

# DESIGN YOUR STAY

**DESIGNED  
FOR  
TEEING OFF &  
KICKING BACK**

**SCOTLAND'S TAY  
COUNTRY IS A  
DESTINATION TO  
BE TRULY  
SAVOURED.**

From iconic golf courses to world class spa facilities, travellers looking for the ultimate getaway should consider this easy to reach destination. Spend time on some of the most famous greens in the world while soaking up all of the other delights that this region has to offer.

Here, you can find some inspiration for exploring Tayside's sporting, spa and foodie offerings. Create a trip to remember.

## DAY ONE

Scotland's Tay Country boasts over one hundred golf courses, and with six world-class options to choose from in St Andrews alone, the sporting visitor is truly spoiled for choice.

Travellers looking for a challenge can head out to the **Championship Course at Carnoustie**, which has developed the reputation as being one of the sport's most testing courses.

The rolling greens of the 85-year-old **Kings Course at Gleneagles** are also just over an hour away by car too, meaning that a trip to Scotland's Tay Country can include some of the world's best loved courses.

Whilst enjoying the rolling hills of Perthshire, travellers can make use of the stunning spa facilities on offer at the **Gleneagles Hotel**. Newly renovated and offering both day and resident packages, guests can expect to enjoy the ultimate in relaxation and restoration. Many of the treatments on offer feature products from Gleneagles own range, where oil blends composed with natural botanicals extracted from the Perthshire countryside are used to revitalise weary travellers. Make use of the sizeable leisure pool, which includes outside elements, as well as a dramatically lit lap pool and full thermal suite.



ST ANDREWS | ST ANDREWS CATHEDRAL



ST ANDREWS | OLD COURSE

If the overnight choice is St Andrews, then visitors can look forward to traditional Scottish hospitality at the much-loved **Old Course Hotel and Spa**. With freshly modernised guestrooms to enjoy, many of which enjoy enviable views out across the Old Course. Evenings can be spent in the warmth and comfort of the Road Hole Bar. Spoiled for choice, dinner could be taken at the hotel's flagship 2 AA Rosette Roadhole Restaurant is only a few steps away, serving a classically inspired menu filled with fine Tay Country produce.



ST ANDREWS | BALGOVE LARDER

Alternatively head just outside the town to the **Steak Barn** at Balgove Larder for a different kind of food experience. Conceived from a love of fresh, Scottish fare, Balgove has become a hub for top notch locally reared, grown, stalked, caught, handmade, and prepared foods. This former sawmill clings to its rustic past with walls of potato boxes and roughhewn communal tables. The menu includes Steaks, hung for no less than 28 days, burgers and sausages made here in our butchery, all cooked to order on our massive wood-fired BBQ.



ST ANDREWS | RUSACKS

## DAY TWO

Start the day in the most leisurely of fashion, with a full Scottish breakfast, enjoyed in the **Roadhole Restaurant**. The expansive views make early mornings a must, to allow guests the opportunity to dine whilst enjoying sunrise over St Andrews.

The rest of the morning can be continued at the **Kohler Waters Spa**, with a restorative treatment or two in one of the spa's 13 treatment rooms. There is a full menu of treatments on offer, which range from facials and massages to therapeutic water treatments, designed to ease (post round of golf) aching muscles.

The hotel is within an easy stroll of West Sands Beach, best known for the opening sequence of Chariots of Fire – make sure to get photographs on the iconic Swilcan Bridge, before enjoying the bracing North Sea air.



FORFAR | GIN BOTHY EXPERIENCE

Enjoy a stroll up into the heart of St Andrews and enjoy the buzz of the town. Must-see spots include the remains of **St Andrews Cathedral**, which dates back to 1158, and was previously Scotland's largest and most magnificent church. Destroyed by a mob in 1559, visitors can still climb to the top of St Rule's Tower, where they can enjoy views stretching out over the whole town.



ST ANDREWS | ST ANDREWS CATHEDRAL

Those looking for a keepsake of the trip can head to the much-loved **Topping & Co**, a labyrinthine bookshop which has titles stacked from floor to ceiling. Visitors can enjoy perusing the shelves with a complimentary tea or coffee, and chilly evenings are offset with the shop's roaring fires.

Take a scenic drive to the **Kingsbarns Distillery**. One of the Tay Country's many fine producers, it offers visitors the opportunity to enjoy a glimpse behind the scenes. We recommend their Dream to Dram Tour, a two-hour experience where a senior guide can take small groups through the history of the distillery, with an in-depth guided tasting of their single malt 'Dream to Dram' alongside a selection of Kingsbarns single malt whiskies. Guests will receive a complimentary Glencairn whisky glass to keep, as well as a voucher redeemable against a 70cl bottle of whisky or gin – a fabulous memento for the trip!

## DAY THREE

With a wonderful range of five-star hotels in the region, visitors are truly spoiled for choice. Tay Country visitors looking for the ultimate 'instagrammable' hotel experience can enjoy the fairy tale surroundings of Perthshire's **Fonab Castle and Spa**.

It is no surprise that Fonab Castle is a destination for relaxation. With the rising Ben Vrackie mountain and peaceful Loch Faskally at their doorstep, the Woodland Spa is a haven of tranquillity.

We recommend making a booking at the 3 AA Rosette-awarded **Sandemans Fine Dining Restaurant** after your treatment. It serves a classic tasting menu, 'with a twist.' Look out for plentiful local produce, and an impressive wine list chosen by their Sommelier.

If you would like to squeeze in another round of golf, why not at **Kingsbarns Golf Links**. Dating to 1793, the North Sea is visible from almost the whole course thanks to the 2km of sea frontage. One of the only true links courses to be recently built into Scotland's coastline, it is regarded by many as one of the greatest links courses to play.



ST ANDREWS | RUSACKS

The end of such a trip requires a final flourish back at St Andrews, so **Rusacks' Rooftop Bar** is our choice. A destination for enjoying seasonal Scottish produce, visitors should choose a table near the floor to ceiling windows to enjoy a last look at the Old Course which sprawls out beneath them. With an open-pass and theatre kitchen, they can look forward to flame-grilled cooking and an inventive drinks menu to round off their trip.

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### ACCOMMODATION 5-STAR:

- Old Course Hotel and Spa
- Gleneagles Hotel
- Fairmont St Andrews
- Fonab Castle Hotel and Spa

### SIGHTSEEING & ACTIVITIES:

- Glamis Castle
- Falkland Palace
- R&A World Golf Museum
- The Royal Burgh of Culross
- Knockhill Racing Circuit
- Lindores Abbey Distillery
- House of Dun
- The Bothy Experience

### FOOD & DRINK:

- The Rookery
- The Drovers
- St Andrews Farmhouse Cheese Company
- The Seafood Ristorante St Andrews
- Kingsbarns Distillery
- The Peat Inn Restaurant with Rooms
- Anstruther Fish Bar and Restaurant
- Balgove Larder & Steak Barn
- Rusacks Rooftop Bar
- The Kinneuchar Inn
- The Cellar Anstruther
- Loch Leven's Larder