

Paths Around Tain

1 THE LINKS

From the Highland Council Service Point in the High Street, walk past the Murray Monument overlooking the Rose Garden and descend the steps at the far side of the garden. Where the path joins Kirksheaf Road turn left and follow the road to reach the small triangle at the foot of Castle Brae. Turn right taking care as the road narrows between buildings for a short distance. Beyond this point the road forks. Take the left fork if you wish to have a wander round Tain's Environmental Garden, the main entrance to which is half way down the road to the railway station. You can carry on to the Links through the station via the footbridge to the far platform and through a gate.

Alternatively carry straight on at the fork in the road past the New St Duthus Cemetery and over the railway bridge. The Links can be seen below and to your left. To the right are the ruins of the ancient St Duthus Chapel perched on a knoll surrounded by the well kept old cemetery.

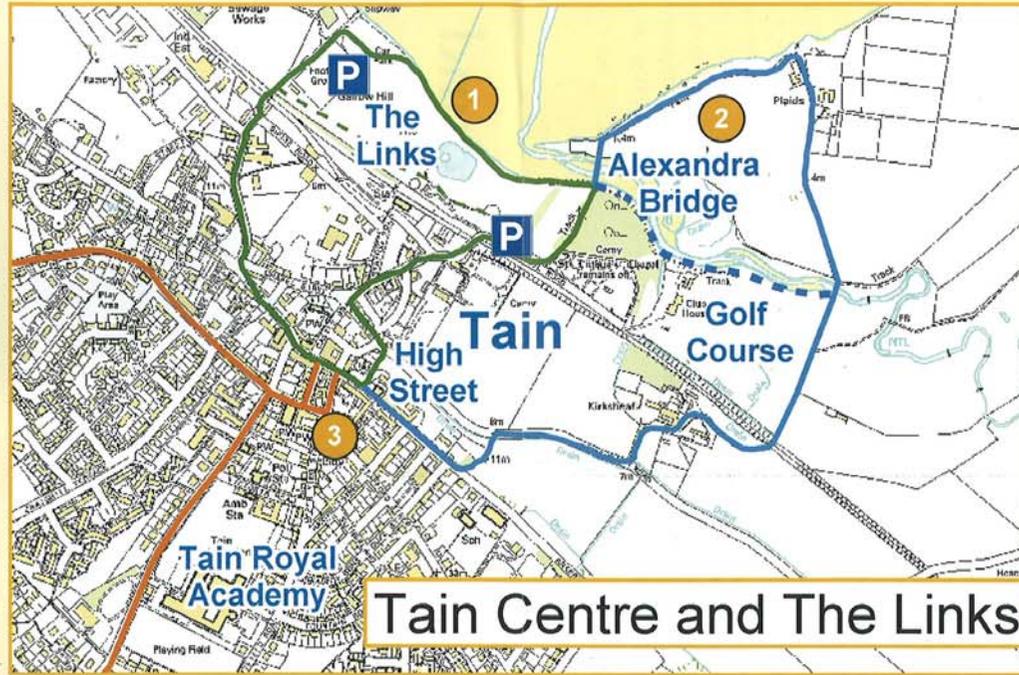
From the bridge you can visit the Tain Wildlife Pond by turning left, otherwise turn right and follow Chapel Road as it gently descends to the start of Robertson Avenue next to the old cemetery. Unless you wish to visit the old chapel and explore the cemetery, turn left and take the path through the avenue of trees. At



Links from the air

Alexandra Bridge turn left along the path by the shore and past the Wildlife Pond. This route offers fantastic views out to the Dornoch Firth and the Sutherland Coast.

At the car park at the far end of the Links go left up the slope to recross the railway line. At the next



Tain Centre and The Links

junction carry straight on up the hill, turning left immediately beyond the St Duthus Hotel back to the town centre.

Allow 30-45 mins - 1.6 km / 1 mile
 Parking - Tain centre car parks / Links car parks
 Easy - sensible footwear

A shorter circular walk round the links can be made from the two car parks at either end of The Links.

2 PLAIDS CIRCULAR

Follow route (1) until the end of Robertson Avenue but cross the Tain River using the Alexandra Bridge. This suspension bridge is over 100 years old and constructed by the Rose Street Foundry in Inverness.

Continue straight on along a wide grassy path to reach Plaids Road. A short detour is signposted to avoid the tidal beach close to the road. Turn right and follow the road with fields on either side. You will get a good view of Tain from here, nestling at the foot of Tain Hill and perched on a raised beach. The road then veers right over a small bridge. Take care on this next stretch as part of Tain Golf Course lies on either side. Beyond the golf course you will soon pass under the railway line then through Kirksheaf Farm via a series of sharp turns. After the farm continue along the Kirksheaf Road until you reach a pathway on the left hand side leading to the Crickety Steps. At the top of

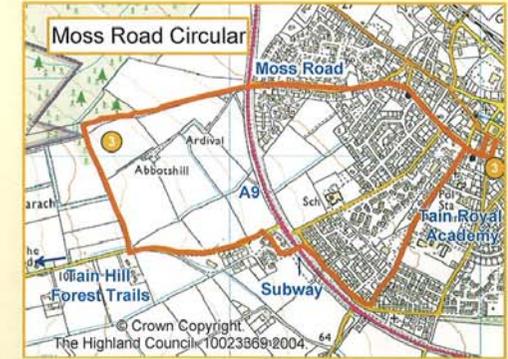


Alexandra Bridge

the steps, turn right to return to the High Street.

Alternative routes can be taken along either bank of the River Tain from the Alexandra Bridge to the Plaids Road. Many people choose to carry straight on beyond the Plaids out the beach but you will have to return the same way again. As with route (1) you can start from either of the Links car parks.

Allow 1 hour - 2km / 1 1/4 miles
 Parking - Tain centre car parks / Links car parks
 Easy - sensible footwear



3 MOSS ROAD CIRCULAR

This walk combines town and country. Starting from the High Street take either King Street or Market Street, then turn right onto Queen Street and along to Scotsburn Road. Turn left up past the Health Centre on the right and Tain Royal Academy further up on the left. At the T-junction turn right into St Vincent Road until you reach the A9 underpass on the left. Once through the underpass, follow the paved path to the right which will take you behind Jubilee Drive onto Benview Road and thence to the Quarry Road. Turn left and follow this road for approximately 500m to where a fingerpost signs the return route to Tain.

About 300m along this path are two seats between two fine old Scots pine trees where you can admire the views across the Dornoch Firth. Further on the path takes a right angled turn and eventually reaches the by-pass. You will have to take care as there is no underpass here and you will need to cross the road to reach Moss Road on the other side. Follow this road to the junction with Well Street veering right to join Manse Street which will take you back to Queen Street.

Allow 1 hour 40 mins - 5km / 3 miles
 Parking - Tain centre car parks
 Moderate - ground may be muddy

NB There is no parking provision at either end of the path between the Quarry Road and Moss Road.



Moss Road Circular