	Miles	Kilometres
Carnoustie	13.5	21.7
Forfar	14	22.5
Kirriemuir	19	30.6
Arbroath	17	27.3
Montrose	30	48.3
Brechin	27	43.5
Glamis	12	19.3
St Andrews	16	25.75
Dunfermline	40	64.4
Kirkcaldy	30	48.3
Falkland	23	37
Anstruther	25	40.2
Perth	22	35.4
Pitlochry	51	82.1
Crieff	41	66
Blaigowrie	20	32.2
Dunkeld	39	62.8
Aberfeldy	56	90.1

Based on direct routes (car based) on Google Maps

### JANUARY

MacTuff OCR Endurance Event, Knockhill

### APRIL

Angus Half Marathon

### MAY

Etape Caledonia  
Anstruther Muster

### JUNE

Cream of the Croft, Comrie  
Angus Glens Walking Festival

Tay Weekend Open Regatta

Kirkcaldy Beach Highland Games

### JULY

The 147th Open Championship, Carnoustie Golf Links

DRAM Dundee, Running Adventure Marathon

MCE British Superbike Championship, Knockhill

### AUGUST

Blair Castle International Horse Trials

### SEPTEMBER

Blaigowrie & East Perthshire Walking Festival

Dundee Cyclathon

### OCTOBER

Crieff and Strathearn Drovers' Tryst Walking Festival

Alfred Dunhill Links Championship

### DECEMBER

Santa Run Dundee

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## Day 1 – Perthshire



**1**  
**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@lochtaisafaris.net](mailto:info@lochtaisafaris.net)  
[www.lochtaisafaris.net](http://www.lochtaisafaris.net)



**2**  
**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, canyoning, gorge walking and Highland games. Advance booking necessary.  
T: 01796 482600  
E: [info@naelimits.co.uk](mailto:info@naelimits.co.uk)  
[www.naelimits.co.uk](http://www.naelimits.co.uk)



**3**  
**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 988 758  
E: [info@paddlesurfscotland.com](mailto:info@paddlesurfscotland.com)  
[www.paddlesurfscotland.com](http://www.paddlesurfscotland.com)



**4**  
**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.bungeejumpscotland.co.uk](http://www.bungeejumpscotland.co.uk)



**5**  
**Cateran Trail** – a fully waymarked, 64 mile (103 km) route through Perthshire and the Angus Glens. Divided into five stages, it covers a varied terrain of farmland, forests and moors and can be comfortably walked in five days. It follows ancient tracks used by the Caterans – fearsome cattle thieves in the area up to the 17th century.  
T: 01738 475619  
E: [ehill@pkc.gov.uk](mailto:ehill@pkc.gov.uk)  
[www.pkc.org/cateran-trail](http://www.pkc.org/cateran-trail)

## Day 2 – Dundee



**1**  
**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 extreme watersports. Suitable for age 6+ and all levels of experience.  
T: 01382 214484  
E: [info@foxlakedundee.co.uk](mailto:info@foxlakedundee.co.uk)  
[www.foxlakedundee.co.uk](http://www.foxlakedundee.co.uk)



**2**  
**Pirate Boat Trips** – take in the sights of the Tay estuary, including a different viewpoint of the stunning V&A Dundee, the Larick 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@pirateboatsltd.com](mailto:Info@pirateboatsltd.com)  
[www.pirateboatsltd.com](http://www.pirateboatsltd.com)



**3**  
**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@outdoorexpl.org.uk](mailto:info@outdoorexpl.org.uk)  
[www.outdoorexpl.org.uk](http://www.outdoorexpl.org.uk)



**4**  
**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](mailto:info@runthesights.co.uk)  
[www.runthesights.co.uk](http://www.runthesights.co.uk)



**5**  
**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](mailto:info@bikeandgo.co.uk)  
[www.bikeandgo.co.uk](http://www.bikeandgo.co.uk)

## Day 3 – Angus



**1**  
**Arbroath Angling Boat Trips & Sightseeing** – take a fishing or sightseeing trip aboard a licensed chartered 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 bottle nosed dolphins. Advance booking necessary.  
T: 07543 005 908  
E: [arbroathangling@hotmail.co.uk](mailto:arbroathangling@hotmail.co.uk)  
[www.arbroathangling.co.uk](http://www.arbroathangling.co.uk)



**2**  
**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 green, countryside walks 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](mailto:reception@forbesofkingennie.com)  
[www.forbesofkingennie.co.uk](http://www.forbesofkingennie.co.uk)



**3**  
**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@scottishwildlife.org.uk](mailto:montrosebasin@scottishwildlife.org.uk)  
[www.scottishwildlifetrust.org.uk](http://www.scottishwildlifetrust.org.uk)



**4**  
**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 wildfowl. The farm has a friendly collection of animals, birds and an extensive play area. The tea room serves light lunches and home baking. Coach parking available on site.  
T: 01307 819491  
E: [murtontrust@murtontrust.org.uk](mailto:murtontrust@murtontrust.org.uk)  
[www.murtontrust.org.uk](http://www.murtontrust.org.uk)



**5**  
**Angus Cycle Hub/Cycle Routes** – discover Angus on two wheels. A wide choice of cycling and mountain biking excursions, guided trips; coaching and skills development; bike hire; portable bike skills track and pump track hire, can be tailored for an amazing experience. Advance booking necessary.  
T: 01241 873500  
E: [info@anguscyclehub.co.uk](mailto:info@anguscyclehub.co.uk)  
[www.anguscyclehub.co.uk](http://www.anguscyclehub.co.uk)

## Day 4 – Fife



**1**  
**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](mailto:info@isleofmayboattrips.co.uk)  
[www.isleofmayboattrips.co.uk](http://www.isleofmayboattrips.co.uk)



**2**  
**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: 07799481925  
E: [angus@eliewatersports.com](mailto:angus@eliewatersports.com)  
[www.eliewatersports.com](http://www.eliewatersports.com)



**3**  
**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 paddling and beach olympics. Suitable for all abilities. Advance booking required.  
T: 07784 121125  
E: [ahoy@blownaway.co.uk](mailto:ahoy@blownaway.co.uk)  
[www.blownaway.co.uk](http://www.blownaway.co.uk)



**4**  
**Fife Coastal Path** – one of Scotland's Great Trails stretching for 117 miles, the route offers an unrivalled 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](mailto:ask.us@fifecountryside.co.uk)  
[www.fifecoastalpath.co.uk](http://www.fifecoastalpath.co.uk)



**5**  
**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 723337  
E: [enquiries@knockhill.co.uk](mailto:enquiries@knockhill.co.uk)  
[www.knockhill.com/experiences](http://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](http://www.visitscotlandtraveltrade.com)