



Craigenalt Rural Community Trust

- to live and enjoy

www.craigenalttrust.org.uk

Newsletter

Autumn 2016 no 15

The Trust holds its third Walking Festival

The Trust has recently finished its third successful Walking Festival. What began as just an idea has turned into a very enjoyable annual event. Each year has been different, often attracting folk back, but also seeing many new faces too. People take part to try something new, or to just improve personal fitness. One thing is definite, it is always a friendly fun event, with plenty of laughter to be heard along the way. The longer walks between 10– 15 kilometres were especially popular this year, with most of them taking in new places. Even though the weather was wet at times, it did not dull the enthusiasm of the walkers. The Thursday walk from Kinghorn to Dysart was rain all the way, but still 9 out of 14 of the stalwart folk booked, turned up to go the pace.



The Walking Festival always has a varied programme

and this year was no exception introducing two new ideas. A walk and sketch with local artist Leo de Feu, followed the Coastal path from Kinghorn to Kirkcaldy where there was plenty of opportunity to stop and observe seals, birds and other wildlife and to do some sketching in calm and quiet surroundings



An introduction to edible and medicinal plants found in the countryside was led by Simone Clark, who has a medicinal herb garden at Craigenalt. Everyone who went along learned some new interesting facts about different plant families, and will be able to identify new edible plants for the future. The walk from Auchtertool to Puddledub took in a visit to Gerald Lincoln's nature walk which is always so interesting. On the last day, the walk ended at the "Barn at the Loch" Café, where 24 folk enjoyed a light lunch together to celebrate another successful event. It proved this time that we don't always need the best weather for things to go well, though we will never say no to sunshine.

Editor: Elinor Chalmers

**View the Walking Festival Photos
at**

**Burntisland Library
from 21st October – 4th November
Kinghorn Community Centre
4th November – 18th Nov
Auchtertool Kirk
18th – 20th November
Barn at the Loch, Kinghorn
21st November – 5th December**

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