

SCOTLAND'S TAY COUNTRY - 4 DAY ITINERARY

– ACTIVE AND OUTDOOR

01

FIFE



Knockhill Racing Circuit

Over 40 years as Scotland's National Motorsport Centre and host to the UK's top televised motorsport car and bike events, Knockhill also provides group activity days and half days that are the perfect way to enjoy the thrills of circuit driving. Your clients can take part to racing car or rally driving experiences. Each day will be individually tailored to suit your clients' need as well as budget. There are popular formats often bespoke designed including on site meeting facilities and catering.

Knockhill Racing Circuit

By Dunfermline

Fife, KY12 9TF

www.knockhill.com

[Link to Trade Website](#)



Distance between Knockhill Racing Circuit and Cluny Activities is 19 miles /30.6km.



Cluny Activities

Cluny Activities is set in 80 acres of attractive countryside in Fife. Formerly known as Cluny Clays, they have been a family run business since 1992. Starting off with a few clay traps and a cabin, they have grown to become one of Scotland's leading outdoor activity centres. Your clients can enjoy a huge range of experiences, including golf, archery, shooting and segways. Visitors can also discover footgolf, this new hybrid sport combining the best of football and golf.

Cluny

Kirkcaldy

Fife, KY2 6QU

www.clunyactivities.co.uk

[Link to Trade Website](#)



Distance between Cluny Activities and Isle of May Boat Trips is 25.4 miles /40.8km.

Isle of May Boat Trips

Isle of May Boat Trips offers wildlife and nature boat tours aiming to give the best experience possible and visit the Isle of May, round the island or simply a fun trip up the coast. 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. Their ranger service can give to your clients a short talk about the latest goings on with the wildlife.

Middle Pier

Anstruther

Fife, KY10 3AB

www.isleofmayboattrips.co.uk

[Link to Trade Website](#)



April-Sept

Distance between Isle of May Boat Trips and Blown Away is 11.6 miles /18.6km.



Blown Away

Blown Away is a mobile outdoor experience company specialising in beach-based activities and is one of Scotland's most established activity providers. Their awesome and exhilarating adventures are normally based at West Sands beach, St Andrews and include land yachting, beach kayaking, stand-up paddle boarding and beach Olympics. Blown Away can also create bespoke events and multi experience packages for your clients, perfect to explore the scenic coastline of old St Andrews.

West Sands Road

St Andrews

Fife, KY16 9XL

www.blownaway.co.uk

[Link to Trade Website](#)



Distance between Blown Away and Dundee Botanic Garden is 16.6 miles /26.6km.

The details provided above are subject to change from time to time. We suggest contacting establishments directly for up to date information.



Groups
8–12
people



Groups
up to 24
people



All groups
all sizes



Free
independent
travellers



Languages
spoken



Seasonal Opening
(as noted)
Winter by
appointment



Open all year



Accessible
access



Green Tourism
Business
scheme



Coach
parking
available

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02

DUNDEE



University of Dundee Botanic Garden

Located in 9.5 hectares of gently sloping land near the banks of the River Tay, the University of Dundee Botanic Garden features many species of indigenous British plants and collections of plants from all around the world. Your clients can visit and enjoy its fine collections of conifers and broad-leaved trees and shrubs, tropical and temperate glasshouses, a water garden and a herb garden. The Garden hosts regular art exhibitions in the visitor centre, and facilities are available for private receptions and meetings.

University of Dundee

Riverside Dr

Dundee, DD2 1QH

www.dundee.ac.uk/botanic

[Link to Trade Website](#)



Distance between Dundee Botanic Garden and Foxlake is 3.1 miles/4.9km.

Foxlake

Foxlake is a 5-star independent company with an appetite for adventure. The watersports site in Dundee utilises the beautiful City Quay to create mini adventures. They offer activities such as wakeboarding, one of the most progressive and fastest growing extreme watersports. Your clients can also experience other fun and exciting adventures with ringo rides and stand-up paddle boarding sessions. The aqua park is made up of huge obstacles, slides and rafts, complete with a giant 3.8m inflatable tower 'the Mountain'.

West Victoria Dock Road

Dundee, DD1 3JP

www.foxlakedundee.co.uk

[Link to Trade Website](#)



Distance between Foxlake and Outdoor Explore is 0.7 mile /1.2km.



Outdoor Explore

Outdoor Explore provides 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. They have over 60 locations for kayaking in Scotland, including Dundee, River Tay and Loch Tay. Outdoor Explore can offer a combination of bespoke activities. Your clients can explore Dundee waterfront, its fascinating history and enjoy kayaking with departures from the famous Discovery Point and the spectacular V&A Museum.

The Steading, Westfield Farm

Balmoral Road

Ratray

Perthshire, PH10 7HY

www.outdoorexplare.org.uk

[Link to Trade Website](#)



Distance between Outdoor Explore and DD Tours is 7.4 miles /12km.



DD Tours

DD Tours run historical walking tours in a quirky, offbeat style through the city of Dundee. Tours are presented by two local guides, Louise and Stewart a double act of storytellers bringing energy and humour. They have a wide range of tours including underground vaults. All tours can be adapted to your clients' needs and can include locations and stories of specific interest to discover more about Dundee and its past. Packed with facts as well as a few laughs along the way, there is something for everyone.

Dundee, Scotland

www.ddtours.co.uk

[Link to Trade Website](#)



Distance between DD Tours and Forbes of Kingennie Country Resort is 7.1 miles /11.5km.

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03 ANGUS

Forbes of Kingennie Country Resort

Forbes of Kingennie Country Resort is a great place to meet, eat, stay and play. Your clients will have the opportunity to explore a range of outdoor pursuits. There are five fishing pools, a 9-hole golf course, an 18-hole putting green, a nice walk to the countryside and an Angus thistle maze. Your clients can then 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.

By Broughty Ferry

Dundee

Angus, DD5 3RD

www.forbesofkingennie.co.uk

[Link to Trade Website](#)



Distance between Forbes of Kingennie Country Resort and Newton Farm Holidays is 6.1 miles /9.8km.

Newton Farm Holidays

Newton Farm Holidays can offer a memorable experience with authentic farm tours and can give your clients the opportunity to enjoy the beautiful rural Angus countryside. Their farm tour is a great chance for everyone to learn about farming life and meet friendly animals. Together with farm tours, your clients can also experience alpaca walks and brand-new lambing experiences. The family run farm also provides accommodation in the farmhouse bed and breakfast or self-catering cottage.

Newton of Fotheringham Farm

Inverarity

Forfar

Angus, DD8 2JU

www.newtonfarmholidays.co.uk

[Link to Trade Website](#)



Distance between Newton Farm Holidays and Montrose Basin Visitor Centre is 22.7 miles /36.6km.



Montrose Basin Visitor Centre

Cared for by the Scottish Wildlife Trust, Montrose Basin is the enclosed estuary of the South Esk River. The reserve includes a 4-star visitor centre along with four remote bird hides. Covering 750 hectares, Montrose Basin is home to over 80,000 migratory birds including pink-footed geese, common terns, knot and kingfisher. Your clients can have a great day out in Angus, telescopes and binoculars set up will be provided together with amazing wildlife experiences such as guided walks.

Rossie Braes,

Montrose,

Angus, DD10 9TA

www.scottishwildlifetrust.org.uk

[Link to Trade Website](#)



Distance between Montrose Basin Visitor Centre and Sup2summit is 13.8 miles /22.1km.

Sup2summit

Sup2summit is specialising in stand-up paddle boarding (sup) and rock climbing. They operate across Scotland but predominantly between the areas of Aberdeen and Dundee. Their operation is fully mobile allowing them to pick and choose the best venues with the most suitable weather. This also means they are flexible and don't mind travelling to an area of your clients' choice. Their aim is to give your clients an experience that will leave them feeling invigorated from the natural world around them.

18 Green Braes Road

Gourdon

Angus, DD10 0NE

www.sup2summit.com

[Link to Trade Website](#)



Distance between Sup2summit and Perthshire Wildlife is 59.2 miles /95.3km.



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04 PERTHSHIRE

Perthshire Wildlife

Perthshire Wildlife is a small Scottish company which helps connect locals and holiday makers to the beautiful Perthshire countryside and wonderful wildlife that lives here. They run a variety of guided walks and events across Perthshire Big Tree Country and specialise in beaver safaris by walk or canoe and where your clients can observe European beavers living wild on the River Tay. Perthshire Wildlife also runs seasonal wildlife walks to discover more about wild animal species including red squirrels and ospreys, foraging events and guided tours to explore the Catheran Trail.

The Old Post Office
Station Rd
Murthly, PH1 4EL
www.perthshirewildlife.co.uk
[Link to Trade Website](#)



Distance between Perthshire Wildlife and Nae Limits is 14.5 miles /23.3km.

Nae Limits

Located in Highland Perthshire, Nae Limits offers full or half day bespoke programmes and provides over 14 adrenalin-fuelled water & land adventure activities and experiences. Established purely for their love of the outdoors, the team will introduce your clients to some of the most adventurous and extreme pursuits available in Scotland. With a wide choice of activities, including white-water rafting, canyoning, gorge walking and traditional highland games, your clients will find something that best suits their needs.

Ballinluig
By Pitlochry
Perthshire, PH9 0LG
www.naelimits.co.uk
[Link to Trade Website](#)



Distance between Nae Limits and Highland Safaris is 12.9 miles /20.7km.



Highland Safaris

Highland Safaris will take your clients into the Perthshire Hills where they can experience scenery, wilderness and wildlife within touching distance. This 5-star visitor attraction is offering visitors a unique range of products and tours. They can experience mountain, forest and private charter land rover safaris. Additionally, your clients can enjoy a cruise with Loch Tay Safaris, a unique 5-star experience where they can explore the history, heritage and folklore of Perthshire's largest loch. Your clients can also visit the Red Deer Centre and enjoy their lunch at the award-winning Café.

Aberfeldy
Perthshire, PH15 2JQ
www.highlandsafaris.net
[Link to Trade Website](#)



Distance between Highland Safaris and Willowgate Activity Centre is 38.5 miles /62km.

Willowgate Activity Centre

Willowgate Activity Centre is located on the banks of the iconic River Tay just 5 miles outside of Perth City Centre and offers a host of exhilarating activities in the ultimate natural playground suitable for both individuals and groups. Your clients can try their hand at stand-up paddle boarding, aqua zorbing, kayaking and canoeing. Willowgate Activity Centre also offers guided walks around the local hills and can add something extra special into these with a whisky tasting of locally distilled produce.



Stockgreen Lodge
Lairwell
Kinfauns
Perth, PH2 7JU

www.willowgateactivitycentre.co.uk
[Link to Trade Website](#)



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WALKING AND CYCLING ROUTES

FIFE

The Fife Coastal Path

A popular scenic long-distance route starting from the Firth of Forth in the south to the Firth of Tay in the north. One of Scotland's Great Trails, this 117-mile coastal route can also be completed by walkers in small-distance sections.

The Fife Pilgrim Way

Your clients can follow one of the routes taken by countless pilgrims to Scotland's holy hot spot. Modern day walkers can enjoy this fully waymarked 64-mile route starting at North Queensferry or Culross and finishing in St Andrews.

Local Nature Reserves (LNRs)

LNRs consist of all sorts of wild places, including woodlands, wetlands, meadows or coastal sand dunes including Tentsmuir National Nature Reserve, one of the best wildlife tourism destinations in Scotland. LNRs also offer unique opportunities to explore or study local nature, or to simply enjoy a gentle walk.

The Lomond Hills

The Loch Lomond Hills are Fife's most prominent landmarks and the centre of 25 square miles of moorland, lochs and farmland. The area became Scotland's first Regional Park in 1986 and boasts a huge network of paths and interesting features throughout.

DUNDEE

Discovery Walk

Discovery Walk celebrates the many extraordinary people who have lived and worked in Dundee. They honour the pioneering spirit of those whose scientific and social achievements have helped make Dundee and the wider world a better place.

The Dundee Women's Trail

A unique experience which encompasses locations across Dundee that have been shaped and influenced by women throughout the years. Your clients will come across bronze plaques which celebrate artists, trade unionists, social reformers, suffragettes, a shipyard welder and a marine engineer.

The Dundee Maritime Trail

A 2km walking trail around some of the many maritime features and historical sites that reflect Dundee's important links with the seas. It passes by several tourist attractions including Discovery Point, HMS Unicorn and the V&A Dundee.

Embark Dundee

Powered by Ride On which was selected by Dundee City Council to be the exclusive operator of e-bike sharing services in the city. Visitors can cycle around Dundee's top attractions with pay as you go plans for up to 2 hours or more.

ANGUS

The Pictish Trails

Angus is particularly rich in Pictish heritage with carved symbol stones to discover throughout The Pictish Trail. The earliest sculptures include incised animals and shapes and can be found on rock faces and in caves. Other trails can be found at [Heritage Trails in Angus | Visit Angus](#)

Glen Clova Circuit

Part of Angus Cycling Routes, the route is a winding circular route taking the rider through lovely mountain scenery. One of the five Angus glens, Glen Clova is a valley with superb views and an abundance of flora and wildlife. More info on the route can be found [here](#)

Angus Coastal Route

Curving gracefully along the east coast, the Angus Coastal Route connects Dundee to Aberdeen, passing a range of charming towns, beautiful nature reserves and more than a few great attractions, including Dundee V&A Museum, Arbroath Abbey and Dunnottar Castle.

Arbroath Cliffs Trail

A 4-mile coastal path from Arbroath to Auchmithie and one of Scotland's hidden gems. Beautiful cliffs, stunning rock formations, breath-taking caves, birds, dolphins and secluded beaches make this Angus' top adventurous activity.

PERTSHIRE

The Cateran Trail

One of Scotland's Great Trails with a fully waymarked, 64-mile route through Perthshire and the Angus Glens. Divided into five stages, it covers a varied terrain of farmlands, forests and moors and can comfortably be walked in five days.

The Cateran Eco Museum

A museum without walls going through Perthshire, Angus and the southern edge of the Cairngorms National Park, encompassing millions of years of geological history and thousands of years of human history. Walks and cycle rides have been designed in different locations.

The River Tay Way

A linear long-distance route with separate designated routes for cycling and walking being developed by Perth and Kinross Countryside Trust. More info on trails in Perthshire can be found at the following link: [Perthshire Big Tree Country | Perth & Kinross Countryside Trust \(pkct.org\)](#)

The Loch Leven Heritage Trail

A circular path of 13 miles around Loch Leven linking Kinross with RSPB Loch Leven. As it is level and barrier-free for most of its length, it is suitable for walkers, cyclists, wheelchair and motorised scooter users.



FOOD & DRINK SUGGESTIONS

Anstruther Fish Bar & Restaurant

Located in the traditional fishing village of Anstruther, the multi award-winning restaurant, voted Best in Scotland has built up a legendary reputation for their first-class fish suppers.



Janettas Gelateria

Award-winning ice-cream and café set in the heart of the historic town of St Andrews in the Kingdom of Fife. They produce over 100 flavours of tasty ice cream, sorbet and frozen yoghurt.



Bowhouse

One weekend every month Bowhouse in the East Neuk comes alive for a Food Weekend, where your clients can meet local producers and sample Fife's finest fare. Check website for dates.

Bridgeview Station

Set on Dundee's prominent waterfront and housed within an iconic Victorian railway station, Bridgeview Station boasts panoramic views over the Tay estuary and aims to set a new standard for casual dining.



Jute café bar

At the heart of Dundee Contemporary Arts, your clients can enjoy a coffee in the Jute Café Bar, which turns into one of Dundee's most popular bars in the evening.

The Scullery & Cairn O'mount Bar

Both restaurant and bar are set in the heart of the Forbes of Kingennie Country Resort, leading onto a terrace overlooking the fishing ponds and beautiful Angus Countryside. They serve hearty food made with locally sourced and home grown produce.



The Old Brewhouse

A family run à la carte restaurant and bar with accommodation located in Arbroath. They offer delicious and modern Scottish cuisine including Aberdeen Angus Fillet and Sirloin Steak and their famous Arbroath Smokies.

Thyme Bistro at Errichel

Thyme Bistro is a casual dining experience situated within Errichel, a working rare-breeds farm featuring the best of local and Scottish produce with flavours and influences from around the world.



Ballintaggart Farm

In the Cook School by Ballintaggart, in Aberfeldy, visitors can learn how to cook with some of Scotland's finest ingredients and hone their skills through series of practical and inspiring masterclasses and courses.



Willogate Café at the Willogate Activity Centre

Set near Perth, the café is a converted Salmon fishing station with seating 50 customers inside and 50 outside on the riverside patio. Serving homemade soups, sandwiches, light lunches, home baked cakes and scones.



ACCOMMODATION SUGGESTIONS

Newton Farm Self Catering

Award winning family farm that offers accommodation in the farmhouse bed and breakfast with one family room en-suite and in alternative a self-catering cottage.

Pitlochry Youth Hostel

A 3-star hostel in Pitlochry with stunning views over the town and surrounding area. Perfect for groups, families and individual travellers, the hostel is available for exclusive private hire through RentaHostel. Taste Our Best awards.

Murrayshall Country House Hotel & Golf Club

4-star hotel with 40 rooms, 27-holes of stunning parkland golf and delicious local cuisine in our Lynedoch Brasserie. Murrayshall House has stood in its beautiful 350-acre estate near Perth, Scotland for over 400 years.

Best Western Invercarse Hotel

A traditional hotel situated in a quiet residential area of Dundee with outstanding river views from the public rooms. The hotel has 68 rooms and cater for groups, corporate, leisure and FIT.

Glensk Hotel

A 4-star hotel with 24 rooms situated in the picturesque village of Edzell. The 360 Bar, with over 1,000 malts, is a Guinness World Record Holder. Enjoy traditional Scottish food featuring the best local produce.



Sleeperz Hotel Dundee

3-star hotel with 120 bedrooms. Located above Dundee Railway Station, guests will enjoy views over the nearby V&A Museum Dundee, the River Tay and onto the new Waterfront Plaza.

Forbes of Kingennie Country Resort

4-star self-catering near Dundee. These countryside lodges and chalets have much to offer visitors of all ages, whether looking for pure relaxation or activity-packed holidays in Scotland.



Blairmore Farm and Estates

A 5-star self-catering in Crieff. This collection of 6 luxurious and stylish holidays cottages converted from the farms 19th century stone steading is designed with everyone in mind.

DoubleTree by Hilton Edinburgh Queensferry Crossing

4-star hotel in North Queensferry with 147 guest rooms and 6 meeting rooms. Set in spectacular surroundings with unrivalled views of the river Forth, Forth bridge & Forth Road bridge.

Newhill Farm Cottages

4-star self-catering in Cupar with 3 luxury cottages sleeping up to 14, indoor heated swimming pool, indoor hot tub, large outdoor hot tub, outdoor children's play area, games room/ gym and outdoor all-weather tennis court.

The details provided above are subject to change from time to time. We suggest contacting establishments directly for up to date information.



Taste Our Best

One way to ensure that you'll enjoy great quality Scottish food and drink, prepared with care and delivered with passion, is to look for places that are part of Taste Our Best, our food and drink quality scheme.

VISITSCOTLAND'S WEBSITES

Our travel trade website offers the travel industry a one-stop-shop for Scotland information, inspiration and tool kits. The site is designed to assist tour operators and agents to sell destination Scotland more effectively to their clients.

Travel trade website	www.visitscotlandtraveltrade.com
Destination Education Programme	www.visitscotlandtraveltrade.com/scotsagent
VisitScotland consumer site	www.visitscotland.com

Information on travel trade websites:

- Inspirational itineraries
 - Downloadable e-brochures and maps
 - Link to multimedia library for images and videos
 - Online destination education programme
 - Opt-in to receive our monthly travel trade e-newsletter
- A comprehensive directory of Scottish companies who have committed to special rates, discounts and commissions exclusively available for the travel trade

GENERAL WEBSITES

Britrail	www.britrail.com
News & Weather information	www.bbc.co.uk/weather
British Train information	www.nationalrail.co.uk
Scottish Train information Bus information	www.scotrail.co.uk www.citylink.co.uk
Historic Environment Scotland	www.historic-scotland.gov.uk
National Trust for Scotland	www.nts.org.uk
Scottish Tourist Guides Association	www.stga.co.uk
Scotland's Tay Country Travel Trade Site	www.taycountry.uk/traveltrade