

Responsible Access

Know the code before you go... Enjoy Scotland's outdoors – responsibly!

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 outdoor or managing the outdoors, the key things to remember are to:

- Take responsibility for your own actions
- Respect people's privacy and piece of mind
- Help farmers, landowners and others to work safely and effectively
- Care for the environment
- Keep your dog under proper control
- Take extra care if you are organising a group, an event or running a business – consult the full Code for your responsibilities

Find out more by visiting:
www.outdooraccess-scotland.com
or phoning your local Scottish Natural Heritage office on (01575) 530333.



Useful Information

Angus Ahead Website
www.angusahead.com

Arbroath Tourist Information Centre
Tel. (01241) 872609

Dundee Tourist Information Centre
Tel. (01382) 527527
www.angusanddundee.co.uk

Monifieth Library
Tel. (01382) 533819

Ranger Service
Monikie Country Park – Tel. (01382) 370202
Crombie Country Park – Tel. (01241) 860360

Traveline (Public Transport Information)
Tel. 0871 200 22 33
www.travelinescotland.com

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

For further details contact:

For further information on the leaflets and path networks in Angus please contact Angus Council. The text of this leaflet can be made available in large print or Braille and in Chinese, Urdu, Hindi or Punjabi on request.

ACCESS Line (all Council enquiries) 08452 777 778
e-mail: accessline@angus.gov.uk
or visit: www.angus.gov.uk



Acknowledgements

Many of the signposted paths have been developed with the co-operation and assistance of local landowners.



Paths To Health

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

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

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

If you want to improve your fitness, why not try out some paths on the map. Try starting with short walks and build up to longer walk as your fitness improves.

Paths for All

Wherever possible, obstructions such as steps have been avoided to make the paths as accessible as possible. All the paths are signposted, with the distance given in miles.

The majority of the routes have a hard, well drained surface. Most of the paths are accessible to cyclists and horse riders as well as to walkers. The routes in the farmland may be less suitable for cyclists as the paths are rough and grassy. Appropriate footwear for wet or muddy conditions is recommended.



Monifieth Path Network



Dighty

The backbone of the Dighty walk follows the Dighty burn up to the Balmossie/Seven Arches Viaduct. The former railway viaduct was part of the Forfar District Railway (Dundee to Forfar), opened by the Caledonian Railway Co. in 1870. The Viaduct is now a cycle path and remains an important feature of the Monifieth landscape.

The Dighty burn was historically important for its water powered mill and the production of linseed oil. Today it is a popular area for walking and cycling and is a good site for wildlife. The Dighty walk offers a ½ mile stroll through attractive grassland and young woodland and is suitable for all access users and abilities.



Farmland Walks

To the north and east of Monifieth there are some farmland walks. These tend to be on rough farm tracks or mown grass so stout/waterproof boots are recommended. These paths are generally linear but can be made into a circular route by using adopted roads, footways or the A92 Cycle path.

During the 18th Century the supply of agricultural produce to Dundee helped Monifieth develop and thrive. Arable farming continues to this day on this fertile, productive farmland. The paths provide an open outlook over the Angus countryside, providing views over the farmland and Tay estuary.



Coastal Path

The Coastal Path provides several miles of path from Broughty Ferry to East Haven suitable for all access users and abilities and is also National Cycle Route 1.

The Coastal Path offers the opportunity to view a diverse range of wildlife and coastal habitats. Monifieth Bay forms part of the Firth of Tay and Eden Estuary Special Protection Area due to its importance for supporting internationally important numbers of wintering wildfowl and waders.

The route goes from Balmossie Station through West End Park and leads to the Blue Seaway adventure playground. The route then continues adjacent to the railway, along the edge of Barry Buddon until it reaches the golfing town of Carnoustie, (5½ miles each way, 2 hours 45 min walk, 1 hour cycle ride) where you can catch a train or bus back to Monifieth.

A92 Cycle route

The A92 cycle route is a dedicated cycle path which runs adjacent to the main road. The route from Monifieth to Arbroath is 10 miles each way (1 hour 40 mins cycling time) and is through an area of Prime Agricultural Land. This route can be used either to cycle to Arbroath or can be used to do the longer circular routes in the Monifieth Path Network, linking in with the farmland walks.

During the building of the new A92 road the northern corner of a souterrain at Ardownie Farm Cottages was examined. Souterrains are believed to have been underground storage chambers, with a fairly constant temperature, and used to store grain and meat. Some souterrains have also been used as shelters with the remains of small fires evident. The excavation at Ardownie Farm Cottages revealed a well preserved, stone-lined souterrain with one of the passages almost 19m in length. The backfilled souterrain is preserved in situ under the new road surface.



Other Paths

In addition to the listed routes there is a network of paths around the town. These have not been listed individually but are shown on the map. They are also generally signposted on the ground if you are not familiar with the area.

Explore Angus

Why not discover what the other Burghs have to offer? Each Path Network combines walks along scenic areas such the red sandstone cliffs at Arbroath or walks to wildlife havens like the RSPB's nature reserve at Loch of Kinnordy near Kirriemuir.

Path Network Leaflets are available in Local Libraries, Tourist Information Centres and on the Angus Council web- site www.angus.gov.uk



Monifieth Path Network

Monifieth lies on the north bank of the Firth of Tay, east of Dundee and Broughty Ferry.

The name Monifieth is thought to come from Gaelic and means moor of the moss or bog. Monifieth dates back to the 9th century. Pictish stones found in St. Rule's graveyard, indicate that the area was an important Pictish settlement. The 5 Pictish Stones are now in the Museum of Scotland in Edinburgh.

In the 18th century, the economy of Monifieth was mainly dependant on agriculture. Other industries included quarrying and weaving at home. Linseed oil manufacturing at the water-powered mill by the Dighty burn supported a community later named as "Milton of Monifieth". The village expanded with the introduction of larger scale industries including the manufacture of machinery for flax mills.

The need for skilled workers with the growth of local linen and jute industries and foundries meant that the population of Monifieth increased rapidly from 558 in 1861 to 2134 in 1901. Monifieth was no longer regarded as a village and was granted Burgh status in 1895.



There are many pleasant paths and tracks which provide opportunities for walking, cycling and horseriding in the countryside around Monifieth. The routes in this leaflet have been signposted to help you explore the area.

You can follow one of the routes described overleaf, or link together the signposted paths to make your own route. The walk times assume that you will be walking at an easy pace to enjoy the countryside. The circuits are usually best started from the town centre, where you will find parking if you need it. If you start elsewhere please park your car considerately.

The right of responsible access applies to other paths and tracks on the map, unless they pass through land where access rights don't apply. Further information can be found in the Scottish Outdoor Access Code.

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