Starter Guide to

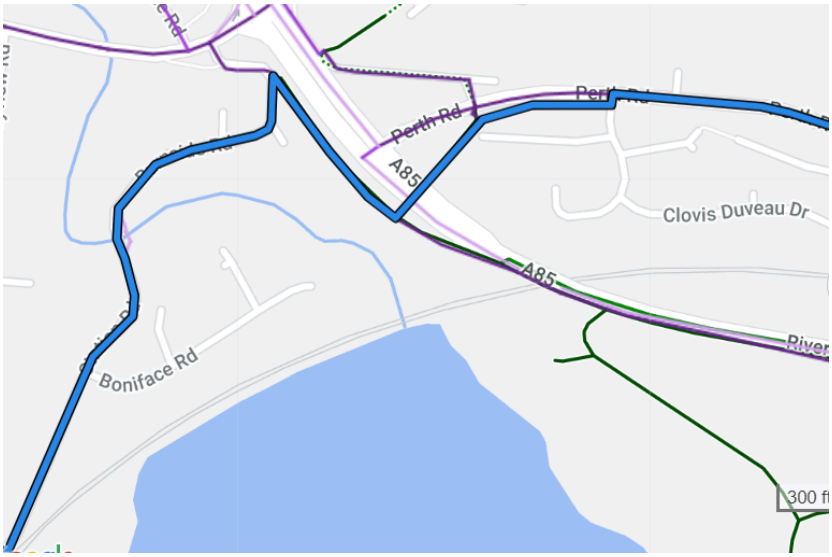
Dundee Road Cycle Routes



On moving to Dundee as a clueless little fresher, it took me a lot of trial and error to find road rides that were fun, safe and easy to get to. After spending the past couple years enjoying my road bike whilst exploring the many, many back roads around Dundee, I've compiled them into a handful of my favourites. If you're new to Dundee or looking for some route ideas, hopefully some in this guide can inspire you to get out, whatever your experience level!

Most of the routes use quiet country roads and some occasional A/B roads but I definitely recommend exploring any of the roads labelled "walking + cycling friendly roads" as they have less traffic and usually provide some lovely countryside views. All the routes below can be done from any place in and around Dundee with the majority starting out by heading to the West end of Perth Road where the city cycle path heads under the A85 to Invergowrie (this cycle path is a continuation of the waterfront one so can be accessed down the seafront too).





For each of the routes, I've included links to the Garmin Connect files which can be really helpful if you have a Garmin bike computer, but equally can be used to have a closer look at the roads by creating a free account to help give you an idea of where you're going. I've also included some rough distances and estimated durations however bear in mind this will vary massively depending on your abilities and starting point. Just make sure you're prepared for any duration and situation but the best thing is just having fun by getting out for a pedal to explore!

If you have any questions or suggestions, I'm more than happy to discuss so feel free to contact me through the DUMRCC social media contacts or send me a wee DM (@elena_mcgorum). Enjoy, Elena x

Dundee -> Kingoodie/Castle Huntly (out + back)

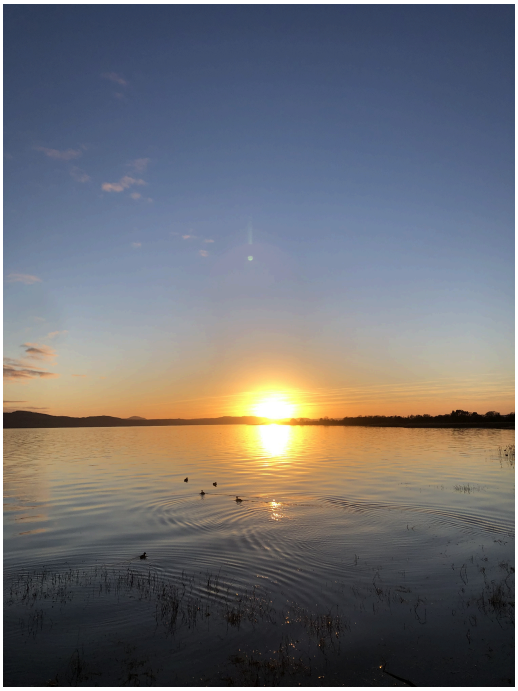
Distance: 15/25km
Climbing: 170m
Time: ~1/2hrs

Not far out the city, Kingoodie has some amazing seaside roads and is a perfect place for a sunset/sunrise ride. It's super easy to get to by just heading to the end of Perth road and then using the cycle path under the A road through Invergowrie. The whole route is relatively flat and since it's on quiet roads it's a great one to try out for any ability (15km). If you fancy a little longer after Kingoodie, the Huntly castle is a bit further along the road and makes a nice loop through Longforgan (25km).

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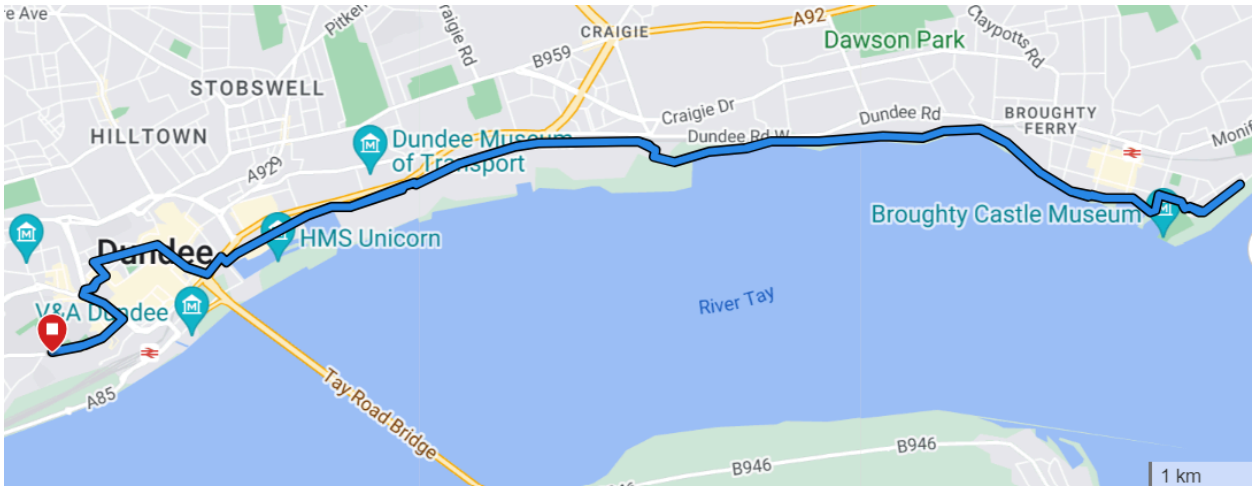


Dundee -> Broughtyferry (out + back)

Distance: 18km
Climbing: 48m
Time: ~1/2hrs

Broughtyferry is the go to beach for those staying in Dundee and is an easy pedal away along the amazing waterfront cycle path. The town itself has some great cafes and ice cream so is perfect for a sunny ride. Once you reach the V&A museum, the path along to Broughtyferry is really nice and flat with clear signposting meaning it's super simple to follow, a great route to start on!

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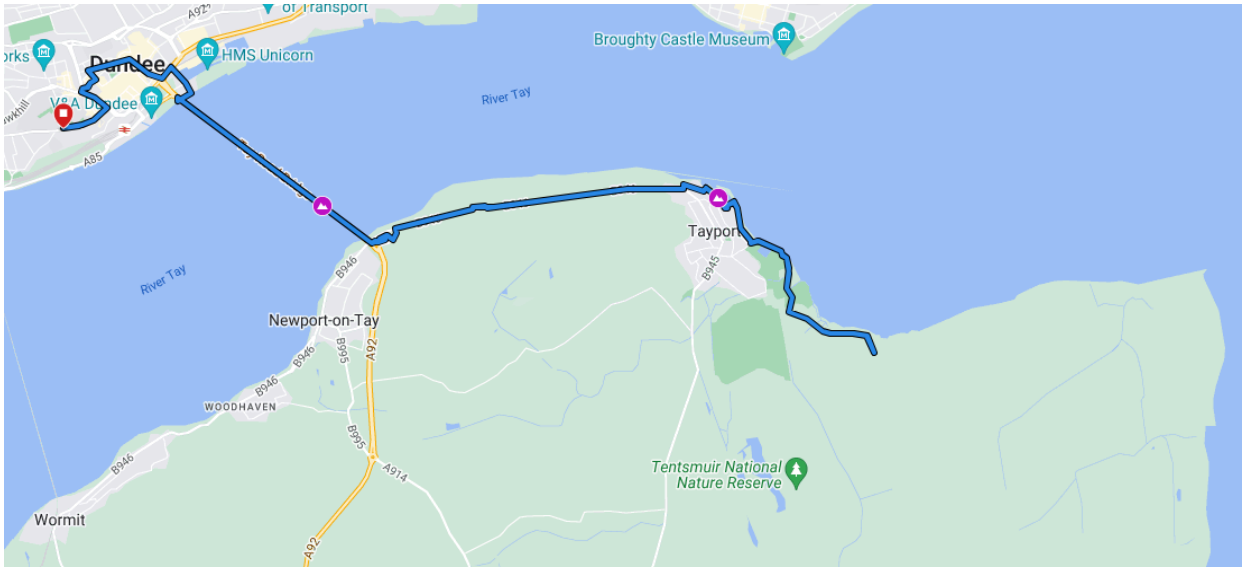
Dundee -> Tentsmuir (out + back)

Distance: 22km
Climbing: 151m
Time: ~1/2hrs

Across the water from Broughtyferry, the lovely Tentsmuir forest is home to many off-road walking and cycling paths as well as amazing stretches of beach. The ride itself from Dundee is a little over 10km each way so can make a ride in itself; or if you have the equipment for some off-road riding, it is definitely worth having an explore of the paths in the forest.

It can be a little difficult to find the staired entrance to the cycle path which follows along the middle of the Tay Bridge, sheltering you from the traffic. I find the easiest way to find these steps is to get onto the waterfront cycle/walking path in front of the V&A and the Dundee Cycle Hub and pedal along ~100m until you are underneath the Tay Bridge where you'll hopefully find the steps and lift up to the cycle path.

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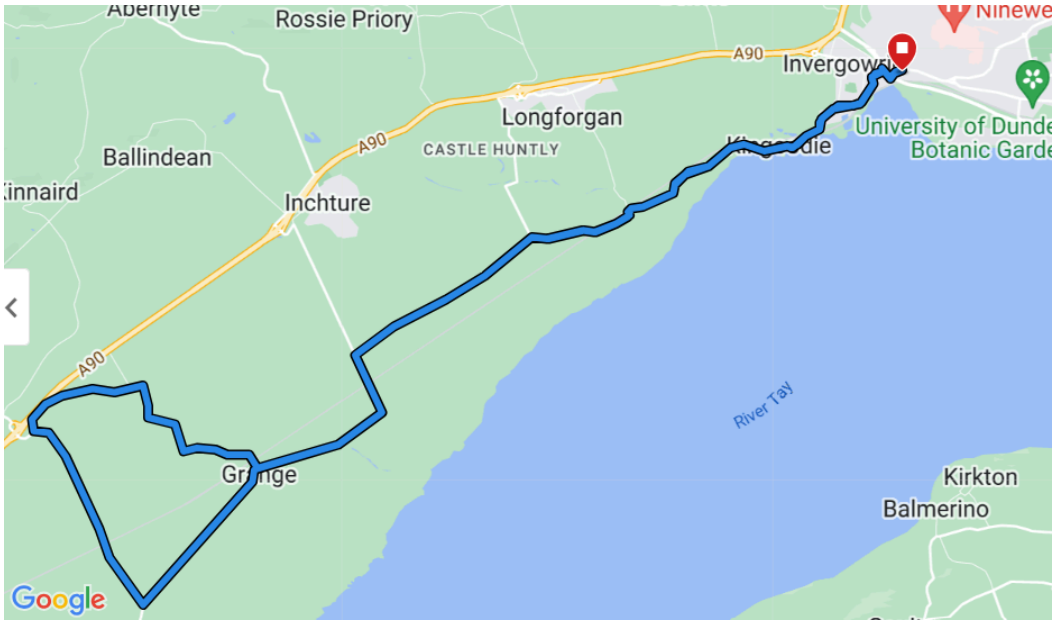


Dundee -> Errol Station (loop)

Distance: 30km
Climbing: 80m
Time: ~1.5/2hrs

A little further from the city, this loop has some of the prettiest roads, with the seaside views of Kingoodie and the farmland roads around Errol Station and Grange. If you're looking for a fast route with minimal hills, this is a great option as it stays low on the carse of Gowrie. Although the classic Dundee headwind means it's a little tougher heading out West, the effort is usually worth the speedy return with the wind pushing you back to Dundee.

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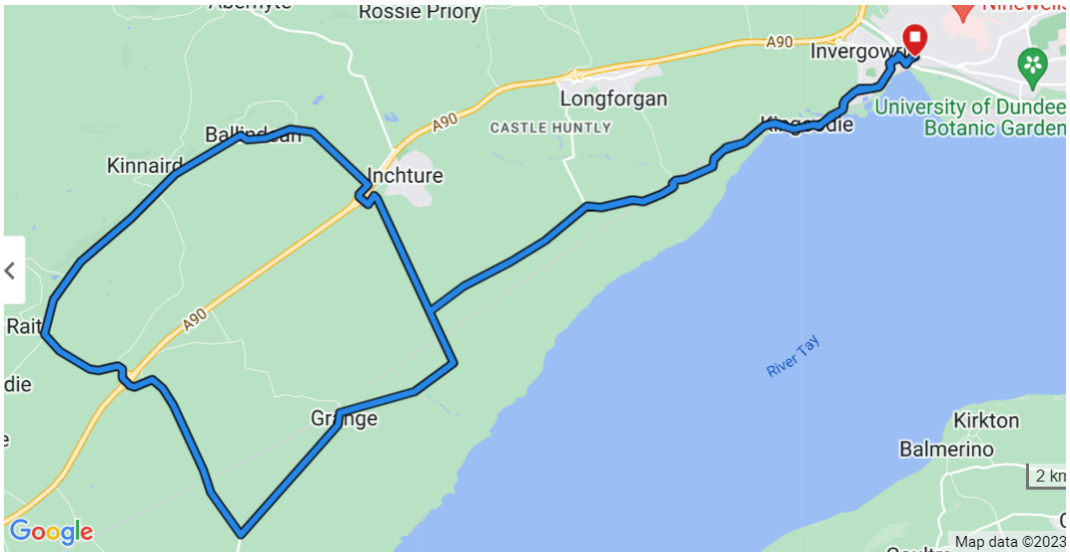


Dundee -> Rait (loop)

Distance: 35km
Climbing: 120m
Time: ~1.5/2hrs

Very similar to the last route, this loop goes a little further round, passing over the A90 to the other side of the carse at the edge of the hills. There are unsurprisingly more amazing back roads along this bit of farmland which makes for another great steady ride with very little climbing. Another great alternative road off this loop passes through Westown just across the A90 which joins back onto the loop near Kinnaird.

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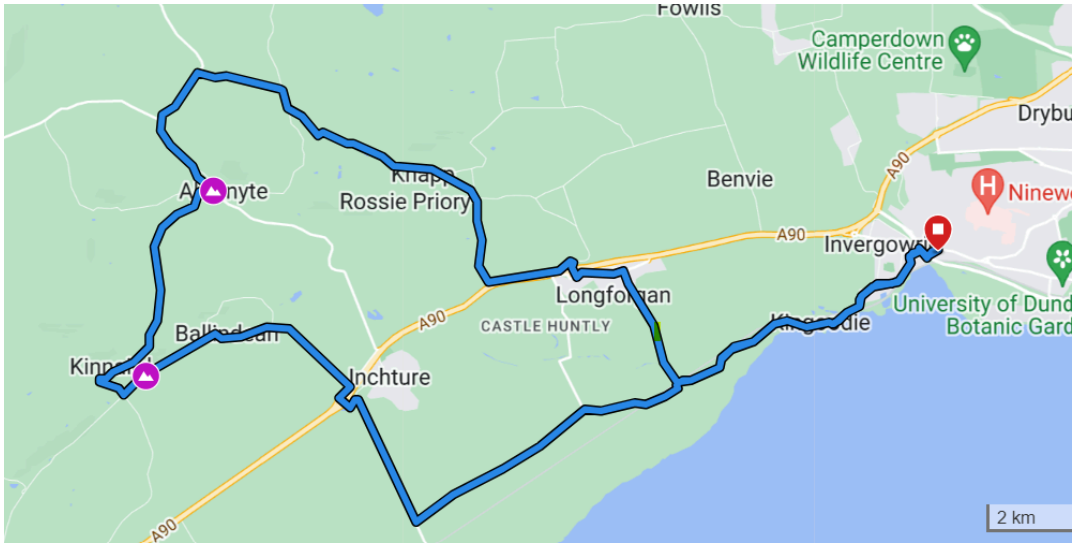


Dundee -> Kinnaird (loop)

Distance: 35km
Climbing: 327m
Time: ~1.5/2.5hrs

If you're looking for steep hills and long fast descents, this route is perfect for pushing your limits whilst taking in some of the best views over the Tay valley. The climb up from Kinnaird starts off tough and goes on for a while but it gradually gets more manageable and means you can enjoy a long cruise down the hill to Longforgan!

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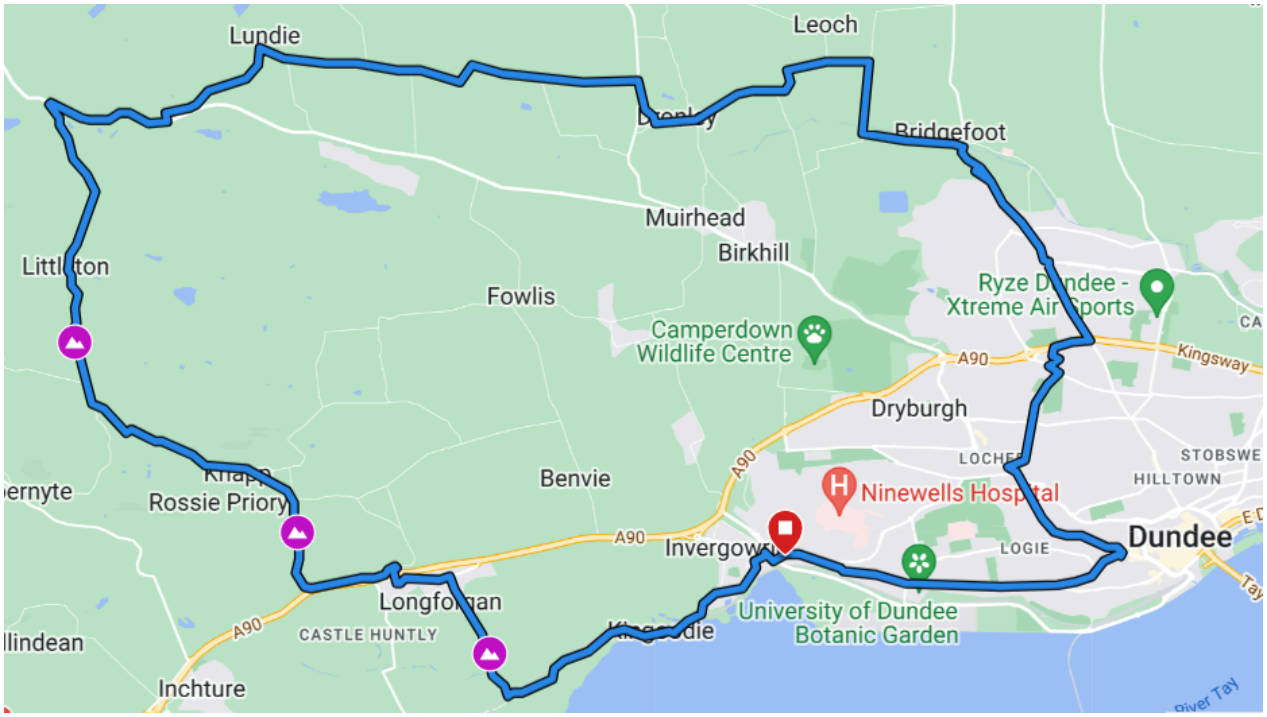


Dundee -> Lundie (loop)

Distance: 42 km
Climbing: 426m
Time: ~2/2.5hrs

This route highlights some of the best roads North of the city, passing through small towns such as Lundie and Bridgefoot which provide some lovely views from above Dundee. The climb up through Littleton is steep and long so be prepared, but it is well worth it for a pedal up above in the hills. The return into Dundee can be quite tricky and busy with traffic so I've tried to include some cycle path sections which hopefully make this a little safer and more manageable.

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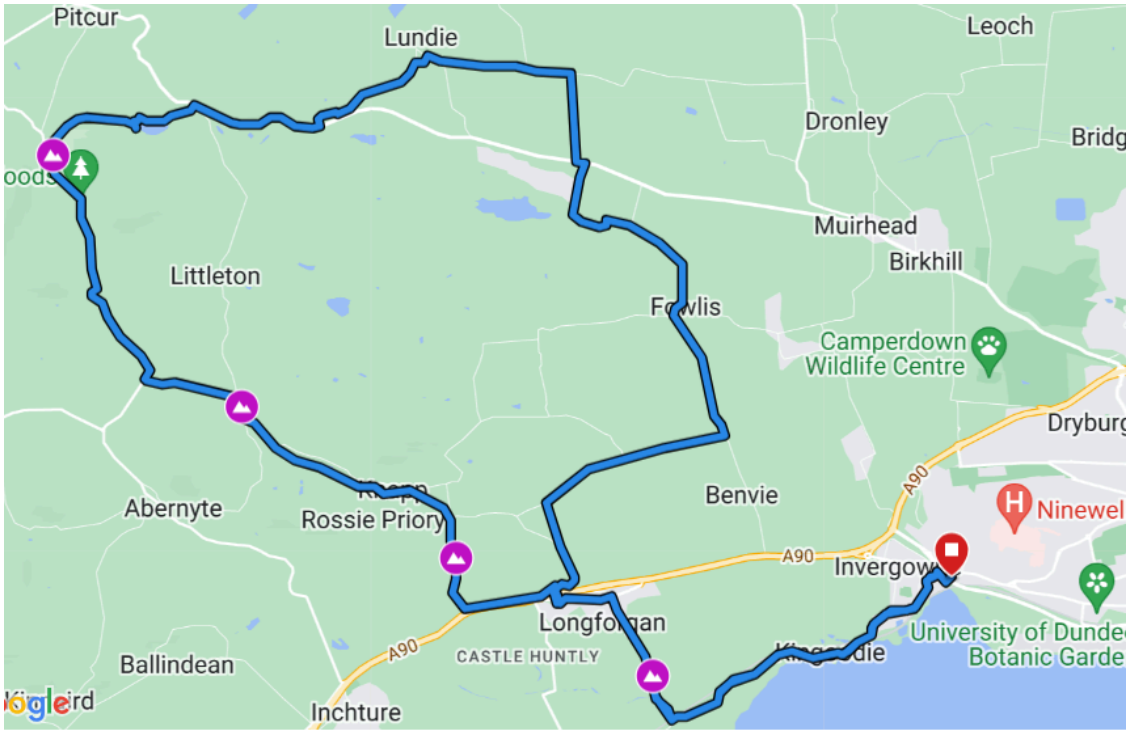


*a couple possible variations to this route:

- if you have access to a gravel/off-road bike another option to get to Lundie is using the fireroads through the forest at Ballo and alongside the very pretty Laird's Loch whilst also avoiding the steep climb through Littleton
- If you are wanting to avoid coming into Dundee from the North, one option is cutting down through Fowlis and back through Longforgan instead, keeping to nice quiet backroads.

The route with both these variations can be found here:

https://connect.garmin.com/modern/course/189250069 (40km, 513m climbing)





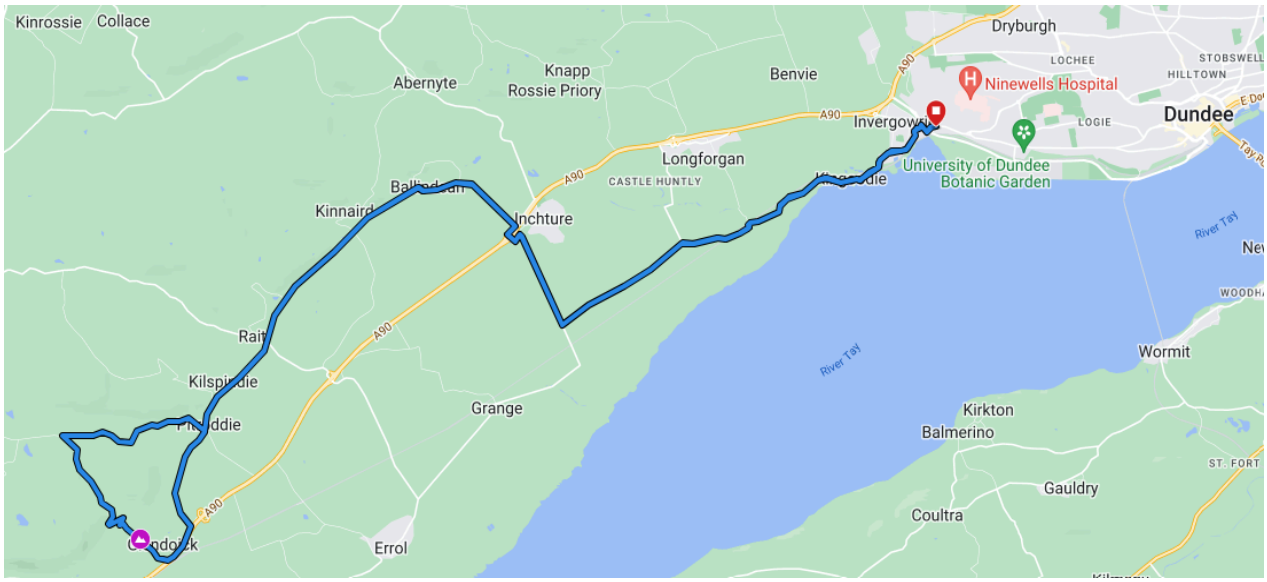


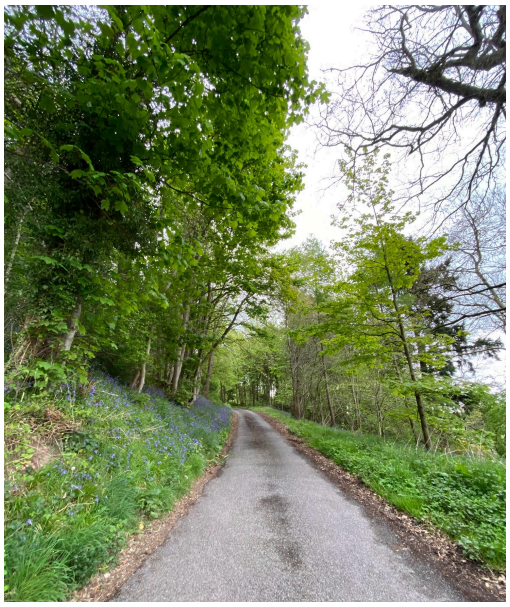
Dundee -> Glendoick (loop)

Distance: 48 km
Climbing: 328m
Time: ~2/3hrs

Similar to the Kinnaird route, the roads out to Glendoick are nice and flat along the bottom of the hills, until you turn up and over the hills. Like any of the roads up from the Gowrie carse, this one is steep and long but worth it for the views from high up. The descent down to Pitroddie is equally as steep and can be very fast so be careful and check your brakes before heading down (learnt from experience unfortunately)!

https://connect.garmin.com/modern/course/193533174







Dundee -> Kinnoul (out + back)

Distance: 56 km
Climbing: 365m
Time: ~2.5/3hrs

One of the first routes I discovered from Dundee and still a favourite with some amazing views over the River Tay and the surrounding Bridge of Earn area. The route begins on the Kingoodie back roads to St Madoes, which makes a nice ride in itself (40km out + back). From there it kicks up with some steep climbing up onto the Kinnoul road, some bits with a gradient of 20%... this might be worth bearing in mind if your gear selection is somewhat limited!! If manageable, this slog is well worth it for the views though, especially on a sunny day!

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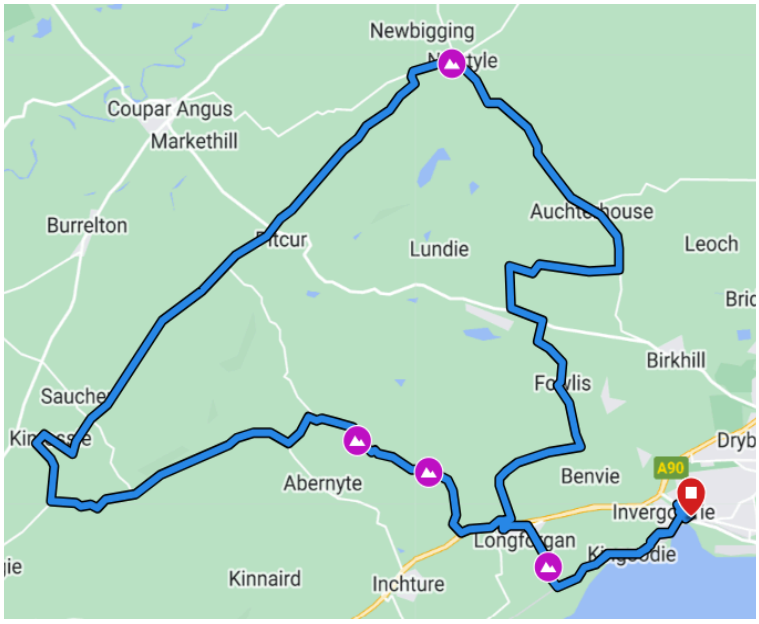


Dundee -> Kinrossie (loop)

Distance: 64 km
Climbing: 760m
Time: 3hrs

This loop is packed with lovely hidden back roads, views and lots of ups and downs to put your legs to the test. It is a nice route for getting to know some of the best riding roads and with so many possibilities for chopping and changing to give alternative routes, there's something for any day.

https://connect.garmin.com/modern/course/189225805





*for a shorter version you can instead turn off right before Pitcur to climb up past the Ballo woods and join back to the way you came down past Knapp and into Longforgan. Though quite a bit shorter, there is still a good chunk of climbing in this loop so make sure you're prepared for some steep and long hills!
https://connect.garmin.com/modern/course/189234327 (48km, 621m climbing)

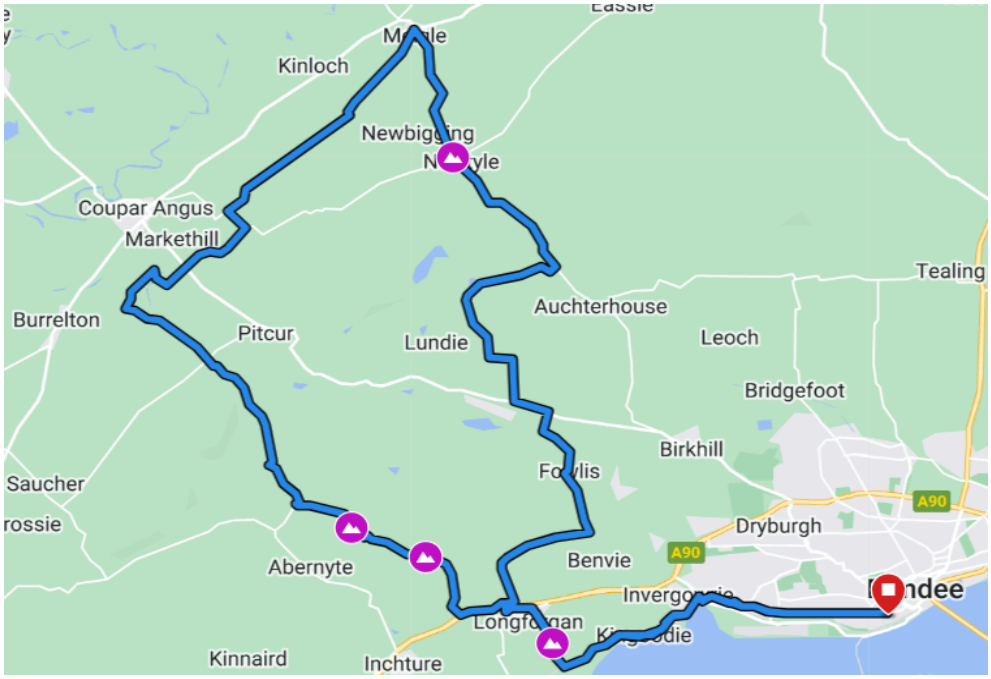
*one of many examples of how you could extend this route is going out further through Rait and Balbeggie before heading through Kinrossie and back round the same way. This actually provides a less hilly way round the loop and is also a good opportunity for trying some of the nice back roads along the Gowrie carse and the climbs up from it, so enjoy exploring all the amazing roads along there!
https://connect.garmin.com/modern/course/189236545 (71km, 700m climbing)

Dundee -> Campmuir (loop)

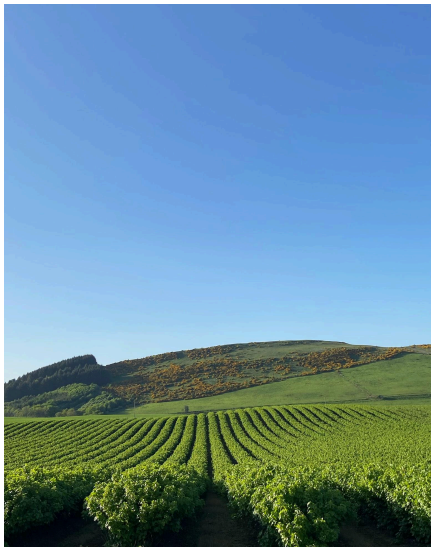
Distance: 68 km
Climbing: 725m
Time: ~2.5/3hrs

The small scattered towns in the surrounding area of Coupar Angus provide some ideal little back roads which give endless possibilities for exploring and riding different routes. This loop out to Campmuir is one of my favourites and with the Barrie Box shop providing local berries as well as baked goods halfway round, what more could you want!

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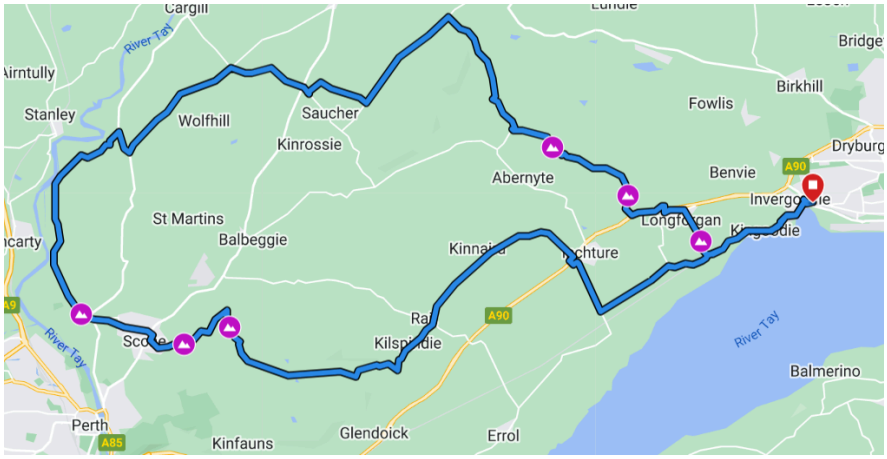


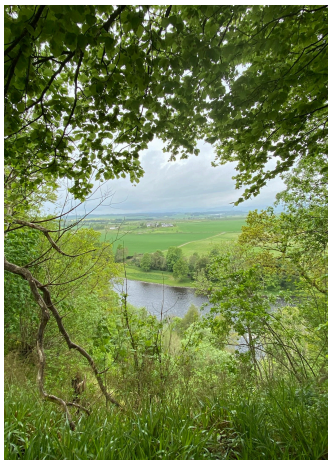
Dundee -> Scone (loop)

Distance: 72 km (similar 88km loop)
Climbing: 758m
Time: ~3hrs (@ avg speed ~25kmph)

Using the back roads over Ballo and round to Scone makes for a lovely route over the hills behind Perth and is perfect if you're looking for a decent few hours ride to help build up the endurance with some bonus steep sections and plenty of rolling hills. Only thing to look out for is a few busier A road crossings (one near Kinrossie and one before Scone), other than that the loop is very scenic and quiet so is definitely one worth checking out!

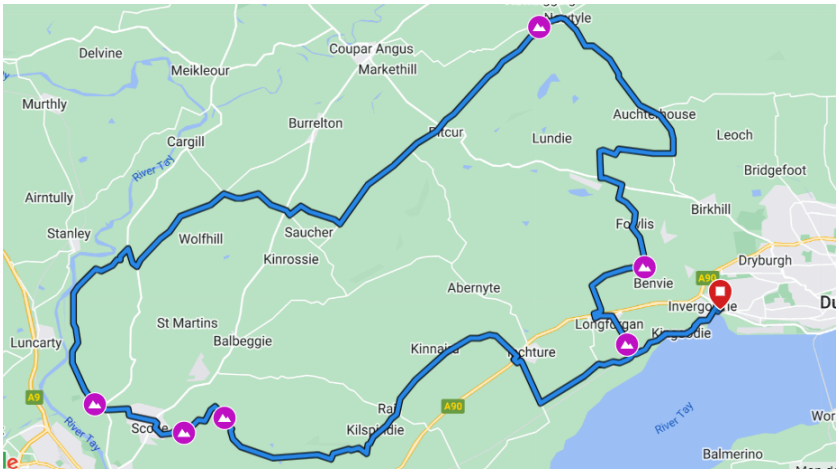
https://connect.garmin.com/modern/course/188014727





*if you're looking to extend this ride there's a longer detour via Fowlis and Newtyle rather than Ballo to add an extra 15km or so, as shown below.
https://connect.garmin.com/modern/course/189237735 (88km, 915m climbing)



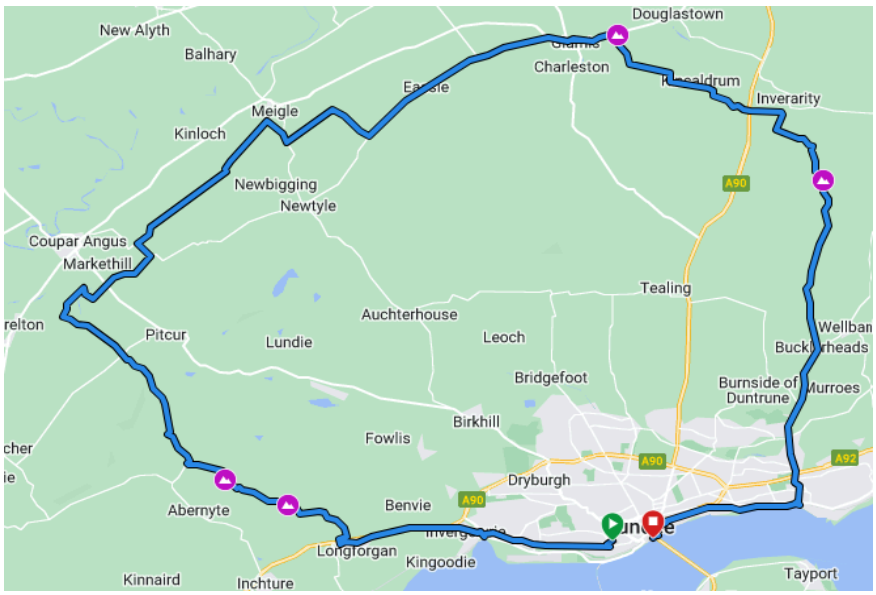


Dundee -> Meigle (loop)

Distance: 75km
Climbing: 709m
Time: ~3/4hrs

This route highlights some of the lovely countryside surrounding Coupar Angus and passes through some historic wee towns such as Glamis before coming back into Dundee via the waterfront from Broughtyferry. It makes for a pretty entertaining long ride with a few tough climbs up past Ballo and around Carrot forest but mostly consists of steady rolling hills.

https://connect.garmin.com/modern/course/90601050









Dundee -> Dunkeld (loop)

Distance: 110 km
Climbing: 1,218m
Time: ~5hrs

If you're looking for a hefty day out with nice views, towns and coffee shops, Dunkeld is a dreamy place to visit and well worth the trek; but bear in mind this is a tough outing and requires a lot of endurance and plenty of snacking to get round! Most of these roads are nice and quiet with the occasional A road near Coupar Angus and Blairgowrie so look out on the busier sections of the route.
https://connect.garmin.com/modern/course/188010077

