

# Forfar Path Network

## 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 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](http://www.outdooraccess-scotland.com) or phoning your local Scottish Natural Heritage office on (01575) 530333.



- 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

### Forfar Tourist Information Centre

(April to September) (01307) 467876

### Arbroath Tourist Information Centre

(Year round) (01241) 872609

### Forfar Library

(01307) 466071

### Meffan Museum

(01307) 467017

### Ranger Service, Forfar Loch Country Park

For advice on using the path network and visiting the countryside. (01307) 461118

### Traveline (public transport information)

0870 608 2 608

[www.angus.gov.uk](http://www.angus.gov.uk)

[www.angusanddundee.co.uk](http://www.angusanddundee.co.uk)

A guide to the Forfar Heritage Trail is available from the Library, Museum and Tourist Information Centre.



## Acknowledgments

Angus Council has developed the Forfar Path Network with financial assistance from The Paths For All Partnership, Scottish Natural Heritage, Angus Environmental Trust and Scottish Enterprise Tayside.

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

### For more information on path networks in Angus please contact:

Planning & Transport, Angus Council, St James House, St James Road, Forfar, DD9 2ZP. Tel: (01307) 461460

Contact our ACCESS Line on 08452 777778 if you want this leaflet translated into Chinese, Urdu, Hindi or Punjabi, or into large print, audio or Braille.



## 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.

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.

Walking is free and can be enjoyed by almost anyone. 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

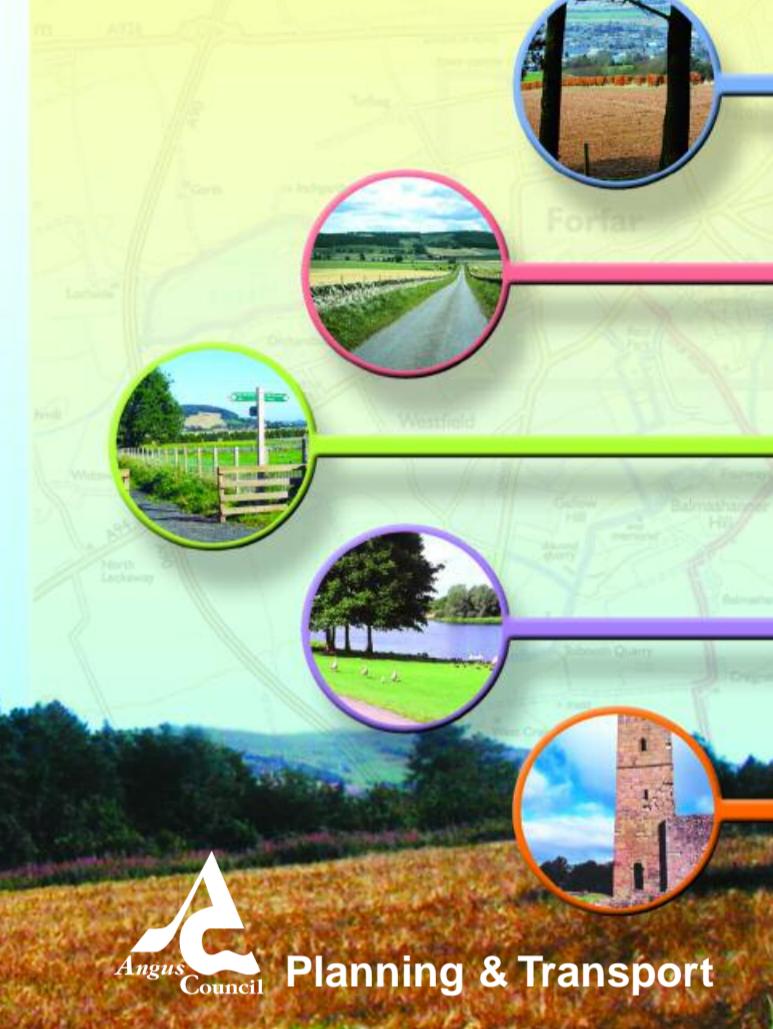
## Paths For All

Wherever possible, obstruction 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 horseriders as well as to walkers. In a few cases physical conditions make routes inaccessible or less suitable for cyclists or horseriders. 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 Forfar 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.



## Around Restenneth

4 miles    2 hours walk

If you head out of Forfar on the Arbroath, Montrose, or Old Brechin Roads, you can link a number of tracks to make a circuit which visits the ruins of Restenneth Priory, crosses Restenneth Moss and passes through Lunanhead.

Sturdy footwear is advised, as some of these paths may be muddy during wet weather. At times after wet weather the path across the Moss may become flooded and impassable.

The Priory, picturesquely situated above the Moss, is well worth a short detour from your walk. The site of the priory is reputed to date back to the 7th century, when Nechtan macDerile, King of the Picts, sent for masons to build a church of stone. At that time Restenneth Moss would have been a loch. It is now designated as a Site of Special Scientific Interest for its wetland plants.



## Over Bummie

2 miles    1 hour walk

Balmashanner Hill, or 'Bummie' dominates the skyline south of Forfar. A network of paths link the old slate quarries on the hill, offering some reasonably energetic walks.

From Reid Park you can climb quite steeply to the top of Bummie, where you are rewarded with panoramic views over Forfar and Strathmore towards the Angus glens and hills.

At the top you can turn right towards an impressive turreted sandstone tower, which was built as a war memorial after the First World War. You can continue walking past Gallow Hill and Slatefield quarries to the Dundee Road.

Alternatively, turn left at the top of the hill towards a shelter and viewpoint indicator, which was gifted to the people of Forfar by James Anderson in 1929. Return to Forfar via Lour Road and South Street.

## A Circuit of Lour

5 miles    45 minutes cycle ride

If you head south out of Forfar on the Lour Road, there are a number of quiet roads beyond Balmashanner Hill which offer pleasant cycling. This short circuit takes you through fertile farmland, with views of Lowrie Hill to the east and the Hill of Lour to the south.



## Round the Loch

2½ miles    1 hour 15 minutes walk

Forfar Loch was once much larger than it is now. Before it was drained in the 18th century the loch was nearly 6 metres higher and stretched eastwards nearly as far as the East Port. Castle Street was once a ford across the loch.

The environment of the loch is now preserved for recreation and wildlife within Forfar Loch Country Park. There is a ranger base where you can learn more about the environment.

You can walk around Forfar Loch in either direction from Forfar Leisure Centre. The circuit offers level, easy walking. During very wet spells the loch may flood the path and waterproof footwear will be required.



**The burgh town of Forfar lies in the heart of Angus, around 14 miles north of Dundee, surrounded by the rich farmland of Strathmore.**

**One thousand years ago a Royal Castle was sited on the shores of Forfar Loch. Forfar was an important residence of the Scottish Kings, at a crossroads on the Kings Highway between Perth and Aberdeen. At that time Strathmore was a vast inhospitable area of bogs, lochs and scrub, and Forfar was one of the few places where it could be safely crossed.**



**Forfar has been a Royal Burgh since the 12th century, but remained a small town until the 17th and 18th centuries, when much of the surrounding wetland was drained. Farming became important and huge quantities of flax were produced. The flax was woven into Osnaburg cloth, which was exported to America and the West Indies. Forfar grew as a weaving town and by 1819 it produced 2.6 million yards of Osnaburg per year.**



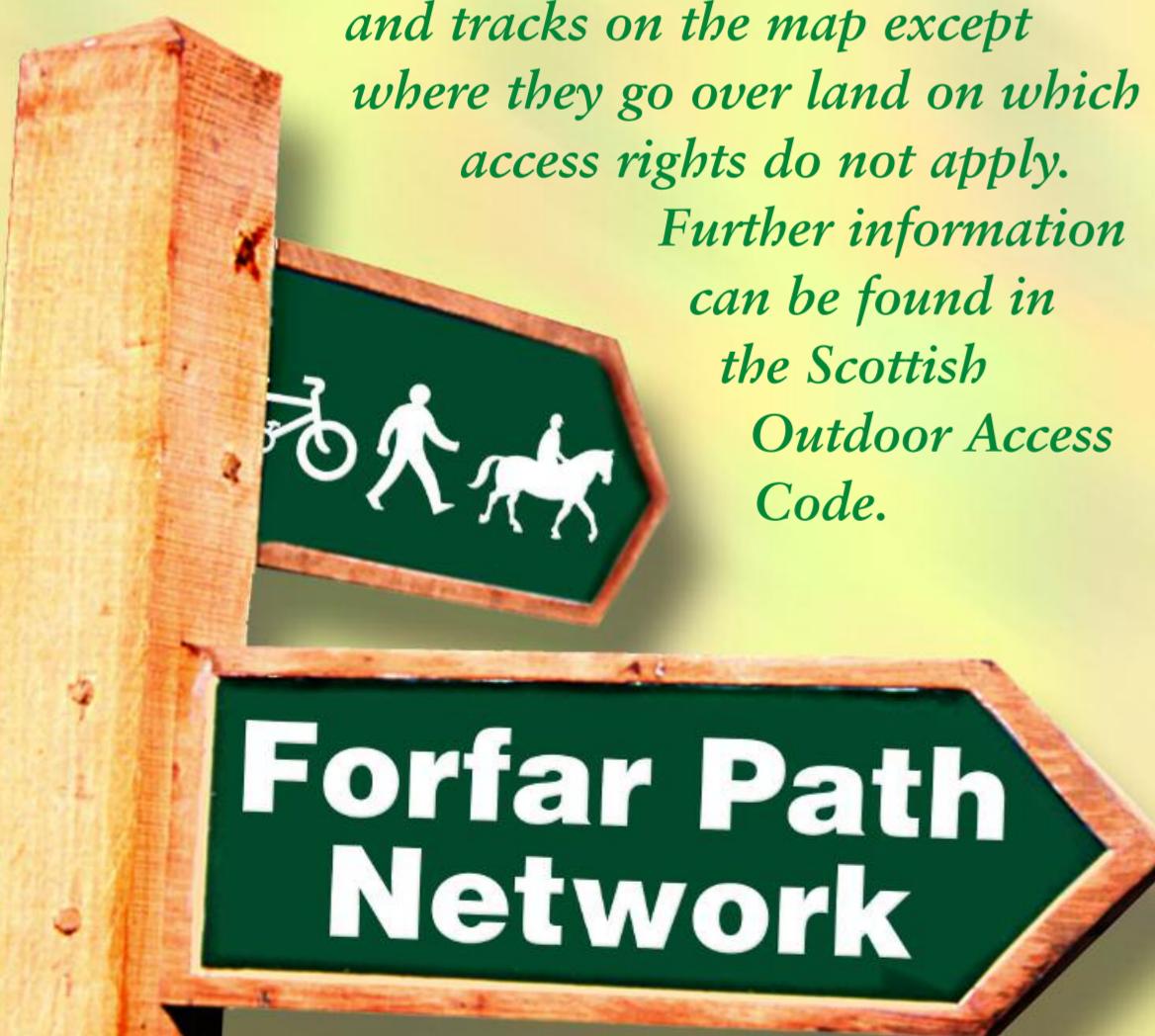


We have signposted 16 miles of paths, tracks and quiet roads for you to explore the countryside around Forfar.

You can follow one of the circuits described overleaf or link together the signposted paths to make your own route.

Access rights extend to other paths and tracks on the map except where they go over land on which access rights do not apply.

Further information can be found in the Scottish Outdoor Access Code.



Designed by Angus Council Print & Design Unit.

