

Woodlands for Health

Woodlands are important for physical and mental health. Increased time spent outdoors in woods, has been shown to lower blood pressure and reduce stress. Woodlands deliver a rich, calming experience, offering escape from urban areas and providing contact with nature. Woodlands can be inspiring places and in Dundee, they are all accessible without a car, so why not take a walk in one?

For more information on woodlands for health including the Branching Out programme, please see www.dundee.gov.uk/rangerservice and <http://scotland.forestry.gov.uk/supporting/strategy-policy-guidance/health-strategy>

Why manage woodlands?

Woodlands in Dundee are not all natural – they have been designed and planted, rather than self-seeding. This means that all the trees tend to be the same age. The woods require management, to encourage some species to grow, to remove others, and to keep trees healthy.

Woodlands in Dundee are managed for the enjoyment of people and for wildlife, so they are welcoming and engaging for residents and visitors. In recent years, Forestry Commission Scotland has funded much of the woodland work as part of the Woodlands In and Around Towns (WIAT) programme, enabling Dundee City Council to improve their management.

How to Find Us

All of the woodlands are within walking distance of residential areas and are well connected to public transport routes. Many are linked to the Green Circular, making walking and cycling to the woods easy! For more information on this please go to: <http://www.dundee.gov.uk/outaccess>

Please see www.dundeetravelinfo.com for information on how to get to any of the parks/areas by public transport.

Contact Us

For more information:
Greenspace Officer,
Environment Department
3 City Square,
Dundee, DD1 3BA
Tel: 01382 434798



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Dundee

TWIG

Trees and Woodlands in Greenspaces

A Partnership between Dundee City Council and Forestry Commission Scotland



Woodlands change dramatically through the seasons, so it is worth visiting at all times of year. In spring, the trees will be alive with birdsong as they start to breed whilst snowdrops and bluebells can be seen flowering. When summer arrives, the woods will be a sea of green, as the trees produce their leaves. You will start to see insects like hoverflies, bees and butterflies flying in sunny glades. In autumn, the leaves will turn golden, conkers and berries will appear & fungi will start to grow. By winter, the trees will be leafless, but not lifeless – you may see jays hunting for acorns and deer sheltering between the trees.

There are many other areas of woodland around Dundee. 90% of Dundee is within 1km – about a 10 minute walk – of all the woodlands, so why not get out and explore?

There are also other nearby woodlands managed by other organisations that are all free to visit such as:
Backmuir Woods
(www.woodlandtrust.org.uk/visiting-woods/wood/4877/backmuir-wood)
Tentsmuir Forest in Fife
(<http://scotland.forestry.gov.uk/visit/tentsmuir>) and
Dronley woods near to Muirhead





Woodlands to the West

(Including Greater Camperdown, Greater Balgay and the Law Hill)

- ★ **Camperdown Park** has a large collection of exotic specimen trees on the Camperdown Tree Trail – part of the National Tree Collection of Scotland. The famous Camperdown Elm is also situated here. The paths are sloping in places, but generally good and accessible for wheelchairs.
- ★ **Templeton Woods** is a stronghold for the city's Red Squirrels, with a mix of pine, fir and spruce plantations as well as large birch areas. There are wide way-marked trails on flat paths, with a visitor centre and new mountain bike skills trail.
- ★ **Clatto Country Park** was originally established around a former water supply reservoir and contains woodland of varying ages. More recent planting of native species has taken place in Admiral Duncan Wood and Baldragon Wood by local schools.
- ★ **Balgay Hill** contains mature woodland including specimen conifers such as wellingtonia and Irish yew trees. It is steep walking in places, but with good paths and access through to Balgay Cemetery which also contains many old trees.
- ★ **Dundee Law** is the highest point in the city centre, providing great views of the city and across to Fife. The woodland includes pine plantations as well as mixed broadleaves such as birch, rowan and cherry. There are many paths, most leading to and from Law Road and Law Crescent, and a road that leads to the summit.
- ★ **The Miliey**, maintained by the Scottish Wildlife Trust, has a mixture of mature trees and younger scrub woodland along its length. It is a great site for wildlife, with close to 200 species of plant and many bird species.

Woodlands to the East

(Including Dighy Valley, Middleton Woods and Broughty Ferry LNR)

- **The Dighy Burn** was once one of the most developed burns in Scotland, providing power for many jute mills. Now, many wooded areas line the burn, creating the Dighy Wildlife Corridor, including **Trottick Ponds Local Nature Reserve**, where lots of older trees provide homes for bats, birds and insects. There are many areas of new planting thanks to Dighy Connect, Countryside Ranger Service and Forestry Commission Scotland. There is mixed access; with many areas on the green circular. Some areas are stepped and unsuitable for wheelchairs or pushchairs.
- ▲ **Caird Park** opened in 1920 and has many heritage trees including copper beeches, which turn a beautiful colour in autumn. The Gelly Burn runs through the park providing a lovely shaded walk to the ponds at Den O'Mains.
- ▲ **Reves Hill** also contains mature broadleaved trees with shrubby undergrowth. The Broughty Ferry Environmental Project has managed the woodland and there is a wonderful viewpoint from the top of the hill. The paths are mostly quite steep and not accessible to wheelchairs.
- ▲ **Broughty Ferry LNR** was previously part of the Dundee to Forfar/Aberdeen railway line but is now managed by the Countryside Rangers and is accessible to all with flat, surfaced paths. It was dedicated an LNR in 2000 and is recognised for its wildlife.
- ▲ **Middleton Wood** was planted in 1993 by community groups, with a mixture of native species. The woodland has good paths and is easily accessible, providing a great recreational resource. It is a Site of Importance for Nature Conservation (SINC) and Community Wildlife Site (CWS).