



Fife Coastal Path

The Fife Coastal Path is a journey of discovery. Designated by Scottish Natural Heritage as one of Scotland's Great Trails the path is an absolute joy every step of the way as it stretches 81 miles from the Forth Estuary in the south, to the Tay Estuary in the north.

The path begins at North Queensferry with spectacular views of the estuary, the iconic Forth Bridges and the Edinburgh skyline. The walking is relatively straightforward, but the terrain is fascinating with evidence of lava flows and limestone strata containing marine fossils. Dysart Harbour and the Harbourmaster's House are highlights as you make your way through the 7th century Royal Burgh. Cultural heritage, historic monuments, quaint villages, valued nature reserves, volcanic plugs and Fife's only working fishing harbour are just some of the gems decorating the path as you continue to St Andrews and your journey's end at Newport-on-Tay.

Clifftop walking, woodland, abandoned railway and of course gorgeous grassy paths through golden sand dunes, combine to deliver an incredible walking experience as you travel through the Kingdom of Fife. Always charming, at times challenging, the Fife Coastal Path and the warm Scottish welcome of its hosts, will remain long in the memory of the walker.



Why do this walk?

- Delight in 15 Seaside Award beaches and a host of charming coves.
- Marvel at rock formations, lava flows and fossil sites dating back to a time of active volcanoes and tropical swamps.
- View stunning examples of architecture spanning eight centuries.
- Enjoy the many nature or wildlife reserves and sites of special scientific interest boasting marshlands, calcareous dunes and botanically important coastal grasslands.
- Spot grey seals and bottlenose dolphins, bats and red squirrels.

This is a mainly flat coastal walk and can be completed by people with limited walking experience who have a reasonable level of fitness.

The Fife Coastal Path has high tide alternative paths in places. However, some sections of the route are not passable at high tide and you will have to wait until the tide recedes and the path is clear. One hour after high tide should suffice. Check tide times before setting out.

Terrain: Mainly flat walking along the edge of the coastal plateau. Some road sections, which aren't very busy as well as forest tracks and disused railway line. A couple of sea cliffs, and a golf course or two. Follow safety signs and keep alert to what golfers around you are doing.

What's it like underfoot? On the whole the paths are well defined and maintained, but at times a bit sandy. Walking in soft sand on the beach can get tiring, however there's usually a parallel path further inland.

There are one or two sections with stepping stones. Following high tide, the ground can be muddy or slippery in places.

How much up & down? Not very much at all. Most days are relatively flat. However, there are one or two raised beaches to step up onto.

Signposting: Generally good.

Navigation: Pretty straightforward. Pay attention to the alternative paths at high tide. Near golf courses, keep to the path and stay away from greens and fairways.

Essential Info

Length	4 – 7 nights
Full Route Length	81 miles/130 km
Shortest Break	34 miles/55 km

Grade



Easy to
Moderate

Route

North Queensferry to Burntisland

Your journey begins by the Waterloo Well also known as Napoleon Well at the bottom of 'The Brae' on Ferryhill Road. Immediately we have a history lesson and our first taste of Scots dialect. A brae is a Lowland Scots word for the slope or brow of a hill. The well, shaped like Napoleon's hat,



was built to commemorate Wellington's victory over Napoleon at Waterloo in 1815.

At the Scottish Wildlife Trust Nature Reserve by Carlingnose Point look out for the magenta-coloured bloody cranesbill, burnet saxifrage and best of all dropwort, rarely seen in Scotland. Out at sea stand the remains of the old pier, a home now for nesting birds.

Woodland leads to Inverkeithing and St David's Harbour. From here the path hugs the coastline to Dalgety Bay. Once a fishing village the old Dalgety Bay made way for the new town in the 1960's. All that remains of the old town is the ruin of St Bridget's Kirk. In summer, terns can be observed plunge diving for fish in the bay. Eyes are drawn out to Inchcolm Island with its 12th century Abbey before turning inland and on to Aberdour.

Beyond Hawkcraig Point and the expansive Silversands Bay there is more woodland. This stretch is popular with botanists and bird watchers and is home to the impressive Starley Burn Falls. Once out the woods, a short section of urban walking leads to Burntisland. Look out for the seals



basking on the rocks.

Burntisland to Leven

Leaving Burntisland, the path remains on the road for a time before rejoining the shoreline at Kinghorn. The Fife Coast and Countryside Trust were keen for the path to be, as far as possible, accessible at all states of the tide. Being too close to the shore here would result in the path being under water at high tide. Fortunately, you remain rewarded with fine views to the shore. Keep an eye out for the monument marking the place where Alexander III died in 1286.

Beyond Kinghorn on to Kirkcaldy you walk through coastal grassland. Rockrose, agrimony and wild clary all grow here. Many rocks here are the product of lava flows following the eruption of the Binn Hill volcano around 300 million years ago. Layers of limestone sit beneath the lava flows and hold fossils of sea life from a time when Scotland, then at the Equator, had a tropical climate.

Leaving Kirkcaldy behind you reach the picturesque village of Dysart, whose history dates back to beginning of Christianity in Scotland. At the foot of

Hot Pot Wynd stands the Harbourmaster's House. Now a Coastal Visitor Centre, bistro and home to Fife Coast and Countryside Trust.

The final stretch towards Leven initially skirts woodland carpeted in spring with anemone, lesser celandine and primrose before reaching the famous Wemyss Caves. The caves are decorated with Pictish markings dating back to between AD500 and AD900. The path then follows the old railway line into Buckhaven ahead of your arrival at the golden sands of Leven Links.

Leven to Anstruther

Leven and Shell Bay are linked by the sandy shores of Largo Bay. A beautiful 7 mile stretch of beach punctuated in the middle by the pretty village of Lower Largo. Sanderlings, oystercatchers, curlews and ringed plovers can all be enjoyed along this stretch of coast. As can common seals and the larger, 'roman nosed' grey. If you're fortunate, you may even catch a glimpse of bottlenose dolphins. The path skirts the sands and is bordered with wildflowers such as purple milk vetch, rest harrow



From Shell Bay the path climbs a series of raised beaches to Kincaig, illustrating the varying sea levels through the ages. From here you are rewarded with stunning views of Earlsferry Bay and beyond. Elie to Anstruther proves great walking over the grassy links with plenty of sites of interest. Elie Ness Lighthouse and Sauchar Point Watch Tower both deserve time spent there. Onwards and the path turns a little rougher as you approach Ardrross Castle and beyond there Newark Castle ahead of the village of St Monans with its magnificent windmill.

Out from St Monans and only Pittenweem stands between you and Anstruther, but take your time, there's much to see. In Particular St Fillan's Cave. Thought to be where St Fillan lived whilst converting the Picts to Christianity in the 7th century.

Anstruther to St Andrews

Please note there are tidal points between Crail and St Andrews where you may have to wait until the tide recedes and the path is clear. Please check tide times before setting off.

Heading first for Crail, the path follows the rough, grassy shoreline which is uneven in places with some rocky stepping-stones to negotiate. Best then to stop and stand still as you look out to the Isle of May. Consider having a rest day here and take a boat trip out to the island.

Midway between Anstruther and Crail are the fascinating Caipie Caves. Eroded over time by weather and sea, the caves were once part of a sea cliff. Take care if observing them as several years ago one of the smaller caves collapsed without warning. This boulder-strewn coast is awash with wildflowers and shrubs providing cover for nesting birds such as whitethroat and sedge warbler.

Take time to savour Crail harbour before following a mixed terrain of tarmac roads and rocky shoreline as you head for Kingsbarns. Kilminning Wildlife Reserve with its migratory birds is a highlight of this section. At low tide Kingsbarns beach will provide plenty of wildlife interest also.

From here the walk to St Andrews is along a lonely stretch of coast, rough in

places and occasionally muddy. Wading birds are common here. Eider and sometimes shelduck can be seen. Knapweed,ampions and vetches provide colour. Although rough underfoot in places this stretch of coast is both beautiful and fascinating. Look out for the impressive pink sandstone Buddo Rock and the Rock and Spindle by St Andrews Bay.

St Andrews to Newport-on-Tay

Your first five miles or so out of St Andrews to Guardbridge are on road. The walking here is easy and the views panoramic over the Eden Estuary, abundant with birdlife. From Guardbridge you turn back to the coast and soon you're on the open and wild expanse of Earls Muir before entering Tentsmuir Forest. Boardwalks help you across the wet flushes of the muir. Look out for dragonflies, damselflies, butterflies, birds and bees. The forest is home to red squirrels, roe deer, crossbill and woodpeckers. Emerge from the woods to Tayport Heath and clear views over the saltmarsh.

From Tayport, the disused railway line, now a tarmac cycleway leads you along



the Firth of Tay towards your destination Newport-on-Tay. Two lovely little lighthouses, now private homes, can be admired from the path. Back into mature woodland for a time before emerging to open countryside and the Tay Road Bridge takes prominence.

The Bridge marks the end of your Fife Coast Path Adventure. All that remains is to head to your accommodation for a well-earned rest.

Additional Days

We can arrange extra nights at any of the overnight stops, allowing for rest days, or giving you more time to explore the locality. We recommend Elie and St Andrews:

Elie

If sandy beaches are your thing, then why not reward yourself with a rest day at Elie? Situated at the eastern half of a mile long south-facing sandy bay, Elie is a lovely location to relax and recharge. The town itself is charming and a pleasure just to potter around and enjoy a pot of tea! Just a mile inland is the pretty village of Kilconquhar whose loch is a site of special scientific interest.

St Andrews

Add an extra day to savour St Andrews. Famous for its many golf courses, including the Old Course, with the landmark Swilcan Bridge at the 18th hole. You can learn all about the history of the game at The British Golf Museum.

Take time to explore the ruins of St Andrews Castle, with its medieval bottle dungeon. Not too far from the castle is the University of St Andrews, founded in 1413. The Museum of the University of St Andrews (MUSA) displays thousands of artefacts, including medieval maces and stained glass, and covers student life through the ages. Remaining with architecture, the ruins of St Andrews Cathedral, built between the 12th and early 14th centuries is well worth a visit.

Getting There and Away

General travel information for the Fife Coastal Path will be in your holiday pack. Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on

individual accommodation maps. To view train times please visit qjump where you can also purchase tickets in advance. For information on bus timetables please visit traveline If you require secure car parking whilst walking this route, please contact us for information.

Getting There:

By Air: The nearest International Airport is Edinburgh International. Buses regularly depart for North Queensferry.

By Public Transport: There are direct trains from Edinburgh Waverly to North Queensferry.

By Road: North Queensferry is located on the M90, north of the Queensferry Crossing Bridge. If travelling from the south, take the M74 towards Glasgow and leave at junction 5 for the M8. Take the M9 until the M90 towards Dundee/ Perth. Continue on the M90 over the Queensferry Crossing Bridge until the B981 leading into North Queensferry.

Leaving from Newport-on-Tay:

By Public Transport: There is a train station at Dundee with frequent services to Edinburgh Waverly. Regular buses are available from



Newport-on-Tay to Dundee train station.

How our holidays work

We specialise in self-guided walks because we think it's the best way to really experience local landscapes, cultures and history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks and all the details you need for a successful holiday. You just turn up and walk!

Inbuilt Flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please.

You can start on any day you like and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality. You can book

part of a walk if you don't have the time to complete the entire distance.

How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure which can then be emailed, posted or faxed to us. We will get in touch with you once we have received your booking to confirm your holiday details.

Alternatively, you can either book online using our website at www.mickledore.co.uk or telephone us during office hours.

Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We understand this and go out of our way to find the best. We put a great deal of effort into hand picking our accommodation and matching it to individual customer requirements. In selecting the accommodation, we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. For example, over the course

of your trip you might stay in a village inn, a bed and breakfast in a converted barn, a Victorian guest house, and on a working farm.

We always try to arrange en suite accommodation, i.e. rooms with their own bathrooms, for each night of your stay. However, in some of the more remote locations accommodation is limited and occasionally we may have to book rooms with shared bathrooms for one or two nights of your holiday, (especially if the booking is made at short notice), but we will always let you know if this is likely to be the case.

Single Rooms We are happy to book single rooms on this walk but cannot normally book more than two for any one group. Single room bookings include a supplement.

What We Provide

All Holidays

Accommodation Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs. Full English or Continental breakfast.



Guidebook A guidebook with route information, maps, photos and background information.

Information of Services Along the Route A comprehensive service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafés and taxis.

Maps 1 waterproof 1:40000 Harvey map covering the whole route.

Personal Itinerary A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.

Emergency Telephone Support If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

15% discount at Cotswold Outdoors We will issue you with a 15% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

Options

Luggage Transport We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry

a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg.

Packed Lunches Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or café on the route.

Off Road Parking If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

Arrangement of return transport We can also arrange your transfer back to your car, (or advise you when public transport is a better option!)

What's not included

Evening Meals Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £20.00 per night.

Transport to the start & away from the finish Taxi or bus transport if you need to miss a stage (but we'll help you organise it if you need help)

Travel Insurance Even if you are based in the UK travel insurance is worth having.

Prices

Detailed prices for all our holidays are available on the website.
www.mickledore.co.uk

About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self-guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone or drop us an email, or call in and see us if you're in Keswick.



We specialise in UK holidays, and by concentrating on what we consider the best routes, we get to know the trails, accommodation, and local area intimately.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years' experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We're all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.

- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.

Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and the Association of British Travel Agents (ABTA). We have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

AITO Quality Statement

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at www.aito.com. Visit the website to find out more about the Association or call 020 8744 9280.



Our Itineraries

Turn over for our booking form →

North Queensferry to Newport-on-Tay - 81 miles/130 km

We offer 5 holidays on the Fife Coastal Path. Of those, 2 cover the whole route from North Queensferry in the south to Newport-on-Tay in the north. Choose from 5 or 6 days walking depending on how far you want to walk each day.

North Queensferry to Newport-on-Tay in 5 days Walking Code: FC6				North Queensferry to Newport-on-Tay in 6 days Walking Code: FC7			
		Mile	km		Mile	km	
Day 1	Travel to North Queensferry for your first nights accommodation			Travel to North Queensferry for your first nights accommodation			
Day 2	North Queensferry to Burntisland	12	19	North Queensferry to Burntisland	12	19	
Day 3	Burntisland to Leven	17	27	Burntisland to Leven	17	27	
Day 4	Leven to Anstruther	15	24	Leven to Elie	9	14	
Day 5	Anstruther to St Andrews	19	31	Elie to Crail	11	18	
Day 6	St Andrews to Newport-on-Tay	18	29	Crail to St Andrews	14	23	
Day 7	Depart from Newport-on-Tay after breakfast			St Andrews to Newport-on-Tay	18	29	
Day 8				Depart from Newport-on-Tay after breakfast			

Fife Coastal Highlights

Our 3 shorter routes each end at St Andrews. We have a 4 day walk beginning at Burntisland as well as 3 and 4 day walks beginning further along the coast at Leven. Each of these shorter routes enjoy a similar mix of terrain as experienced over the full route.

Burntisland to St Andrews 51 miles/82km				Leven to St Andrews 34 miles/55km				Leven to St Andrews 34 miles/55km			
4 days walking (5 nights) Walking Code: FCB5				3 days walking (4 nights) Walking Code: FCL4				4 days walking (5 nights) Walking Code: FCL5			
		Mile	km		Mile	km		Mile	km		
Day 1	Travel to Burntisland for your first nights accommodation			Travel to Leven for your first nights accommodation			Travel to Leven for your first nights accommodation				
Day 2	Burntisland to Leven	17	27	Leven to Elie	9	14	Leven to Elie	9	14		
Day 3	Leven to Elie	9	14	Elie to Crail	11	18	Elie to Crail	11	18		
Day 4	Elie to Crail	11	18	Crail to St Andrews	14	23	Crail to Boarhills then transfer to St Andrews	8	13		
Day 5	Crail to St Andrews	14	23	Depart from St Andrews after breakfast			Transfer to Boarhills then walk to St Andrews				
Day 6	Depart from St Andrews after breakfast						Depart from St Andrews after breakfast				



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t: 017687 72335

e: info@mickledore.co.uk

w: www.mickledore.co.uk

Booking Form

Contact Details

Address:

Telephone: Mobile / Alternative Tel:

Email: Emergency Contact No:

Your Holiday

Holiday Name: Holiday Code: *(Hadrian's Wall: Add an 'R' if starting in the West)*

Date of First Night: Date of Last Night:

Party Members

No.	Name	Age	Room

Luggage Transport	<input type="text"/>	No. Double Rooms	<input type="text"/>
Packed Lunches	<input type="text"/>	No. Twin rooms	<input type="text"/>
Off Street Parking <i>(there is normally a charge for this)</i>	<input type="text"/>	No. Single Rooms	<input type="text"/>
Transfer required <i>(additional charge)</i>	<input type="text"/>	No. Triple Rooms (Double & Single)	<input type="text"/>

Comments (special diets, other requirements, etc):

Payment

Holiday cost per person	<input type="text"/>	I enclose a cheque for the deposit value (GBP only, made payable to Mickledore Travel)	<input type="checkbox"/>
Rest Days	<input type="text"/>	I would like to pay by card (we will contact you to arrange this).	<input type="checkbox"/>
Total cost per person	<input type="text"/>	I would like to pay by bank transfer (we will contact you to arrange this).	<input type="checkbox"/>
Number in group	<input type="text"/>		
Total group cost	<input type="text"/>		
Deposit (20% of Total Cost)	<input type="text"/>		
Single and solo supplements will be added where applicable.		I confirm that the above details are correct and that I have read the terms and conditions available on the website.	
		Signed _____	Date _____
		Name _____	

How did you hear about Mickledore Travel: