

Craigencalt Rural Community Trust



'Mini Walking Fest'

Registration: www.CraigencaltTrust.org.uk
Call: Marilyn on 01592 891330 or 07740999514
Or email: info@craigencalttrust.org.uk



27th March to 9th April 2017

Supported by Burntisland & Kinghorn Sports Hub.
Craigencalt Rural Community Trust, Scottish Charity Number: SC042702

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1	Craigencalt to Kilrie and Soneyhall Hill (9.5km/6mile)	Monday 27 th March	10 am
2	Outer circle around Binnend, Kinghorn and Craigencalt (9.8km/6.1mile)	Wednesday 29 th March	10 am
3	Kinghorn to Dysart and West Wemyss (15km/9.5mile)	Friday 31 st March	10 am
4	Craigencalt to Burntisland and return along Pettycur Beach (8km/5mile)	Saturday 1 st April	10 am
5	Old North Road from Aberdour (13km/8mile)	Sunday 2 nd April	10 am
6	Kilrie Woodland to Dunearn fort, return via The Binn (15km/9.5mile)	Wednesday 5 th April	10 am
7	Burntisland Outer Heritage Walk (8km/5mile)	Friday 7 th April	1.30 pm
8	Craigencalt through South Glassmount and Banchory, 'Barn at the Loch' lunch (5km/3.2mile)	Sunday 9 th April	10 am

The 'Mini Walking Fest' does not have walks on every day but is designed with rest days so that folk can take part in all walks if they so wish.

Walks 2,3 and 6 start at Kinghorn Community Centre. Walks 1, 4 and 8 start at the lochside at Craigencalt Farm. Walk 5 starts at Aberdour Station while Walk 7 starts at Burntisland Heritage Centre. On request, participants can be collected for walks 1,4 and 8 from the community centre.

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Information

Description

Craigencalt Trust is pleased to offer a Mini Walking Fest this spring. Walks will cover the coastline from Aberdour to West Wemyss, and stretch inland across the hills to allow participants to enjoy some splendid scenery. The Mini-Walking Fest is funded and organised by Craigencalt Rural Community Trust and supported by Burntisland and Kinghorn Community Sports Hub, Fife Council. Following on from last year, we are grateful once again to our walk leaders to help make the event a great success. The aim is to get people out enjoying the local area. We hope it will attract more visitors to come and enjoy a day out, get involved in activities. It is also a great way to get to meet new folk. We ask that you register for walks beforehand as then we know to expect you.

Registration and walks are free.

The Mini Walking Fest will run from Monday 27th March to Sunday 9th April. The reason for running this event in spring is to cover some of the longer walks it was not possible to do in late summer, when some pathways are too overgrown and difficult to negotiate. There will not be walks on every day because the event is designed with rest days. This will enable folk to manage all walks if they wish, and will gain from improving levels of fitness over the two weeks.

Transport - Getting to the walks

We have a distinct advantage along this coastal part of Fife because we are linked by a good, regular bus and train service. See the Craigencalt Trust website www.CraigencaltTrust.org.uk for details. There are good connections to Dundee and Edinburgh by train and Edinburgh Airport by 747 bus to Inverkeithing and then bus or train. Check timetables when planning walks as Sunday service may differ from the rest of the week. It is easy to get to the start point of walks or take public transport back to the beginning of walks if needed. Cars will be going from Kinghorn to Kilrie Woodland for walks 6 and taking the bus back from West Wemyss for Walk 3. On request, participants can be collected for walks 1,4 and 8 from the community centre.

To plan your journey by car visit [Google Maps](https://www.google.com/maps); to plan your journey by public transport visit [Traveline Scotland](http://www.traveline.scot.nhs.uk) or [Trainline](http://www.trainline.co.uk).

See maps at back of document for meeting points in Burntisland, Kinghorn and Aberdour Railway Station.

Car Parking.

There is adequate free car parking at Kinghorn Community Centre and at the Lochside Car Park (Craigencalt Farm).

Please park at the Links Car Park free (access down Links Place from the High Street) for the walk starting in Burntisland as parking on the main roads is time limited. Park at Aberdour Station car park (free) for the Aberdour walk.

Walk grading

Festival walks have been graded as follows:

Leisurely – Approximately 2 miles around Kinghorn, Burntisland or Craigencalt and Kinghorn Loch, taken at a relaxed pace, spending time at places of interest, and suitable for family groups.

Short - Walking experience isn't necessary for these walks of up to 3 miles (5 km), taken at a relaxed pace, often spending time at places of interest, and suitable for family groups.

Medium – 3 to 6 miles (up to 10 km) distance. These walks generally follow well defined paths, though likely to be quite hilly. These walks are suitable for most reasonably fit people.

Long – over 6 miles (10 km) requiring a good level of fitness.

We hope that these indicators will enable walkers to select a suitable walk for their capability, interest and enjoyment.

Registration

We do ask that walkers wishing to take part in walks register for walks beforehand, but can usually be accommodated up to one hour beforehand by letting the organisers know by phone or email. We also ask that you arrive promptly so that walks begin on time. Walk schedules will say where the walk begins and ends but please get in touch if you would like further information. . If you have a health condition that you think is relevant, please make the leaders aware of this prior to your walk.

Telephone mobile – 07740999514 or 07742084423

Home – 01592 891330

Email – info@craigencalttrust.org.uk

Terms of Participation and Disclaimer.

We are committed to running the walking fest safely and appreciate your cooperation with this. However, participants take part in walks at their own risk and we cannot accept responsibility for any accident or injury. If you have a health condition that you believe may be relevant, please make the leaders aware of this prior to your walk.

The Walk Leader endeavours to ensure that the walk is enjoyable for participants and protects the environment. Should the Walk Leader have any concerns about any participant during the walk they may decide that the participant should leave the walk. The decision of the Walk Leader is final.

Dogs are allowed on festival walks (unless stated otherwise in the description) but must be under adequate control. Dogs are welcome at the 'Barn at the Loch' cafe. Dogs cannot be taken into fields where cattle are grazed but often in spring fields are free from cattle. Persons under the age of 16 should be accompanied by an adult. Participants are requested not to smoke on walks.

What to wear and bring

To enjoy the Craigencaft Mini Walking Fest safely and in comfort, it is essential that you come equipped with suitable footwear, clothing and equipment. Walking/fell boots are essential for Walk 6 but preferable for the other walks too. Weather conditions can always change quickly, so we advise that you come prepared for sunshine and rain.

Clothing & Footwear

- Waterproof jacket (over-trousers are optional).
- Walking or fell boots providing ankle support and good grip for Medium and Long walks. Waterproof walking shoes with good grip are advisable for easier walks.
- Good walking socks.
- Thin fleece or jumper plus a spare if you wish – several thin layers are more effective than one thick layer of clothing.
- Gloves if desired.
- Hat if desired.

Optional Equipment

- Walking stick/s.
- Rucksack.
- Water and refreshments.
- Sunscreen and sunglasses (ever optimistic!).

Leader Rucksacks

- First Aid Kit.
- Sugar/glucose sachets.
- Emergency blanket and a whistle
- Sunscreen.
- Water bottles.
- Spare high energy food (Mars Bars).
- Mobile phone.

Walk 1.

Monday 27th March



Craigencalt to Stoneyhall Hill and Kilrie (9.5km/6mile)

Route – From the lochside car park at Craigencalt Farm take the Kissing Trees Road to Kilrie Woodland. Walk through the woodland on steep tracks to Stoneyhall hill and radio mast to take in the panoramic views. Walk down to Glassmount House, then on to Common and return to Craigencalt via Rodanbraes and Woodland Rise paths.

Name	Craigencalt to Stoneyhall Hill and Kilrie.
Meet	Lochside car park at Craigencalt Farm. (pick up from Kinghorn Community Centre on request)
Date/ Time	Monday 27 th March at 10 am
Grade	Long: reasonably surfaced paths and quiet road for much of the walk but with steep, slippery grassy paths and rough ground in places. Only for those that are steady on their feet.
Distance	9.5 km or 6 miles
Ascent	200m (660 ft)
Walk duration	3 Hours
Extra	Hope to stop at Glassmount House for a coffee.
Bus/train	No (but can easily return along quiet road)
Led by	Ron and Marilyn Edwards
Requirements	Walkers should have stout footwear, hiking stick preferred and rainwear. Suitable for dogs.

Walk 2.

Wednesday 29th March



Outer circle around Binnend, Kinghorn and Craigencalt (9.8km/6.1 mile)

Route: From Kinghorn Community Centre go along to Pettycur Bay and up the steps to the cemetery. Go up to the golf course and around Grangehill to the Binnend path and return along Rodanbraes, the north side of Kinghorn Loch and up to Craigencalt Cottage and the Kissing Trees Road. Return via the North Mire and back to Kinghorn

Name	Outer circle around Binnend, Kinghorn and Craigencalt
Meet	Kinghorn Community Centre
Date/ Time	Wednesday 29 th March at 10 am.
Grade	Medium - Long : Circular walk on various tracks, rough grounds and some tarmac, hilly in places
Distance	9.8km/6.1miles
Ascent	323 m (1060 ft)
Walk duration	3.5 hours
Extra	Café stop at the end of the walk
Bus/train	Yes (bus or train)
Led by	Kathleen Curley and Pat Convery
Requirements	Walkers should have stout footwear and rainwear. Suitable for dogs

Walk 3.

Friday 31st March



Kinghorn to Dysart and West Wemyss (15 km/9.5 mile)

Route: From Kinghorn go up through Craigenfalt via Burnside Path and on to Banchory and Tyrie taking in the views over the Firth of Forth and down on to the Coastal Path. At Seafield go cross the Tiel Burn and on to the prom or beach at Kirkcaldy. At Carrs Flour Mill turn down to Pathead and follow the track passing Ravensraig Castle then on to Dysart Harbour and along the coastal path to West Wemyss. Finish the walk at West Wemyss café and return to Kinghorn by bus.

Name	Kinghorn to West Wemyss, via the Coastal Path
Meet	Kinghorn Community Centre
Date/ Time	Friday 31 st March at 10 am.
Grade	Long walk but for all levels of fitness.
Distance	15km or 9.5 miles
Ascent	150 metres (450 feet)
Walk duration	5 hours
Extra	Bring a light lunch. Final refreshments at West Wemyss café.
Bus/train	Yes, may leave the walk at numerous locations for the bus. Bus for return from West Wemyss or car share may be arranged.
Led by	Kathleen Curley and Pat Convery
Requirements	Stout footwear and rainwear. Not suitable for dogs. Bring a light lunch for en route.

Walk 4.

Saturday 1st April



Craigencalt to Burntisland and return along Pettycur Beach (8km/5mile)

Walk along to the Binnend Path and down through the woods to Burntisland. At The Sands Hotel walk down to Pettycur beach and return to Kinghorn around the black rock if tide allows. Return to Craigencalt up the cemetery steps, the side of the golf course and Burnside path.

Name	Craigencalt to Burntisland and returning along Pettycur Beach
Meet	Lochside car park at Craigencalt Farm. (pick up from Kinghorn Community Centre on request)
Date/ Time	Saturday 1 st April starting at 10am
Grade	Medium but for all levels of fitness
Distance	8 kilometres or 5 miles
Ascent	50 metres (150 feet)
Walk duration	2.5 hours
Extra	Low tide expected at 12.22pm
Bus/train	Yes
Led by	Marilyn and Ron Edwards
Requirements	This walk is dependent on tide (should be suitable). Footwear will get wet as the beach will be wet after the receding tide. Suitable for dogs

Walk 5:

Sunday 2nd April



Old North Road from Aberdour (13km/8mile)

Route: From Aberdour Railway Station go eastwards through Long Gates to Dunearn Hill and thence via Stenhouse and Balmule Farm to Puddledub. From here the route goes through woodland to arrive at Cullaloe forest and along the ridge with fine views until Old Whitehill is reached and a return to Aberdour.

Name	Old North Road from Aberdour
Meet	Aberdour Railway Station car park
Date/ Time	Sunday 2 nd April at 10am
Grade	Long walk : Circular walk on various tracks, rough grounds and some tarmac, quite hilly
Distance	13 km or 8 miles
Ascent	323 m (1060 ft)
Walk duration	4.5 hours
Extra	Café stop at the end of the walk in Aberdour
Bus/train	Yes (bus or train)
Led by	David Thomson
Requirements	Walkers should have stout footwear and rainwear. Bring a snack and light lunch for on route Cattle or sheep will be in fields so this walk is <u>not</u> suitable for dogs.

Walk 6:

Wednesday 5th April



Kilrie Woodland to Dunearn fort, return via The Binn (15km/9.5mile)

Route: Go by pooled cars from the Kinghorn Community Centre to Kilrie Woodland car park. An easy walk through the countryside to historic Balmuto Castle and beyond takes you to Templehall and Puddledub before turning south to Stenhouse Reservoir with the Devil's Spadefull island. Up onto Dunearn Hill where there are the remains of an old iron age fort. Following the ridge, along the Standing Stanes Road, a turn off arrives at Craiggelly transmitter and thence to The Binn with further great views and the Binnend path then returning via Craigencait. Going can be rough and good boots are essential.

Name	Kilrie Woodland to Dunearn fort, return via The Binn Hill.
Meet	Kinghorn Community Centre.
Date/ Time	Wednesday 5 th April starting at 10 am.
Grade	A long walk, much of which is on surfaced tracks but there are significantly testing sections.
Distance	15.3 km or 9.5 miles
Ascent	256m (840 feet)
Walk duration	5 hours with lunch break.
Extra	Refreshments available at the "Barn at the Loch" café near to the end of the walk
Bus/train	No
Led by	Kathleen Curley and Pat Convery (CRCT)
Requirements	Walkers require walking/fell boots for this walk. Bring a packed lunch. Not suitable for dogs

Walk 7.

Friday 7th April



Burntisland Outer Heritage Walk (8km/5mile)

Route – This guided and informative walk involves a hike round the outer limits of this ancient burgh, with the opportunity to visit many remote sites of historical, industrial and social interest. The commanding views from the Binn summit clearly illustrate the town’s strategic importance as a deep water port and offer a unique view of the location. With the assistance of visual aids, observers will be given a clear understanding of how the town has developed throughout the centuries.

Name	Burntisland Outer Heritage Walk
Meet	Burntisland Heritage Trust, 4 Kirkgate, Burntisland
Date/ Time	Friday 7 th April at 1.30pm
Grade	Medium: Steep assents to The Binn summit
Distance	8km or 5 miles
Ascent	193 m (632 ft)
Walk duration	4 hours
Extra	
Bus/train	Yes, bus or train
Led by	Ian Archibald or Bill Kirkhope
Requirements	Walkers should have stout footwear and rainwear Not suitable for dogs

Walk 8:

Sunday 9th April



Craigencalt through South Glassmount and Banchory, return for 'Barn at the Loch' lunch (5km/3.2mile)

Route – Take the new Woodland Rise path and through the field to the old Glassmount Reservoir site, then on to South Glassmount Farm. Follow the road around to Banchory Farm and back down the Kissing Trees Road to Craigencalt Cottage and finish at the 'Barn at the Loch' café for a light lunch at the finish of the Mini Walking Fest.

Name	Craigencalt to South Glassmount, Banchory Farm and return to 'Barn at the Loch' café.
Meet	Lochside car park at Craigencalt Farm. (pick up from Kinghorn Community Centre on request)
Date/ Time	Sunday 9 th April starting at 10am
Grade	Mainly easy tracks and quiet roadways
Distance	5km or 3.5 miles
Ascent	Gentle; 140 metres (500 feet)
Walk duration	2 hours
Extra	Return to 'Barn at the Loch' Café for a light lunch for the last day of the Mini Walking Fest
Bus/train	No
Led by	Ron and Marilyn Edwards
Requirements	Walkers should have sturdy footwear and rainwear. Dogs allowed

Meeting Points in Kinghorn and Burntisland.

Aberdour Station Car Park is obvious.

