

Craigencalt Trust

Walking Festival

3-17 April 2019



Registration: www.CraigencaltTrust.org.uk

Information: 01592 891330 or info@craigencalttrust.org.uk

Walks for all tastes from Kinghorn to Aberdour.

Supported by Burntisland & Kinghorn Sports Hub.

Index of walks.

Walk	Description	km	Day	Date	Time
1	Binn Village to Tyrie Farm and return on Coastal Path	13	Wed	3 rd April	10am
2	Burrtisland Links to Glassliehead, Dunearn and return via Galeslap	13	Fri	5 th April	10am
3	Auchtertool Kirk and graveyard tour	3	Sat	6 th April	10am
4	Troll storytelling at the Troll Bridge and the Witch's House on Rodanbraes Path	3	Sun	7 th April	2pm
5	Up to Balram and through Humbie Wood and return to Aberdour	9	Mon	8 th April	10am
6	Burrtisland Inner Heritage Walk	4	Tues	9 th April	2pm
7	Kinghorn to Dysart Harbourmaster's House	8	Thurs	11 th April	10am
8	The Binn Hill and return via Standing Stanes Road and Craigencalt to 'Barn at the Loch' for lunch	10	Fri	12 th April	10am
9	Old North Road from Aberdour	13	Sun	14 th April	10am
10	Nordic Walking to the Black Rock from Kinghorn	5	Mon	15 th April	6pm
11	Kilrie Woodland to Balmuto Castle and Dunearn Hill Fort, return via The Binn	15	Tues	16 th April	10am
12	South Glassmount and Banchory Farms and circular route through Kinghorn ending at 'Barn at the Loch' for lunch	5	Wed	17 th April	10am

The 'Spring Walking Fest' has walks on almost every day, and is designed to have a varying programme with something to suit everyone. Some walks are aimed at families coming along to enjoy the outdoors in the spring holiday. People can choose walks to suit their level of fitness. All paths put in by the Craigencalt Trust at Kinghorn Loch are disabled and family friendly.

Walks 1, 7 11, start at Kinghorn Community Centre. Walks 4,8,12 starts at the lochside, at Craigencalt Farm. Walk 2 starts at Links Car Park Burrtisland and Walk 6 at Burrtisland Heritage Centre. Walk 5 starts at Silversands, Aberdour while Walk 10 starts at Pettycur Harbour and Walk 9 at Aberdour Station Car Park. On request, participants can be collected from Kinghorn Community Centre for the lochside and a lift can be available for Walk 3 and 11.

Craigencalt Trust -

'Spring Walking Fest'

www.craigencalttrust.org.uk

3rd to 17th April 2019.

Information

Description

Craigencalt Trust is pleased to offer a Spring Walking Fest again in April. Walks will cover the coastline from Aberdour to Dysart, and stretch inland across the hills to allow participants to enjoy some splendid scenery. The Walking Fest is funded and organised by Craigencalt Rural Community Trust (Craigencalt 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 Walking Fest will run from Wednesday 3rd April to Wednesday 17th April. The reason for running this event in spring is to cover some of the longer walks it is not possible to do in late summer, when some pathways are too overgrown and difficult to negotiate. There are walks on most days because the event tries to offer something for everyone. Folk can manage all walks if they wish, and will gain from improving levels of fitness over the two weeks if they do.

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. On request, participants can be collected from Kinghorn Community Centre for the lochside.

To plan your journey by car visit [Google Maps](#); to plan your journey by public transport visit [Traveline Scotland](#) or [Trainline](#).

See maps at back of document for meeting points in Kinghorn, Burntisland 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) The Links Car Park, Burntisland and at Aberdour Railway Station but there may be a charge at Silver Sands.

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 Craigencalt 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 3rd April at 10am



Binn Village to Tyrie Farm and return on Coastal Path

Route – From Kinghorn Community Centre 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, Craigencalt, Banchory and Tyrie Farm returning on Coastal Path
Meet	Kinghorn Community Centre
Date/ Time	Wednesday 3 rd 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 metres (984 feet)
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 (CRCT)
Requirements	Walkers should have stout footwear and rainwear.

Walk 2.

Friday 5th April at 10am



Burntisland Links to Glassliehead, Dunearn and return via Galeslap.

Route - From the Links go out through the Lammerlaws and Seamill to the radio mast and on to Kilmundy and Glassliehead for fantastic views over the Firth of Forth. Walk a section of the Standing Stanes Road to Galeslap and back past the Binn Pond, Grange Road and return to the Links..

Name	Burntisland Links to Glassliehead, Dunearn and Galeslap.
Meet	Burntisland Links Car Park
Date/ Time	Friday 5 th April starting at 10am
Grade	Long walk: reasonably surfaced paths but muddy sections. A moderately arduous and elevated walk and some relatively steep sections. Very varied topography and great views.
Distance	13 km (7.7 miles)
Ascent	251 metres (815 feet)
Walk duration	4.5 hours including stop for a short break
Extra	Bring along a snack
Bus/train	Bus or train to Burntisland
Led by	Alex Donald (CRCT)
Requirements	Walkers should have stout footwear, hiking stick preferred and rainwear. Cattle or sheep may be in fields so this walk is <u>not</u> suitable for dogs.

Walk 3:

Saturday 6th April at 10am



Aughtertool Kirk and Graveyard Tour.

Route: From Aughtertool walk along to the old Kirk Road, past Castle Hill, where Cromwell camped during his campaign in Scotland, to the kirk on the hill top. There will be a guided tour of the ancient graveyard and Kirk. Families can enjoy a tale of the 'Pigs of Puddledub' story outside the kirk then return along the same paths back to Aughtertool.

Name	Aughtertool Kirk and Graveyard Tour
Meet	Opposite the Camilla Care Home in Aughtertool. You may drive to the Kirk for the graveyard tour if you are not able to walk it, and you can meet the group there at 10.30am.
Date/ Time	Saturday 6 th April at 10 am
Grade	A short walk but can be muddy across fields and rough paths.
Distance	3.1 km (2 miles)
Ascent	83 m (270 feet)
Walk duration	2 hr (allowing 1 hr at the Kirk).
Extra	Historic Graveyard Tour, and look around the kirk. Don't forget to read the Poem near the kirk gates. A look at the local story of 'The Pigs of Puddledub' by Aileen Paterson
Bus/train	Kirkcaldy to Glasgow buses: infrequent - see timetable but arrangements can be made to travel from Kinghorn
Led by	Liz MacDonald & Stewart Glasson (Aughtertool Church)
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 4.

Sunday 7th April at 2pm



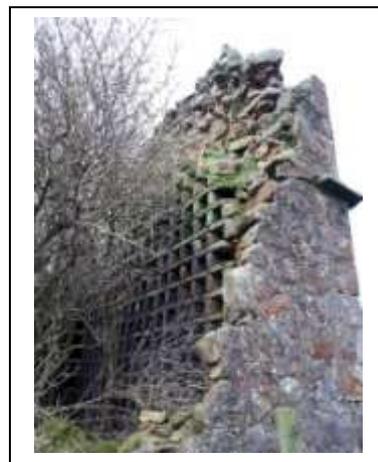
Troll story-telling at the Troll Bridge and visit the witch's house on Rodanbraes Path.

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 troll who lives there. The walk will continue up the Rodanbraes path to the ruined cottage, where a true ghost story will be told. Then return to the lochside enjoying the rope swing on the way. If the weather is unpleasant the story telling will take place inside.

Name	Troll story-telling at the Troll Bridge and visit the witch's house on Rodanbraes Path
Meet	Kinghorn Lochside (Craigencalt Farm car park)
Date/ Time	Sunday 7 th April at 2pm
Grade	Leisurely walk. Good surface to path. Path designed to be suitable for family and disabled buggies throughout.
Distance	2.5 km (1.5 miles) to Troll Bridge and Rodanbraes Cottage
Ascent	54 m (180 ft)
Walk duration	2 hours
Extra	Story-telling at the Troll Bridge and ghost story, playing/snack 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 8th April at 10am



The Murrell to Balram, through Humbie Wood and return to Aberdour, silver sands.

Name	The Murrell to Balram, through Humbie Wood and return to Aberdour silver sands
Meet	silver sands upper car park
Date/ Time	Monday 8 th April at 10am
Grade	Medium walk : Circular walk on various tracks, rough grounds and some tarmac, quite hilly
Distance	8.5 km (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 not suitable for dogs.

Walk 6:

Tuesday 9th April at 2pm



Burntisland Inner Heritage Walk.

Route - This guided and informative walk around the perimeter of the ancient burgh's town centre includes visits to many points of interest including the 16th century Parish Church, the Burgh Chambers and by arrangement Rossend Castle.

Name	Burntisland Inner Heritage Walk
Meet	Burntisland Heritage Trust, 4 Kirkgate, Burntisland
Date/ Time	Tuesday 9 th April at 2pm
Grade	Short but some steep inclines.
Distance	2-3 miles
Ascent	There is one short hilly section to viewpoint (optional)
Walk duration	2 hours
Extra	
Bus/train	Yes (bus or train)
Led by	Ian Archibald (Burntisland Heritage Trust)
Requirements	Walkers should have comfortable footwear and rainwear Not suitable for dogs

Walk 7.

Thursday 11th April at



Kinghorn to Dysart Harbourmasters House following the Fife Coastal Path (including children's 'Travel Stick' event)

Route: From Kinghorn travel along the coastal path taking in the views over the Firth of Forth. Walk along the prom or beach at Kirkcaldy. At Carrs Flour Mill meet up with Lyn Strachan (Fife Ranger) who will point out some interesting environmental features to the children. Go down to Pathhead Sands and follow the track passed Ravenscraig Castle then along the beach to Dysart Harbour.

Name	Kinghorn to Dysart, Harbourmasters House following the Fife Coastal Path
Meet	Kinghorn Community Centre (Rossland Place)
Date/ Time	Thursday 11 th April at 10am
Grade	Medium: Reasonably surfaced and some walking along beaches included, a medium length walk mainly flat. Children meet Lyn Strachan at Carrs Flour Mill at 11am.
Distance	8.2 km (5.1 miles)
Ascent	127 m (418 ft)
Walk duration	3 hrs
Extra	Children will enjoy looking at some interesting environmental features pointed out by Lyn and make a Travel Stick.. Call in at Harbormaster's House café and return by bus at main road or organised cars.
Bus/train	Yes (bus and train)
Led by	Ron Edwards (CRCT) Lyn Strachan (Fife Ranger FCCT)
Requirements	Walkers should have stout footwear and rainwear.

Walk 8.

Friday 12th April at 10am



The Binn Hill and return via Standing Stanes Road and Craigenfalt to 'Barn at the Loch' café for lunch.

Route: Leaving the lochside car park walk up to Binnend Path to see the industrial heritage remains and on up to The Binn top. Return to the derelict Binn village and via Common to the Standing Stanes road. If possible we may visit the standing stones near Longloch. Return through the Kissing Trees to Craigenfalt.

Name	The Binn Hill and return via Standing Stanes Road and Craigenfalt.
Meet	Kinghorn lochside car park.
Date/ Time	Friday 12 th April starting at 10 am
Grade	Medium: Rough walking in places, a harder walk with some steep, muddy sections
Distance	9.5 km (6 miles)
Ascent	200 m (660 ft)
Walk duration	3 hours
Extra	Lunch or snack at ' Barn at the loch' café
Bus/train	Bus/Train to Kinghorn and walk to the lochside
Led by	Marilyn Edwards (CRCT)
Requirements	Walkers should have stout footwear and rainwear.

Walk 9:

Sunday 14th April at 10am



Old North Road from Aberdour

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 14 th April at 10am
Grade	Long walk : Circular walk on various tracks, rough grounds and some tarmac, quite hilly
Distance	13 km (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

Walk 10.

Monday 15th April at 6pm



A taster of Nordic Walking out to the Black Rock from Pettycur Beach, Kinghorn.

Route – Free taster session for the Walking Festival and if people wish to continue the activity weekly, it is £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	A taster of Nordic Walking out to and around the Black Rock from Pettycur Beach.
Meet	Pettycur Beach Car Park, Kinghorn.
Date/ Time	Monday 15 th April 2019 starting at 6pm prompt
Grade	Short walk. For all levels of fitness.
Distance	4.7 km (3 miles) return
Ascent	None
Walk duration	1.5 hr
Extra	Equipment will be provided for up to 12 places LOW TIDE is 6:24 pm
Bus/train	Bus or train to Kinghorn War Memorial stop, then walk down Pettycur Road (10 min) to the harbour.
Led by	Judith Frame
Requirements	This walk is dependent on tide (should be suitable). Trainers will get wet as the beach will have pools of water after the receding tide, suitable footwear is essential.

Walk 11:

Thursday 16th April at 10am



Kilrie Woodland to Balmuto and Dunearn Hill Fort, and return via The Binn

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 the old iron age fort are clearly, visible with recent excavated work done by Historic Scotland . Following the ridge, along the Standing Stanes Road, a turn off arrives at Craigkelly transmitter and thence to The Binn with further great views. Return to Craigencaft loch by the Binnend path The going can be rough and good boots are essential.

Name	Kilrie Woodland to Balmuto and Dunearn Hill Fort, and return via The Binn Hill.
Meet	Kinghorn Community Centre.
Date/ Time	Thursday 16 th April at 10 am
Grade	A long walk, much of which is on surfaced tracks but there are significantly testing sections.
Distance	15.3 km (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	Bus/Train to Kinghorn and arrange lift to Kilrie Waoodland
Led by	Kathleen Curley (CRCT)
Requirements	Walkers require walking/fell boots for this walk. Bring a packed lunch. Not suitable for dogs

Walk 12:

Wednesday 17th April at 10am



South Glassmount and Banchory Farms with circular route through Kinghorn ending at 'Barn at the Loch' cafe for lunch.

Route – Take the new Woodland Rise path then Rodanbraes, at the ruined cottage turn right to South Glassmount farm. Walk to the road end and along to Banchory Farm. Return to Kinghorn taking the North Mire path and back to the loch along the Burnside Path.

Name	South Glassmount and Banchory Farms with circular route through Kinghorn ending at the 'Barn at the Loch' café.
Meet	Lochside car park at Craigencalt Farm. (pick up from Kinghorn Community Centre on request)
Date/ Time	Wednesday 17 th April at 10am
Grade	Medium walk. Mainly easy fields, tracks and quiet roadways
Distance	8.2 km (5 miles)
Ascent	Gentle; 166 metres (545 feet)
Walk duration	2hours
Extra	Enjoy a lunch at the 'Barn at the Loch' café to celebrate the end of another Walking Festival
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.

Meeting Points.

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

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.

