

Responsible Access

Enjoy Scotland's outdoors - responsibly!

Know the Code before you go...

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

- **take responsibility for your own actions;**
- **respect the interests of other people;**
- **care for the environment**

Find out more by visiting www.outdooraccess-scotland.com or phoning Scottish Natural Heritage on (01738) 458545 for a copy of the full Code or a leaflet.



Please

- Take your **litter** home.
- Keep your **dog** under close control. Remove Dog dirt and dispose of it safely.
- Be aware that **cattle** can be dangerous. Don't take your dog into fields where there are calves or other young animals. Never let your dog worry or attack livestock.
- Expect to meet **other people**. Let farm traffic pass safely. Cycle or ride at a safe speed.

Useful information

Arbroath Tourist Information Centre
01241 872609

Arbroath Library
01241 872248

Signal Tower Museum
01241 875598

Traveline (Public Transport information):
Tel: 0871 200 22 33

www.angus.gov.uk

www.angusanddundee.co.uk

www.angusahead.com

A guide to the Arbroath Heritage Trail is available from the library, museum and tourist information centre.

Other Leaflets available: Forfar Path Network, Kirriemuir Path Network, Brechin Path Network, Walking in Glen Clova and Glen Doll, Walking in Glen Esk.

Acknowledgments

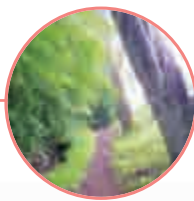
The Arbroath Path Network has been developed by Angus Council. Financial assistance was given by Scottish Natural Heritage, Angus Environmental Trust and Scottish Enterprise Tayside. Many of the paths are on private land. They have been developed with the co-operation and assistance of local landowners.

For more information on path networks in Angus, or general Council information please call ACCESSLine on 08452 777 778

e-mail: accessline@angus.gov.uk

or visit: www.angus.gov.uk

The content of this publication can be made available on alternative formats or translated into other community languages. Please contact the Council's ACCESSLine on 0845 777 778 for further information.



Paths To Health

Walking is an excellent way of helping you improve your health. It is the simplest and most natural form of exercise there is.

Walking is free and can be enjoyed by almost anyone.

30 minutes brisk walking each day can make a big difference. You don't have to do this all at once; it could be two 15-minute walks.

If you want to improve your fitness, why not try out some of the paths on the map.

What are the benefits of keeping active?

Taking regular exercise will not only make you feel better, it could also be a lifesaver.

Research has shown that exercise can help to:

- Lower stress levels and blood pressure
- Reduce the risk of heart disease and strokes
- Strengthen bones and muscles
- Maintain flexible joints
- Control weight

Paths For All

All of the paths are signposted using green fingerposts, with distances given in miles.

Routes that are only considered suitable for walking are signposted with a pedestrian symbol. All other routes are accessible to cyclists as well as walkers. Where possible, routes are also accessible to horseriders.

Barriers to disabled access, such as stiles or kissing gates, have been removed from the routes wherever possible.

Many of the paths have a smooth, hard well-drained surface. Others may have a grass or earth surface and may be muddy, particularly if they are shared with farm vehicles.



Arbroath Path Network



Planning & Transport



Waulkmills 'Nature Trail'

From the town centre you can follow the Brothock Burn through 'The Dammie' to the historic village of St. Vigeans, where an ancient river crossing is overlooked by a picturesque church. (1 mile, 30 minute walk, 10 minute cycle)

From St Vigeans the 'nature trail' follows the level route of the old Forfar railway, which is ideal for cycling.

The route passes Waulkmills, where there was once a flax weaving mill, and ends near Letham Grange (3 miles each way from St. Vigeans, 1 hours 30 minutes walk, 30 minutes cycle).

Harbour to Dowrie Works

From Arbroath harbour you can walk or cycle along the seafront to the beach at west links. A level path runs above the beach to a bridge over the Elliot Burn. (1½ miles, 45 minutes walk each way).

A footbridge over the railway at the old Elliot station links this route with the 'nature trail' to Arbirlot.

Beyond the Elliot Burn a good level path continues as far as the site of the former Bitumen works at Dowrie Works. (Total 2¼ miles , 1 hour walk, 20 minutes cycle each way).



Elliot to Arbirlot 'Nature Trail'

From Elliot this route follows the line of the old Carmyllie Light Railway, which was built by the Earl of Dalhousie to take slates and paving stones from the Redford Quarries to Arbroath harbour.

At Teuchit Den the route leaves the old railway and follows Kelly Burn to the picturesque village of Arbirlot. (1½ miles, 45 minutes walk each way).

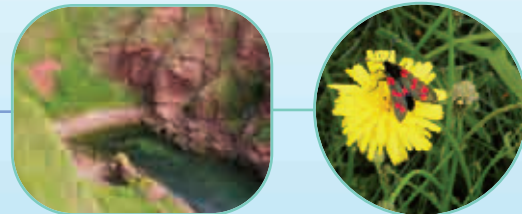
Part of this route passes through open fields where cattle may be grazing. Cattle can be unpredictable and may attack dogs. If cows with calves are present you should avoid taking your dog into the fields.

Seaton Cliffs

The cliffs north of Arbroath offer one of the most spectacular and easily accessible walks in all of Angus. You can see impressive sea sculpted sandstone arches, blowholes and stacks. In the summer months wildflowers and butterflies are abundant. Part of Seaton Cliffs is managed by the Scottish Wildlife Trust as a nature reserve.

A steep ramp from the end of Victoria Park takes you to the cliff tops. Alternatively, follow a level path from the town centre, which traverses the top of Victoria Park and continues along the cliffs to Dickmont's Den (2 miles, 1 hour each way from the town centre).

A rougher path continues past a sea stack called the 'Deil's Heid' to Carlinghough Bay (or 'The Flairs') and Seaton Den. There are some steep drops from this path. Please wear suitable footwear, take great care, and keep away from the cliff edge. (6 miles, 3 hours round trip from the town centre).



Arbroath to Auchmithie

You can extend the Seaton Cliffs walk to Auchmithie village. Cross Carlinghough Bay or Seaton Den and pick up a new path which follows the clifftop all the way. Please take great care, and stay away from the cliff edge. (5 miles, 2 hours 30 minutes walk each way).

When you reach Auchmithie it is well worth taking time to follow steps down to the old harbour, which is set in a spectacular bay surrounded by high cliffs.

A bus service is available to take you back to Arbroath.

Western Circuit

By linking together a number of farm tracks, quiet roads and designated cycle paths you can follow an 8 mile circuit around the western side of Arbroath.

Starting at the harbour you will follow the seashore, pass through open farmland and through Arbroath's parkland dens before returning to the town centre at Guthrie Port (4 hours walk, 1 hour 15 minutes cycle ride)

Points of interest along the way include the Western Cemetery and the historical buildings in the St.Vigeans conservation area.





Arbroath lies midway along the Angus coastline. It is surrounded by sandy beaches, spectacular cliffs, fertile farmland and wooded dens.

In medieval times the burgh grew up around Arbroath Abbey. The Declaration of Arbroath was sent from here to the Pope in 1320, declaring Scottish independence. The town remained small until a new harbour was built in the 18th century. Flax and hemp were then imported from Russia. Flax mills and canvas factories sprung up along the Brothock burn, and Arbroath rapidly expanded.

Arbroath began to thrive as a fishing town in the 1830's. Families from Auchmithie moved to the "fit o the toon", the area where Arbroath Smokies are still produced today. In more recent times Arbroath has been a busy coastal resort. The seaside promenades and parks have been a popular holiday destination for thousands of people from all over Scotland.

