

Best of the Fife Coast

Tour Style: Guided Trails

Destination: Scotland

Trip code: FCLDW

Trip Walking Grade: 3



HOLIDAY OVERVIEW

On the eastern side of Scotland lies the often undiscovered jewel known as The Fife Coastal Path. From Dalgety Bay to the historic town of St Andrews we can enjoy amazing wild coastline, pretty fishing villages and harbours, historic castles and caves, and abundant wildlife. We also explore the rolling Lomond Hills with their distinctive twin peaks, commanding spectacular views over the Kingdom of Fife and across the Firth of Forth to Scotland's capital city, Edinburgh.

WHAT'S INCLUDED

- Full Board en-suite accommodation
- Experienced HF Holidays Walking Leader
- All transport to and from the walks

HOLIDAYS HIGHLIGHTS

- Fishing villages full of charm and character
- Historic town of St Andrew's famous for its university and golf

- Walk along Cambo Sands and the North Sea and enjoy bird-life and striking geological features
- Near to Edinburgh

TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 3, which means walks/hikes are on well-defined trails in upland areas, and along coastal footpaths which can be rough and steep in places. The trail requires a reasonable level of fitness as you will be walking every day, and it's your responsibility to ensure you have the relevant fitness and equipment required to enjoy the holiday. Provision cannot always be made for anyone who opts out. Please be sure you can manage the mileage and ascent detailed in the daily itineraries. Each walking day is normally 6 to 7 hours, walks are not always on paths and there is some rough terrain. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace.

It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.



ITINERARY

Day 1: Arrival Day

Check-in at The Old Manor Hotel is available from 15:00 hours. Your leader will be at reception at 18:30 to meet the group and for a quick introduction to the holiday before dinner.

Day 2: Dalgety Bay To Kinghorn

We walk from Dalgety Bay, within sight of the famous Forth Railway Bridge which takes the main line across to Edinburgh. On our way we pass the ruins of St. Bridget's Kirk, and then reach Aberdour, an attractive village with a castle dating back to the 12th century. We walk round the pretty Silver Sands Bay and climb onto the Binn, a striking hill overlooking the town of Burntisland, with panoramic views up and down the Firth of Forth. From here we drop down, past the peaceful Kinghorn Loch, renowned for its bird-life, to reach the old port of Kinghorn.

11 miles (18 km) with 1,250 feet (225m) of ascent.

Day 3: Ravenscraig To St Monan's

In the morning we walk from Ravenscraig Park, on the outskirts of Kirkcaldy, past the historic harbour at Dysart as far as East Wemyss. Dysart's history goes back to the beginning of Christianity in Scotland, and it has also been a busy commercial port. Coal was also mined here, for Fife had more working pits than anywhere else in Scotland. At lunchtime we travel from East Wemyss to Shell Bay, and then continue our walk over Kinncraig Head, where there are old defences from the Second World War, to reach the twin resorts of Earlsferry and Elie. Our route then passes the Lady Tower, an 18th century summerhouse, built for Lady Anstruther who used to come and bathe here, and ends at St. Monan's, a small fishing village with narrow streets, a stone-built harbour and an impressive cliff-top church.

11 miles (18km) with 850 feet (260m) of ascent.

Day 4: The Lomond Hills

Today we head inland to explore the Lomond Hills and climb the Western peak. There are fine views all round, north to the River Tay, west to the Ochil Hills, south to the Forth, and east to the North Sea. Our walk ends by descending pretty Maspie Glen, with its succession of waterfalls, to historic Falkland with its 16th century royal palace, a favourite retreat of King James V and his daughter, Mary Queen of Scots. Here there may just be time to visit Falkland Palace - National Trust Scotland (cost £12.50 /£9 concessions - 2019; free to National Trust members).

10 miles (16km) with 1,050 feet (325m) of ascent and 1,900 feet (590m) of descent.

Day 5: St Monan's To Fife Ness

We rejoin the coastal path at St. Monan's, and pass a restored windmill and see remains of the salt pans which once occupied the shore, when salt was worth more than gold and exported to the continent. We then make our way eastwards to Pittenweem, still a working fishing village. The white houses here, with their red-tiled roofs, illustrate the classic East Neuk style of building, influenced by centuries of trade with Flanders and the Netherlands. Our next stop is Anstruther, a busy seaside resort, where there'll be a chance to visit the impressive Scottish Fisheries Museum (cost £9/£7 concessions). Crail comes next, a smaller, traditional village with a 17th century harbour, full of charm and character. From here the path heads through Kilminning Wildlife Reserve to Fife Ness, the most easterly point of the Kingdom.

10½ miles (16.5km) with 600 feet (180m) of ascent.

Day 6: Cambo To St Andrews

Our final day's walking begins in the impressive grounds of Cambo House, as we follow a wooded glen down to re-join the coastal path. We are now facing the North Sea, and our route becomes more remote and rugged, though never far from a series of cliff-top golf-courses. We will see plenty of sea-birds, and pass striking geological features like the Rock and Spindle, as we head to the historic town of St. Andrews. Here there will be a little time to view its historic buildings: the castle, the ruined cathedral, the University colleges, and the iconic Royal and Ancient golf-course.

9 miles (14.5m) with 530 feet (160m) of ascent.

Day 7: Departure Day

ACCOMMODATION

The Old Manor Hotel, Lundin Links - Best Of Fife Coast

This is a centre-based holiday located in the village of Lundin Links, where you'll stay at the family owned Old Manor Hotel, in one of the most scenic parts of this glorious corner of Scotland. The hotel is at the gateway to Fife's East Neuk, an attractive area of picturesque fishing villages and countryside. It has 23 ensuite rooms, beautiful sea-view dining, and comfortable lounges; Lundin Links' fine beach is only ten minutes' walk away. Rooms have tea and coffee making facilities, hairdryer, TV and radio and free WiFi. Limited drying facilities are available. Check in at the hotel is available from 3pm and you will meet your trail leader prior to your evening meal.

USEFUL HOLIDAY INFORMATION

Holiday Information

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader.

Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

Food & Transport

Packed lunches

Our packed lunches will be too much food for some and not enough for others, if you feel you might need more food during the walk, please bring a supply of snacks to supplement this – it won't always be possible to buy these on the route. Your packed lunches will include: bread sandwiches or rolls with a choice of filling; some fresh fruit; fruit cake/flapjack or similar, crisps and/or yoghurt, fruit, biscuits.

Dietary Requirements

Our partner hotels can cater for most dietary requirements, but it is important you advise us of any allergies and dietary restrictions you have at the time of booking.

Luggage Transfers

When you change from one Hotel to another we will arrange for your luggage to be transferred for you. This is included in the cost of your holiday. Please remember that other people will need to move your suitcase so please pack thoughtfully with a maximum of 20 kilos. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful. Please make sure your bags are clearly labelled with your name and "HF Holidays".

Joining Instructions

By Car

You can leave your car in the Old Manor Hotel car park for the duration of the holiday. Lundin Links is on the main A915 road from Kirkcaldy to St Andrews, about one hour's drive from Edinburgh and one and a half hours from Glasgow.

Coach

The X60 service bus is hourly from Edinburgh to Lundin Links and takes 2 hours. (Bus stops 100 metres from the Old Manor Hotel)

By Rail

The nearest main line rail station is Markinch, about twenty minutes away from Lundin Links. For train times and route planning by train visit www.nationalrail.co.uk or call 03457 484950 The hotel can arrange a taxi from the station (at your expense), but please ensure that you give the hotel a call the day before your arrival to arrange this.

Air

There are a number of low-cost flights from around the UK, to Glasgow and Edinburgh. If you are flying from overseas there are international flights to Glasgow Airport and Edinburgh Airport.

Essential Information

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment need to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Waterproof walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast-drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for a hot drink
- Water bottle (at least 1 litre)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent
- Sun hat
- Sunglasses
- Sun cream
- Camera

Useful Information

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and

may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail and are delighted to share their knowledge and enthusiasm with you.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

In The Event Of A Problem

If you become separated from the party, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack. Call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

Suggested Reading and Maps

Your leader will carry all the necessary maps and guides. For your own interest you may consider looking at some of the following:

www.fifecoastalpath.co.uk

The Fife Coastal Path – Official Guide

The Fife Coastal Path Map

OS Explorer Maps 367; 370 and 371

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the [Manage My Booking](#) function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

Your final balance payment is due 6 weeks before departure if you are staying in an HF Holidays UK country house, 8 weeks before departure if you are travelling on one of our holidays in Europe and 10 weeks before departure if you are on a Guided Trail staying in one of our partner hotels or are travelling on a Worldwide holiday. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on [01702 427 236](tel:01702427236) or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected

changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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