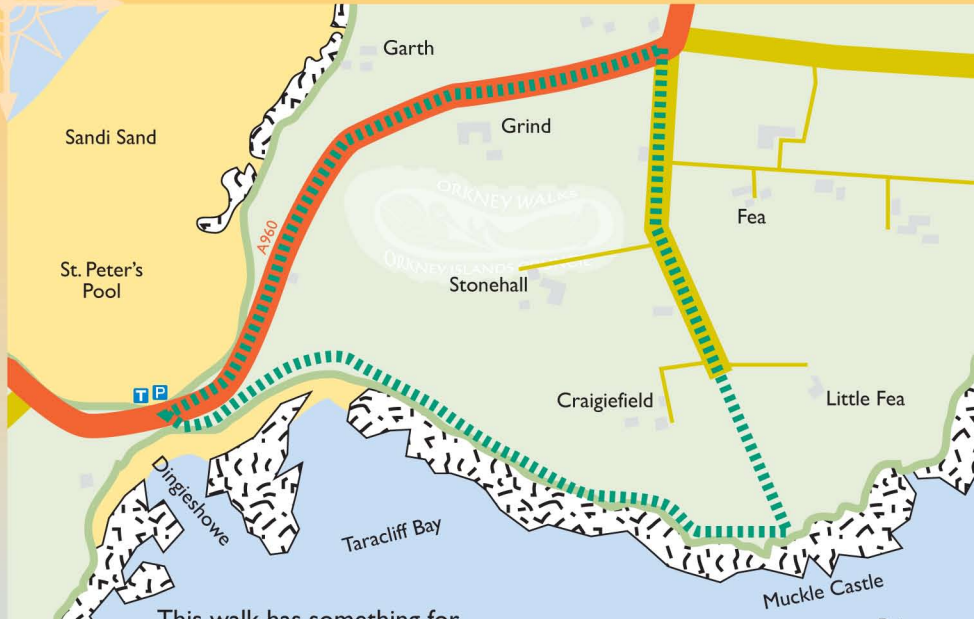


Dingieshowe Circular Walk

3.7km (2.3m) circular walk taking in a sandy beach and stunning coastline

EAST MAINLAND



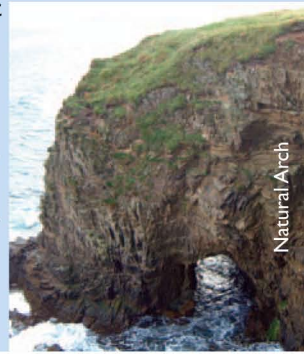
This walk has something for everyone. From the car park you can wander along the beach or follow the path through the dunes. As you reach the steps there is a seat half way up where you can sit and admire the views. You have a stunning view of the beach from here, together with views of the Holm coastline and the green farmland of St Andrews. In the summer this walk is very colourful with hundreds of sea pinks. Other plants you may spot include primrose, red campion and devils-bit scabious. Further along the coast look for heathland plants such as crowberry, bell heather and dwarf willow. With the sea constantly pounding the rocks, caves have formed, with an impressive example towards

the end of the coastal part of the walk. Also near here is a sea stack called Muckle Castle. This is a volcanic plug just like the rock which Edinburgh Castle sits on. It has a very different



Oystercatcher

appearance from the sandstone rocks on the nearby cliffs. Away from the coast the walk takes you through farmland with fields grazed by beef cattle and frequented by birds such as oystercatcher, lapwing and curlew. As you approach the car park, the shallow, muddy bay of St. Peter's Pool is straight ahead of you. Birds such as bar-tailed godwit, knot and dunlin are found here in large numbers at low tide.



Natural Arch