How to get there
The trail runs on the north end of the King’s Drive in Victoria Park at the northeast side of Arbroath where there are toilets and ample parking. The path follows the coastal path from the end of the promenade southwest through the Lochmaben Wildlife Site and then continues west along a series of coastal paths. It is a three-mile round-trip from the start to the finish of the trail.

The route is not recommended for use in wet weather or by individuals who are not familiar with coastal paths. It is open to all ages and abilities, but care must be taken to stay on the designated paths and avoid off-path areas.

Introduction
The natural coastal landscape features are mainly controlled by the nature of the sedimentary rocks - sandstone and conglomerate (including sand and gravel) - which the cliffs have been carved by. The physical characteristics of these rock layers, or strata, determine how erosion affects them. Such characteristics include the dip of the strata, especially fault movements (cross bedding and plate tectonics), the hardness of the rocks and their resistance to physical and chemical weathering, the pattern and spacing of vertical joints (fractures), occurrence of faults, the thickness of the beds and the presence of cross bedding.

The rocks along the trail are sandstones and conglomerates of two different ages - 470 million year old Lower Devonian (Lower Old Red Sandstone) and 370 million year old Upper Devonian (Upper Old Red Sandstone) rocks respectively. The Devonian is the name given to the time period between 416 and 354 million years ago. A brief description of the rocks and also the formal geological names given to the units are presented below.

The rocks have been tilted by earth movements and uplifted. This river may have been the same size as the Mississippi River (USA). The only recorded finds of flint and bone come from the area of Mill Street and the Penicuik area which is now a public park.

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10. Mason's Cave.  At this cave (NO680 4402) which can only be seen from the shore, the cliffs are cut along the contact between Upper Devonian sandstones and conglomerates. This cave can only be reached from the walk and involves descending steep grassy slopes which can be slippery and crossing inter-tidal areas which can be difficult underfoot. Take care not to be cut off by the tide. This cave is not used by walkers.

11. Elie Gate.  This arch (NO684 4222) just below the Mason’s Cave, is formed along the line of a small fault which defines the south side of the radius elongating from the Yesnaby Fault.

12. Dark Cave.  In the cliffs on the north end of Calleghough Bay the Lower Devonian rocks are cut apart from the Upper Devonian at the north side by the cliff. Seaweed and grass help you make these two localities if you do not wish to alight from the main path to visit them.

This is an irregularly on northern side of the Upper Devonian strata, which forms the intertidal area of Calleghough Bay. The lower end of the cave can be seen from the shore as it is cut into the intertidal area, and with the sea level it can be seen from the shore as well as after the Upper Devonian times.

13. Light Cave.  This cave (NO667 4270) is cut along a small fault within the Southside. The cave does not become accessible to walkers until it is cut to the end of the Lower Devonian rocks of the north side of the cliffs. The Lower Devonian rocks are cut off in many more points of the Lower Devonian rocks of the north side of the cliffs.

This part of the cliffs are cut off in many more points of the Lower Devonian rocks of the north side of the cliffs.

14. Gaylet Pot.  This cave (NO680 4440) is a local example of a collapsed cave (group) which is of 160m long by the mouth of the cave. It is cut by the Fine of Calleghough Bay. The lower end of the cave can be seen from the shore as it is cut into the intertidal area, and with the sea level it can be seen from the shore as well as after the Upper Devonian times.

15. Auchmithie.  Below the village of Auchmithie, for the only time, you can see Upper Devonian conglomerates and conglomerates.

Caution:  Accesstothislocalityinvolvesdescendinggrassyslopeswhich canbeslipperyandcrossinginter-tidalareaswhichcanbedifficult underfoot. Take care not to be cut off by the tide.