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

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.

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 of the paths on the map. Try starting with short walks, and build up to longer walks as your fitness improves.

Useful information

Angus Ahead website
www.angusheld.com.uk

Gateway Museum Tourist Office,
32 High Street, Kirriemuir
Tel: (01575) 575479

Traveline (Public Transport information):
Tel: 0871 200 22 33
www.traveline-scotland.com

Visit Scotland, Castle Street, Dundee, DD1 3AA. Tel: (01382) 527527 www.visitscotland.com

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:

• respect the interests of other people;
• care for the environment;
• take responsibility for your own actions;
• 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. Many of routes listed are used by riders. If you have a dog with you keep it under close control while horses pass.

Many of the signposted paths have been developed with the co-operation and assistance of local landowners. The Eastern Cairngorms Access Project has been made possible through partnership funding from Scottish Enterprise Tayport, Angus Environmental Trust, Angus Council, Local Estates and SNH, together with Heritage Lottery Fund and the European Regional Development Fund.

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.

Path Networks

Paths For All

Wherever possible, obstacles such as stiles and steps have been avoided, to make the paths as accessible as possible. Most of the paths are accessible to cyclists and horse riders as well as to walkers. In a few cases physical conditions make routes inaccessible or less suitable for cyclists or horse riders. In these cases walking, cycling or horseriding symbols have been used to recommend appropriate use.

All of the paths are signposted with green fingerposts, as are return routes to Kirriemuir along public roads. Distances are given in miles.

Many of the paths have a hard, well-drained surface. Other more remote paths in the network may have a grassy surface or may be muddy, particularly where they are shared with farm vehicles. Appropriate footwear for wet or muddy conditions is recommended.

Paths To Health

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Barrie is buried. If you continue towards the town, you will find a path to the right, which takes you along the top of a disused quarry. Follow this to a triangulation point above the quarry and you will be rewarded with a track to the Camera Obscura and you will soon find yourself in the open on Kirrie Hill with amazing views of the Angus Hills. If you continue past the cemetery you will find a path on the right, which leads to Caddam Wood.

Caddam Wood

Caddam Wood lies to the north of the town and can be reached by following either East Hill Road, Mid Road or Windygoul Road. This runs through the wood and is rough & muddy in places. You may prefer to follow the alternative path in the town, which runs parallel to it. The older edge of the wood is mature beech trees, but areas in the centre have been harvested and replanted with more mixed woodland, which will take a few years to develop. The new planting is protected to allow the trees to get established, which means that the area for the public is restricted in places.

There are rides along the north and south edges of the wood which, in good conditions, are suitable for horses. Walkers are asked to allow riders to pass safely on these routes. Riders please be aware that these tracks can become soft and are best avoided in wet weather. The new planting is protected to allow the area to clear ground where the Loch is suitable.

The path continues along the edge of the woods until you reach a farm track where a sign directs you to the open space with its own network of paths. The 'Den' runs parallel to this road for part of the way back to Caddam Wood. Follow the road itself to the junction with Webster’s High School and follows Clova Road to Lindsay Street. Once you cross this, follow the path between the houses until it widens out onto the fields. The path meets a farm track where you should turn left down the hill. At the foot turn right and follow the track past Plovermuir farm and on into Westmuir.

Westmuir Loop

Westmuir is a village in its own right about a mile to the west of Kirriemuir. The village sprung up in the 19th century to provide housing for linen workers from Kirriemuir. It has its own network of paths but there are two links connecting with Kirriemuir. One starts beside Webster’s High School and follows Clova Road to Lindsey Street. Once you cross this, follow the path between the houses until it widens out onto the fields. The path meets a farm track where you should turn left down the hill. At the foot turn right and follow the track past Rivermuir farm and on into Westmuir.

To complete the loop turn right up Low Road at the sign and cross the A926 at the shop. The villagers have created their own community woodland just west of the village. It is worth a detour to look at their work and you can continue out onto the public road to Kinnordy Loch. Alternatively continue up Eastgate to the top of the hill, turn left for about 400 yards then right and follow the public road to the sign for Rivermuir farm. Follow this track back to Kirriemuir.
Long before the Roman Legions camped in Caddam Wood, the area was a settlement for Stone, Bronze and Iron Age dwellers. Relics of their existence can be found in the ‘Stannin Stane’ on Kirrie Hill and in the Pictish Stones from the old Parish Churchyard now on display in the Meffan Museum in Forfar.

Kirriemuir church dates back to Pictish times. It was probably founded in the early 9th century, and dedicated to Queen Mary, who is remembered in the street name Marywell Brae. The Earls of Angus, and their celtic predecessors, the Mormaers of Angus, had the right of burial in the church. It was an important Pictish church which also had judicial powers, giving the Kirriemuir the status of a burgh of barony. The Court hill just above the Den was where this justice was dispensed, probably until the building of the town house in 1604.

The ‘Kirkton of Kirriemuir’ became a ‘free burgh in barony’ in 1459 with a population of 124, but did not become a significant town until the mid 18th century when the weaving boom brought great prosperity. By the mid 19th century the population of the ‘Wee Red Toon’ had risen to 3000 and the demand for housing saw the establishment of Southmuir, Westmuir and Northmuir villages.

Kirriemuir is perhaps best known for its famous son, J M Barrie the creator of Peter Pan. His birthplace is now a museum run by the National Trust for Scotland. Son of a weaver he was the ninth of ten children. He became a journalist before he moved on to his now well known novels and plays. In his books he used Kirriemuir as his imaginary town of ‘Thrums’. This is its local name and is the local pronunciation for threads presumably from the weaving trade.