



NURTURE YOUR ADVENTUROUS SPIRIT IN THE EAST COAST OF SCOTLAND

The east coast of Scotland includes some of the country's largest cities, including Edinburgh and Dundee as well as many quaint fishing villages along the Fife coastal route.

The east coast offers up lots of ways to nurture your adventurous spirit from exciting water sports to forest trails and wildlife watching.

Make this the year you get out and about more, have more day trips, pack more adventures into your weekends and treat yourself to a mini break without having to travel far.

The east coast is easily accessible with great rail links and road links from central Scotland. You can walk long coastal path routes on a guided experience to meet others, or book a boat trip to keep the kids excited whilst learning about marine life. Book an e-bike adventure or gorge walking activity to get your friends adrenaline pumping! Its' all here for you!

You can learn how to roam Scotland responsibly and play safely with Wild Scotland members as you pack in as much fun as you like.

NURTURE

YOUR ADVENTUROUS SPIRIT



FIFE

Otherwise known as the Kingdom of Fife, world famous for its golf and is home to Scotland's oldest university town St Andrews. The landscape varies from gentle hills and windswept cliffs to quaint fishing villages and long sandy beaches.

There is a great choice of long and short distance walks and several nature reserves from the Lomond Hills to the Pilgram Way and the Fife Coastal Path. Take the coastal path and you might be lucky enough to spot a grey seal or dolphin. The offshore islands of Inchcolm and Inchkeith are home to thousands of seabirds and at the mouth of the Forth. Off the coast of Fife, sits the Isle of May with its abundant puffins, common and arctic terns. Later in the year, the island hosts the biggest grey seal gathering on the UK's east coast.



ANGUS & DUNDEE

Dundee is Scotland's first UNESCO City of Design and also home of the RRS Discovery and the V&A so well worth a visit and even better if you can combine your visit with an adventure in the surrounding Angus countryside.

Angus takes you from the glens to the sea and there is plenty to do from water sports and boat trips at the coast to exploring by bike or on foot in the beautiful Angus Glens.

Let's not forget the wildlife from golden and white-tailed sea eagles to deer, ptarmigan, grouse and mountain hare to the wonderful pink footed geese, arctic terns, knots and sedge warblers which can be seen at the Montrose Basin an enclosed estuary of the river South Esk covering 750 hectares and home to over 80,000 migratory birds.



EDINBURGH & LOTHIAN

Edinburgh and the Lothians has something for everyone from the beautiful architecture of the city to the picturesque countryside of the Lothians.

You do not have to travel far for an adventure whether that be sailing down the Firth of Forth, coasting of the North Berwick coast or taking in some of the breath-taking wildlife wonders. Internationally important seabird colonies, including the Bass Rock gannets nest on the Forth's islands which can be accessed by boat and enjoyed from the Scottish Seabird Centre at North Berwick.



WILDLIFE YOU CAN SPOT OUT IN NATURE

- The east coast of Scotland offers great opportunities to spot wildlife on land and at sea
- Book a wildlife boat trip out to Bass Rock to watch seabirds in their natural environment
- Book a wildlife watching experience with a passionate and experienced guide to help you watch species safely and responsibly
- Visit the wild amphitheatre of **Corrie Fee National Nature Reserve** in Angus, a haven for plants, birds and animals
- Explore the Loch of Kinnordy Nature Reserve in Kirriemuir, a natural basin surrounded by farmland and attracts all types of wildlife including osprey, otters, red squirrels, deer, butterflies and plenty more
- Nature is never far from the city of Edinburgh... you can visit the water of Leith and Duddingston Loch to enjoy woodland walks and spot water birds including kingfishers, yes in the heart of Edinburgh
- Aberlady Bay in East Lothian is a lovely spot to appreciate summer orchids and winter wildfowl

Book a guided wildlife tour with our experienced Wild Scotland members who know all the best places to spot wildlife responsibly and safely.

[Experiences in Angus & Dundee >](#)

[Experiences in Fife >](#)

[Experiences in Edinburgh & The Lothians >](#)



SEE NEW PLACES AND LEARN NEW SKILLS ON DRY LAND

- Escape the city and reach nature reserves readily, to immerse yourself in nature and wildlife. Go for a solo wander or take friends and family with you to recharge
- Book a guided walking tour to discover all the east coast has to offer with inland trails, coastal walks, and paths to take you off the beaten track
- Learn new navigational skills on guided exploring experiences combining bushcraft, geowalks, walking, hiking and rock climbing
- The east coast has a great collection of bike trails, from downhill mountain biking, gravel biking, road cycling and bikepacking experiences. Book with a guide to help you pick up the pace and take you through the east coast landscapes, in land and coastal
- John Muir Country Park, in Dunbar is a popular place for coastal grassland and cliffs

Book guided experiences with people that know the area and activities like no others.

[Experiences in Angus & Dundee >](#)

[Experiences in Fife >](#)

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GET ADVENTUROUS WITH EAST COAST WATER ACTIVITIES



- Try something new without having to travel to a remote place. You can book gorge walking, coaststeering, kayaking, stand up paddleboarding and so much more along the east coast
- Nurture your wellness with water activities such as guided wild swimming, where the guide can teach beginners in the open waters, or improve swimming skills for those wanting more confidence
- Lochs, seas, rivers are plentiful for the keen fisher and angler. An organised trip can help improve your catch and try out new techniques with a passionate guide to help you
- Book a rib boat trip in Dundee for your chance to see seals, dolphins, lighthouses, the V&A from the water and much more

Book these activities with our skilled and fun-filled operators for an experience you'll never forget.

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