



Burntisland
& Kinghorn
Community
Sport Hub

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



Craigencalt Rural Community Trust, Scottish Charity Number: SC042702

Index of walks.

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1	Binn Village, Banchory and Tyrie Farm returning on Coastal Path (13 km/8 miles)	Wednesday 11 th April	10 am
2	Taster for Nordic Walking out to and around the Black Rock from Pettycur Beach (4.7 km/3 miles)	Thursday 12 th April	6.30pm
3	Craigencalt to Stoneyhall Hill, Kilrie Woodland and Glassmount House Gardens (8.1 km/5 miles)	Saturday 14 th April	10 am
4	Troll story-telling at the Troll Bridge and the witch's house on Rodanbraes Path (2.5 km/1.5 miles)	Sunday 15 th April	2 pm
5	Up and over Humbie Wood and Hawkcraig (8.5 km/5.2 miles)	Monday 16 th April	10 am
6	Along the coast to Macduff Castle and return through the woods (10 km/6 miles)	Wednesday 18 th April	10 am
7	A circular route over The Binn, back via Craigencalt (12.5 km/8 miles)	Saturday 21 st April	10 am
8	A family walk around Kinghorn Loch taking advantage of the road being closed (2.2 km/1.4 miles)	Sunday 22 nd April	2pm
9	The Binn and Bluebell Wood, coffee at 'The Sands' returning along Pettycur Beach (11 km/6.8 miles)	Monday 23 rd April	11am
10	South Glassmount Farm to Glassmount House gardens and standing stanes. Return to 'Barn at the Loch' cafe (6.8 km/4.2 miles)	Wednesday 25 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 1,7,9 start at Kinghorn Community Centre. Walks 3,4,8,10 start at the lochside at Craigencalt Farm. Walk 5 starts at Silversands, Aberdour while Walk 2 starts at Pettycur harbour and Walk 6 at West Wemyss harbour. On request, participants can be collected from the community centre for the lochside and a lift can be available for Walk 6.

Craigencalt Rural Community Trust -

'Mini Walking Fest'

www.craigencalttrust.org.uk

11th to 25th April 2018.

Information

Description

Craigencalt Trust is pleased to offer a Mini Walking Fest this spring. Walks will cover the coastline from Aberdour to East 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 Wednesday 11th April to Wednesday 25th 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.

Well behaved dogs are welcome unless otherwise stated.

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 West Wemyss for walk 6 so a lift is available or you can take the bus. On request, participants can be collected from the community centre for the lochside.

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 Kinghorn and Aberdour Railway Station for Silver Sands.

Car Parking.

There is adequate free car parking at Kinghorn Community Centre and at the Lochside Car Park (Craigencalt Farm) and at Aberdour Railway Station but there may be a charge at Silver Sands. Free parking at West Wemyss Harbour.

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

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 to ask the participant to leave the walk as long as it is reasonable to do so. The decision of the Walk Leader is final. This is especially important for safety on roads.

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. The Walk Leader will advise on best action if sheep are in the vicinity. Persons under the age of 16 must be accompanied by an adult. Participants are requested not to smoke on walks.

What to wear and bring

To enjoy the Craigencait 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.

Wednesday 11th April at 10am



Binn Village to Tyrie Farm and return on Coastal Path

Route – From Kinghorn Community Centre go along to Pettycur Bay and up the steps to the cemetery. Go up to the golf course over Grangehill to the abandoned Binn Village and enjoy Rodanbraes Path before arriving at Craigencalt Cottage for tea and scones and then going off through Banchory and Tyrie Farms and back along the coastal path, taking in the seal colony and tower at Seafield.

Name	Binn Village, Banchory and Tyrie Farm returning on Coastal Path
Meet	Kinghorn Community Centre
Date/ Time	Wednesday 11 th April at 10 am
Grade	Long walk: reasonably surfaced paths and quiet road, a moderately arduous and elevated walk but no steep sections. Very varied topography and great views.
Distance	13.0 km (8.0 miles)
Ascent	300 m (984 ft)
Walk duration	4 hrs walking plus 30 min coffee break
Extra	Coffee/tea and scone at Craigencalt Cottage
Bus/train	Bus or train to start. Can return from Tyrie by bus.
Led by	Kathleen Curley and Pat Convery (CRCT)
Requirements	Walkers should have stout footwear and rainwear.

Walk 2.

Thursday 12th April at 6.30pm



Nordic Walking out to the Black Rock, Kinghorn.

Route – Free taster sessions for the Walking Festival and if people wish to continue the activity at £5 per session. Nordic Walking is an activity for all fitness levels. Walk includes a warm up and a walk out to and around the Black Rock on Pettycur Beach.

Name	Taster for Nordic Walking out to and around the Black Rock from Pettycur Beach.
Meet	Pettycur Beach Car Park, Kinghorn.
Date/ Time	Thursday 12 th April at 6.30pm.
Grade	Short walk. For all levels of fitness.
Distance	4.7 km or 3 miles return
Ascent	None
Walk duration	1.5 hr
Extra	Equipment will be provided for up to 12 places LOW TIDE IS 7:37pm
Bus/train	Bus or train to community centre then walk down Pettycur Road (10 min)
Led by	Judith Hailstone Frame
Requirements	This walk is dependent on tide (should be suitable). Trainers will get wet as the beach will be wet after the receding tide.

Walk 3.

Saturday 14th April at 10am



Craigencalt to Stoneyhall Hill, Kilrie Woodland and Glassmount House Gardens.

Take Woodland Rise and Rodanbraes paths to Common and on to Longloch Farm and Stoneyhall Hill and radio mast to take in the panoramic views. Steeply downhill to Kilrie Woodland (optional and dependant on weather) and return uphill over to Glassmount House and possibly the Standing Stanes commemorating the Viking Battle of Kinghorn. Make way to South Glassmount Farm and across the fields to Craigencalt.

Name	Craigencalt to Stoneyhall Hill, Kilrie Woodland and Glassmount House Gardens.
Meet	Lochside car park at Craigencalt Farm. (pick up from Kinghorn Community Centre on request)
Date/ Time	Saturday 14 th April at 10 am
Grade	Medium walk (arduous with Kilrie Woodland option): 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	8.1 km or 5.0 miles
Ascent	220m (720 ft)
Walk duration	2.5 Hours
Extra	Bring a light lunch. 'Barn at the Loch' café at finish.
Bus/train	Bus/train to Kinghorn then walk to lochside (20 min).
Led by	Ron and Marilyn Edwards (CRCT)
Requirements	Walkers should have stout footwear, hiking stick preferred and rainwear. Not suitable for dogs due to sheep in fields.

Walk 4.

Sunday 15th April at 2pm



Troll story-telling at the Troll Bridge and the witch's house on Rodanbraes Path.

Route: From Kinghorn Loch progress to Troll Bridge on Woodland Rise and Rodanbraes paths. Myths legends and storytelling about trolls will take place under the bridge next to the carved troll who lives there. The walk will then return to the lochside. If the weather is unpleasant the story telling will take place inside.

Name	Troll story-telling at the Troll Bridge and the witch's house on Rodanbraes Path
Meet	Kinghorn Lochside (Craigencalt Farm car park)
Date/ Time	Sunday 15 th April at 2pm
Grade	Leisurely walk. Good surface to path. Disabled and buggy assessable throughout.
Distance	2.5 km (1.5 miles) to Troll Bridge and Rodanbraes cottage
Ascent	40 m (130 ft)
Walk duration	2 hours
Extra	Story-telling at the Troll Bridge and Witchy stories at ruined cottage
Bus/train	Bus/train to Kinghorn then walk to lochside (20 min).
Led by	Marilyn Edwards (CRCT)
Requirements	Children must be accompanied.

Walk 5:

Monday 16th April at 10am



Up and over Humbie Wood and Hawkcraig.

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	Up and over Humbie Wood and Hawkcraig
Meet	Aberdour Silver Sands Car Park
Date/ Time	Monday 16 th April at 10am
Grade	Medium walk : Circular walk on various tracks, rough grounds and some tarmac, quite hilly
Distance	8.5 km or 5.2 miles
Ascent	190 m (630 ft)
Walk duration	2.5 hours
Extra	Café stop at the end of the walk in Aberdour
Bus/train	Yes (bus or train) and walk down Hawkcraig Road (5 min)
Led by	Alec Robertson (CRCT)
Requirements	Walkers should have stout footwear and rainwear. Cattle or sheep will be in fields so this walk is <u>not</u> suitable for dogs.

Walk 6.

Wednesday 18th April at 10am



Along the coast to Macduff Castle and return through the woods

From West Wemyss walk along the coastal path and up to Macduff Castle (East Wemyss) and through to Coaltown of Wemyss. Thence through woodland of Wemyss Castle and down to West Wemyss.. Finish the walk at West Wemyss café and can return to Kinghorn by bus.

Name	Along the coast to Macduff Castle and return through the woods
Meet	West Wemyss Harbour Car Park
Date/ Time	Wednesday 18 th April at 10am
Grade	Long walk but for all levels of fitness.
Distance	10km or 6 miles
Ascent	40 metres (130 feet)
Walk duration	3 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 (CRCT)
Requirements	Stout footwear and rainwear.

Walk 7.

Saturday 21st April at 10am



A circular route over The Binn, back via Craigencalt.

Route: From Kinghorn Community Centre make way up to the loch and Woodland Rise to Binnend Path to see the industrial heritage remains and up to The Binn top. Down past Craiggally Mast to Standing Stanes Rd and thence to Common and Rodanbraes to Craigencalt before taking Myres Path and return down through Kinghorn to the harbour.

Name	A circular route over The Binn, back via Craigencalt.
Meet	Kinghorn Community Centre
Date/ Time	Saturday 21 st April at 10am
Grade	Long walk: Rough walking in places, a moderately hard walk with some steep, muddy higher sections. Superb views. Care needed on the Binn summit – cliff edge to south.
Distance	12.5 km (8 miles)
Ascent	320 m (1050 ft)
Walk duration	4 hours
Extra	
Bus/train	Bus/train to Kinghorn
Led by	Kathleen Curley and Pat Convery (CRCT)
Requirements	Walkers should have stout footwear and rainwear.

Walk 8:

Sunday 22nd April at 2pm



A family walk around Kinghorn Loch taking advantage of the road being closed

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	A family walk around Kinghorn Loch taking advantage of the road being closed
Meet	Lochside car park at Craigencalt Farm. (pick up from Kinghorn Community Centre on request)
Date/ Time	Sunday 22 nd April at 2pm
Grade	Leisurely Walk. Easy tracks and quiet roadway suitable for buggies and disabled use
Distance	2.2km or 1.4 miles
Ascent	Gentle; 20 metres (65 feet)
Walk duration	1 hour
Extra	
Bus/train	Bus/train to Kinghorn then walk to lochside (20 min).
Led by	Ron and Marilyn Edwards (CRCT)
Requirements	Walkers should have sturdy footwear and rainwear.

Walk 9.

Monday 23rd April at 11am



The Binn and Bluebell Wood, coffee at 'The Sands' returning along Pettycur Beach

Starting from the Community Centre head up to Binnend Path around the south side of the loch and view the industrial remains to the old Binn Village. Walk over The Binn and down through the Bluebell Wood into Burntisland. Taking the ridge through the viewpoint and Craighkennochie with fine views, to coffee or lunch at 'The Sands'. Walk down to Pettycur Beach and return up the cemetery steps to Kinghorn.

Name	The Binn and Bluebell Wood, coffee at 'The Sands' returning along Pettycur Beach
Meet	Kinghorn Community Centre
Date/ Time	Monday 23 rd April at 11am
Grade	Long walk: Rough walking in places, some steep, muddy higher sections. Superb views. Care needed on the Binn summit – cliff edge to south.
Distance	11 kilometres or 6.8 miles
Ascent	230 metres (755 feet)
Walk duration	3.5 hours + 30-60 mins for lunch
Extra	Low tide expected at 14:58pm. Coffee/lunch at 'The Sands' or light lunch
Bus/train	Yes, bus/train to Kinghorn
Led by	Marilyn and Ron Edwards (CRCT)
Requirements	This walk is dependent on tide (should be suitable). Footwear will get wet as the beach will be wet after the receding tide.

Walk 10:

Wednesday 25th April at 10am



South Glassmount Farm to Glassmount House gardens and standing stones ('Barn at the Loch' for lunch).

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	South Glassmount Farm to Glassmount House gardens and standing stones 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	Wednesday 25 th April at 10am
Grade	Medium walk. Mainly easy fields, tracks and quiet roadways
Distance	6.8km or 4.2 miles
Ascent	Gentle; 95 metres (310 feet)
Walk duration	2 hours + 1 hour at Glassmount House Gardens
Extra	£3 charity donation collection at the Gardens. Return to 'Barn at the Loch' Café for a light lunch for the last day of the Mini Walking Fest
Bus/train	Bus/train to Kinghorn then walk to lochside (20 min).
Led by	Ron and Marilyn Edwards (CRCT)
Requirements	Walkers should have sturdy footwear and rainwear. Not suitable for dogs due to sheep in fields.

Meeting Points.

Aberdour Silver Sands Car Park is at the end of Hawkcraig Road not at the Sands cafe.

West Wemyss Harbour Car Park is at the harbour.

KINGHORN:

For Kinghorn Community Centre –

From the High Street, at the War Memorial take Rossland Place for 100 metres. Kinghorn Community Centre is on the right, close to the Railway Station (on left).

Coming from Edinburgh, leave station via main entrance and go up Station Brae, turn left on Rossland Place and Kinghorn Community Centre is on right.

Coming from Kirkcaldy, leave station onto Harbour Road, turn right to top of road. Community Centre is opposite side of Rossland Place.

