



Your chance to explore

There is so much to for you to discover on the Fife Coastal Path.

Stretching for over 117 miles from the Forth Estuary in the South, to the Tay Estuary in the North, the route offers a range of walking experiences from easy and level to more challenging and remote.

The Coastal Path is one of Scotland's Great Trails and is part of Fife's Core Path Network, giving greater access to our greenspaces and linking neighbouring communities.

The journey will also give you a chance to visit many of Scotland's award winning beaches close to the route of the path. Why not stop and relax on the sands? Or spend a while exploring rock pools on Fife's Fringe of Gold.

The entire route of the Coastal Path is highlighted with regular waymarkers and finger posts and most of the route, villages and towns are accessible by public transport. When planning your trip visit Traveline www.travelinescotland.com



About Fife Coast and Countryside Trust

We are a local charity committed to ensuring that everyone has the opportunity to experience Fife's great outdoors. We do this through careful management in a manner which respects the balance between people and nature.

We manage sites and paths throughout the Kingdom of Fife.
For more information, visit our website.

fifecoastandcountryside.co.uk

Useful Contacts

Coastal Path Information **01592 656080**

Fife Council **03451 550000**

Traveline **0871 2002233**

Police Scotland **101**

Emergency Services **999**



Enjoy Scotland's outdoors responsibly

- **take responsibility for your own actions**
- **respect the interests of other people**
- **care for the environment.**



**KNOW THE CODE
BEFORE YOU GO**

outdooraccess-scotland.com

The Fife Coastal Path is part of a living and working landscape with many parts owned and managed by private landowners. In the spirit of responsible access, please follow the Scottish Outdoor Access Code.



**FIFE COAST &
COUNTRYSIDE TRUST**



Fife Coast and Countryside Trust

The Harbourmaster's House, Hot Pot Wynd, Dysart, Fife, KY1 2TQ

Tel: 01592 656080 Email: ask.us@fifecountryside.co.uk

Website: www.fifecounsidetrust.co.uk

Fife Coast and Countryside Trust is a company registered in Scotland, Company No. SC216254 and a registered Scottish Charity, Charity No. SC031247.

THE FIFE COASTAL PATH



LOCAL COUNTRYSIDE
YOUR
CHARITY

Come and Explore

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The Harbourmaster's House & Coastal Centre

The Harbourmaster's House

The Harbourmaster's House Dysart is home to the Coastal Centre and the Harbour Bistro, one of the Coastal Path Welcome Ports and also the head office for Fife Coast and Countryside Trust. The Coastal Centre provides information on the Coastal Path, with interactive displays which give an insight into the history of Dysart and its colourful past.

The Harbour Bistro is a great place to stop for a coffee or a bite to eat as you plan your Fife Coastal Path adventure! Visit our shop where you can purchase items including the Fife Coastal Path Map and the Fife Coastal Path Guide Book – A Walk with a Ranger.

The Harbourmaster's House is open 7 days a week with the exception of Christmas and New Year Holidays.

March - October: 9.30am - 4.30pm

November - February: 10.00am - 3.30pm

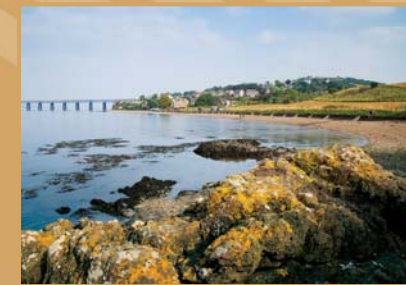
Discover More

The Fife Coastal Path takes you on a rich and varied journey through Fife's diverse and vibrant landscape. The 117 mile route is clearly and consistently waymarked throughout and can be walked in 8-10 sections, which vary in length, gradient and the going underfoot. Walkers should be aware that the route can be rugged and very challenging in places.

There really is something for everyone including breath-taking scenery, award-winning beaches, wildflowers, birdlife and even sea mammals, so make sure to keep your eyes peeled!

Landscape

Fife's rugged coastline has been formed by rocks and fossils from a time of active volcanoes and tropical swamps. The route takes the walker from the industrial heartlands of Central Scotland, through the rugged coastline of the East Neuk to the fertile agricultural lands of the Firth of Tay.



Welcome Ports

The route is well served by a number of Welcome Ports to assist and enhance your experience of the Fife Coastal Path. These are facilities that provide visitors with details of what to see and do in an area, including information on public transport, places to eat and toilet facilities.

As well as the Harbourmaster's, we have more than 50 businesses along the route that provide walkers with a warm welcome.

Look out for the logo below as you walk the Coastal Path, or for more information and a full list of our Welcome Ports, visit: www.fifecoastalpath.co.uk



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What can you see along the path?



Biodiversity

Wealth of wildlife – Fife has a rich and varied natural heritage associated with its landscape. From wildflowers to sea mammals, from shore birds to woodland birds all of which can be viewed from the Coastal Path.



Archaeology

Discover how we used to live – From hunter-gatherers to farmers, metal workers and miners, Fife has a great wealth of sites which form the legacy from the many people who have inhabited our shores.

Industrial

Footprints of growth – Evidence of Fife's past and present industrial glory can still be seen in towns and villages along the route. Windmills and salt pans, ship building and power stations have all contributed to Fife's industrial heritage.

Military Heritage

Defending our fringe of gold – There are many sites along the path which provides reminders of a time when our shores were faced with seaborne threats and invasion. These include anti-tank defences to a formidable network of gun batteries.



Human Heritage

Walk in the footsteps of pilgrims and missionaries who have journeyed to Fife for nearly 2000 years and discover how they have helped to shape religious architecture in Scotland.

Fife's industrial glory can be seen along the route in the form of windmills, ship yards and salt pans. The Coastal Path is a great place to discover how the land has been changed by industries like fishing, coal mining and ship building.

The archaeological remains found around the path offer a physical record and a glimpse into the past and those who have lived and worked along this beautiful coast.

There are many areas along the path which provide reminders of our more recent history in the form of anti-tank defences and a formidable network of gun batteries, highlighting Fife's role during WWII. Evidence of Fife's more recent industrial history include Longannet power station and the winding gear of the Frances Colliery, Dysart a monument to Fife's mining heritage.

Geology

Ever Changing Landscapes – Have you ever wondered what lay under your feet as you explore? Fife's rugged coastline has been formed by rocks and fossils from a time when Fife had active volcanoes and tropical swamps.



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Recreation

Peace and tranquillity, fun and adventure – Whether it is walking, running, horse riding or cycling the Fife Coastal Path is a fantastic destination to experience Fife at its best. From award winning beaches to rugged cliff tops, there is something to suit any outdoor enthusiast.

The route varies from sections of well made path, rough terrain, steps and tidal sections, therefore not all areas are suitable for cycling or horse riding. Contact Harbourmaster's House on **01592 656080** or ask.us@fifecountryside.co.uk if you need further information.

Built Heritage

From bridge to bridge – From the three icon bridges which span the Forth, the Fife coast has some distinctive architectural features from medieval churches to gothic castles. All with many stories to be told of days gone by.



Fife coastal map

Fishing Industry

Historically, fishing has been a vital industry in Fife, particularly along the eastern peninsula, the "East Neuk". This part of our coast is well known for its attractive fishing villages, each with its own unique, picturesque harbour. Most of these are still used by fishing vessels, particularly Pittenweem, although nowadays it is mainly shellfish which is landed rather than the white fish or herring of years gone by.



Before you Go!

- Be sure to wear appropriate footwear.
- On tidal routes check the tide times to make sure the tide is out and the area is safe for walking.
- Allow plenty of time for your walk.
- Keep dogs under control.
- Be considerate to other path users, landowners and wildlife at all times
- Be prepared to encounter livestock along the path.
- The route is clearly waymarked however for your own safety and enjoyment we advise you carry a map.
- The path is well served with public transport and this is a recommended way to return on many sections. Consider checking bus time tables to assist your trip. Please note this is not possible between Newport and Newburgh.

Relax and Enjoy!

Don't forget to take a break during your walk along the route at one of our fabulous award-winning beaches. Check out our Beaches Leaflet for more information or visit our website to view a copy online.

Why not buy a Fife Coastal Path Map or the Fife Coastal Path Official Guide Book - A Walk with a Ranger?

The map and book are available at the Harbourmaster's House or online from our website. Both can be ordered by phone on **01592 656080** (please note P&P costs will apply).