

welcome to Cupar & North Fife

Cupar & North Fife Local Tourism Association is part of Fife's Tourism Partnership, made up of a range of businesses within Fife's tourism sector. Its aim is to ensure that visitors experience the very best the region has to offer, showcasing its natural assets, attractions and heritage and illustrating that the region is an ideal destination for a holiday, short break or as a base for touring.

Tourism businesses interested in becoming involved in Fife's Tourism Partnership should go to tourismnetfife.co.uk for more information.

The Cupar & North Fife Local Tourism Association welcomes comments from visitors to the region.

What have you enjoyed?

What can we improve?

Please let us know at feedback@tourismnetfife.co.uk

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North Fife Local Tourist Association
Delivering together in Fife

Welcome

A beautiful landscape, a rich natural larder, and a passion for creativity are just some of the reasons to take time to enjoy North Fife. Its rural setting and gentle pace of life make it a perfect place to relax and indulge in some of life's simpler pleasures.

The splendour of the Tay Estuary blends with the Lomond Hills to the west and the unspoilt expanse of Tentsmuir Forest to the east.

Framed by a patchwork of rolling hills and countryside and centred on the traditional market town of Cupar, North Fife is a place at one with its environment.

For food lovers the area is one of Scotland's premier destinations for locally grown produce showcased in a delightful collection of restaurants, farm shops, coffee shops and farmers' markets.

Discover a fascinating history, plenty to do and a busy year round events calendar celebrating natural creativity and a warm sense of community .

Within easy reach of Edinburgh, Dundee, Perth and St Andrews, the area is the perfect base to explore many of Scotland's treasures. Welcome to North Fife, where you can find time for life.



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Freuchie and Lomond Hills

Natural larder

“Excellent fresh local produce is a way of life”

You could fill an overflowing picnic basket with delicious produce from North Fife: there's venison from Fletchers of Auchtermuchty, game from The Game Cart at Lindores, fresh, pick-your-own berries from Cairnie Fruit Farm, plums, apples and pears from the ancient Newburgh Orchards, cakes and pastries from the famous Fisher & Donaldson bakery in Cupar and mouthwatering, traditional ice cream from Luvians – there's even a local whisky. Farm shops such as the Pittormie Fruit Farm, Pillars of Hercules, Muddy Boots in Balmalcolm and the regular farmers' market in Cupar offer a great selection of seasonal local produce and there are plenty of delis and independent shops for tasty extras.

If you are visiting North Fife in late summer and autumn don't miss Newburgh's plum, apple and pear markets where you can buy delicious fresh fruit as well as locally made jams, preserves and chutneys.
w: newburghorchards.org.uk

*Fresh produce
at Muddy
Boots Farm
Shop*



A very special feature of North Fife is the quality and abundance of its fruit. Newburgh is famous for its orchards, some of which date back to 1191 when Benedictine monks from Abbeville in France planted trees around Lindores Abbey. The orchards contain some unusual varieties and are home to the exceptionally rare Lindores Pear Tree. In season visitors can sample the abundance of fresh fruit in farm shops and local stores in towns and villages throughout the area. Alternatively for the full outdoor experience pick your own juicy strawberries and raspberries at Cairnie Fruit Farm or sample gooseberries, currants and homemade jams at Pittormie Fruit Farm and Nursery.

**w: cairniefruitfarm.co.uk
w: pittormiefruitfarm.co.uk**



Raymond Blanc enjoys the freshest of produce with proprietor Euan Cameron in a visit to Pittormie Fruit Farm.



Tentsmuir National Nature Reserve

A spectacular expanse of golden sand backed by a towering pine forest, Tentsmuir National Nature Reserve near Tayport is a very special, internationally recognised habitat for plants, birds, insects and other animals. An unspoilt landscape is home to basking seals at Tentsmuir Point, red squirrels and deer in the forest or wildfowl and otters around the lochs.

A range of clearly marked trails and cycle tracks help visitors discover the vast woodlands, windswept dunes and stunning beaches – perfect for family expeditions, picnics, leisurely walks or more adventurous explorers.

w: forestry.gov.uk 20



Tentsmuir - Perfect for exploring

Image courtesy Forestry Commission / John McFarlane

“Tentsmuir is
a wonderful,
natural
escape”

Tentsmuir's unspoilt sands.

Image courtesy Forestry Commission / John McFarlane



Tentsmuir is one of the few places in Scotland where grey and common seals can be seen together. Thousands come each year to moult, breed and have their pups and it's a truly memorable experience to see them basking on the sandbars. Look out for grey seal pups between October and December and common seal pups in June and July. (Grey seal pictured enjoying the waves courtesy of Dave Vallis)

For fresh air, natural beauty and fascinating wildlife Tentsmuir is a haven for visitors. Enjoy stunning views across the Tay on a long beach walk or breathe in the scent of wildflowers on Tayport Heath. Watch the wading birds and seals at Eden Estuary or, at peaceful Morton Lochs, observe water rail, little grebe, tufted duck, goldeneye, marsh harrier, osprey, kingfisher and even otters from hides around the reed fringed sheltered water. Also look out for dolphins, Highland Cattle and you might also be lucky enough to see a sea eagle!

Enjoying Tentsmuir

There are three access points into Tentsmuir.

- Kinshaldy, where there is the beach, a pay car park, picnic area, play park & toilets.
- Tayport, where there is a free car park and public transport access to Tentsmuir. Morton Lochs can also be reached from here.
- Morton Lochs, where there is a free car park.
 - Seals, deer and other wild animals are easily stressed – keep your distance and make sure your dog is on a lead.
 - Tides are fast moving - stay above high water mark, keep an eye on the tide and don't swim.
 - Campfires are not allowed in or near the forest.
 - Clean up after your dog.

Events

North Fife has a significant population of artists and craftspeople. The popular Open Studio event in May sees them open the doors to their workspaces so you can get a glimpse of artists at work and perhaps pick up a unique souvenir. If you miss the event look out for workshops and galleries dotted across the region.

w: openstudiosfife.co.uk

For a taste of the rural life, the Fife Show takes place at Kinloss near Cupar in May. It's a traditional agricultural show with lots of family entertainment, livestock and equestrian classes, local produce and Scottish crafts. Children go free.

w: fifeshow.com

Music lovers will enjoy **FifeSing**, an annual celebration of traditional singing which takes place in May at the Fife Animal Park. There is an onsite restaurant and free camping facilities. Traditional galas and highland games take place throughout North Fife in the summer, along with ancient rituals such as the **Riding of the Marches** in Newburgh. The village also hosts the **Oddfellows March** on Hogmanay.

The **Coble Boat Race** and Heritage Day is another Newburgh event. Taking place in late summer, it features locals racing 18 foot salmon cobbles on the Tay, a tradition that dates back to 1880.

The **Ceres Highland Games** are the oldest free games in Scotland. Taking place on the last Saturday in June the event has continued in Ceres since a charter was given to the village by King Robert Bruce in 1314 in recognition of their support at the battle of Bannockburn.

w: newburghgames.co.uk w: ceresgames.co.uk
w: cuparhighlandgames.org



Mr McFalls Chamber
have performed at
the Big Tent

The Big Tent Festival in July is a key date in Scotland's events schedule. Set in the beautiful Falkland Estate and organised by the Centre for Stewardship, it's a weekend devoted to music, arts and family activities mixed with stimulating debate on social and green issues. There's a great selection of organic food in the One Planet Food Village and a campsite right next door with toilets and café. Children under 16 go free. Under 18s must be accompanied by an adult.

w: bigtentfestival.co.uk

There's lots of music and community events to be enjoyed at the ten day **Auchtermuchty Festival** in August. You can expect colourful displays at the 100 year old **Cupar Flower Show** which takes place in August. **Cupar Arts Festival** takes place every second October when the busy market town hosts a week of visual arts exhibitions, events and workshops showcasing local creativity and talent.

w: auchtermuchty-festival.org.uk

w: cupararts.org.uk

“North Fife is alive with events that celebrate creativity, music and bringing people together.”



The Big Tent is a popular family festival

Alison Strachan,
Maisie & Mac, Cupar, organiser
Open Studios, North Fife

Tay Estuary

The Tay Estuary is one of the defining characteristics of North Fife. The **Fife Coastal Path** winds its way along the shoreline with the stretch from Newburgh to Tentsmuir providing many spectacular views and rewarding walks. For motorists and cyclists, the coastal road from Newburgh to Balmerino provides an inspiring, elevated view of the estuary and makes for a leisurely excursion.

Visitors may also spot some interesting wildlife with common seals, porpoises and a great variety of waders and wildfowl all enjoying this rich habitat.

The Tay is a popular sailing destination with boat clubs in **Newburgh, Wormit** and **Tayport** all welcoming visitors and holding regular events. The inner Tay Estuary can be cruised for most of its length towards Perth and visiting craft can find moorings in **Tayport Harbour**, a sheltered marina with around 100 berths.

w: newburghsailingclub.org

w: wormitboatingclub.org.uk

w: taycorinthian.co.uk



“Visitors to North Fife will sense a closeness to the natural environment in this beautiful corner of Scotland”

A landscape perfect for exploring

The Lomond Hills, Birnie Loch, Pitscottie Waterfall and Ayton Woods are just some of the diverse elements of the North Fife landscape that visitors can take time to explore. The area has many leisurely walks, adventurous hikes and cycle routes to discover. Or for exploring by car, the villages that span the area reveal many hidden gems. During the summer months these villages burst into colour as the Fife Floral Trail showcases the likes of Falkland, Ceres and Cupar at their very best.

Covering more than 4,600 acres, the **Falkland Estate** takes in native woodlands, an organic farm and countryside into the Lomond Hills, with many walks and cycle trails. The estate is managed by the **Centre for Stewardship**, which runs a programme of events including guided walks, craft workshops, kids' clubs and wildlife watching. The Centre is also responsible for the upkeep of **The House of Falkland**, an A-listed Victorian country house that can be toured by prior arrangement.

w: centreforstewardship.org.uk **4**

Places to visit

North Fife is a tapestry of interesting villages, outstanding scenery and fascinating places to explore.

Falkland sits beneath the slopes of East Lomond

Falkland is an attractive medieval village retaining much of its original character in its narrow, cobbled wynds and ancient buildings. At the foot of the Lomond Hills, the 16th century Palace Gatehouse and the Bruce Fountain create an immediate impression and visitors can enjoy browsing craft and gift shops, or taking a break in the village's tearooms, pubs or hotel.



Wormit, Newport-on-Tay and Tayport, with its attractive harbour (pictured), offer a different perspective to North Fife.
Image courtesy of Helen Willis

North Fife's villages blend into the natural backdrop of rolling hills and countryside. Collessie's thatched weavers' cottages are banked under the Howe of Fife Parish Church. The village has ancient roots and a Pictish Standing Stone at Newton Farm.

Freuchie enjoys a lovely setting at the foot of the Lomond Hills and plays host to The Albert Tavern - CAMRA's Fife Pub of the Year (2009 - 2011) and Freuchie Cricket Club.

A short drive away is Ceres which has a clutch of historic buildings and is home to Wemyss Ware Pottery and Fife Folk Museum.

Newburgh, on the Tay Estuary, has an attractive main street and stunning views north across to Angus. From Newburgh the coastal road along the estuary, past the remains of 15th century Denmylne Castle, provides breath-taking views.



Freuchie

Places to visit

Cupar is a traditional market town and a Royal Burgh since 1328. It maintains a traditional mixture of independent shops that attract people from a wide area: check out the delicious ice cream at Luvian's deli, jewellery at Number 5, fashion at Beluga and an exciting range of contemporary art and crafts at Maisie and Mac. Cupar also has award winning bakers such as Fisher and Donaldson, coffee shops, a farmers' market (third Saturday of the month) and a range of places to eat out. Once the county town of Fife, Cupar has retained its historic links with local food production and is surrounded by fruit farms.

w: cupartown.co.uk

Cupar's railway station was named 'Best Adopted Station 2011' by Passenger Focus, the independent passenger watchdog. The award recognises the community's work in opening a heritage centre at the B-listed station.

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Cupar's distinctive bandstand sits in Haugh Park next to the River Eden, a stroll from the town's Mercat Cross.

Image courtesy Paula Martin

Did you know...
Doctor Finlay,
the British
television series
based on
A J Cronin's
post-War
fictional hero,
was filmed in
Auchtermuchty

Highly collectable **Wemyss Ware pottery**, which has its origins in the 19th century, is now produced by the Griselda Hill Pottery Ltd in Ceres. Every piece is unique and hand painted using a secret technique – Elton John and the Prince of Wales are among many notable collectors. The pottery has a shop and visitor centre in Ceres which is open all year except Christmas and New Year.

w: wemyssware.co.uk 17

North Fife has provided inspiration for generations of artists and performers. Auchtermuchty was home to Jimmy Shand, Scotland's legendary accordion player and band leader who is commemorated by a statue in the village.



Image courtesy Paula Martin

Singer Johnny Cash is descended from a clan that originated in the 12th century in the Strathmiglo area and medieval Falkland which Cash visited several times. The connection goes back to King Malcolm IV whose niece was named Cash (or Cashel) and married the Earl of Fife.

Twins Charlie and Craig Reid, better known as The Proclaimers, spent much of their childhood in Auchtermuchty, attending Bell Baxter High School in Cupar.



Things to do

From exotic species like zebra, meerkat and lemur to domestic favourites including rabbits, goats and guinea pigs, **Fife Animal**



Park lets visitors get close to the animals in its collection. The Park has a soft play area, a pet centre and visitors can take a break at Patsy's Pantry. There's plenty of parking, a picnic area and outdoor play for children. Located off the A91 at Collessie, Fife Animal Park is open all year round.

w: fifeanimalpark.com **5**

Cairnie Fruit Farm near Cupar, is a popular family destination with a range of energetic activities for kids, a farm shop and tearoom. From July to October the Mega Maze challenges visitors to find their way through a crafted maze sewn into a field of maize that grows up to eight feet tall. Seasonal opening hours; check online.

w: cairniefruitfarm.co.uk **10**

Muddy Boots is a family friendly farm shop and play centre for children. Its conservatory café menu includes fresh produce grown on the farm and fun for children includes pottery painting, covered and outdoor play areas and a jumping pillow. **9**

Cupar Sports Centre has a gym, swimming pool, sports hall and squash courts as well as a G3 floodlit all-weather football pitch. Visitors are welcome to use its facilities and should contact the Centre for opening hours and booking information.

Tel: 01334 659324.

w: fifeleisure.org.uk **11**

Exploring the Mega Maze at Cairnie Fruit Farm



*Image courtesy Scottish Deer Centre/
Trevor D. Russell, Kingdomphotographics.com*

The award winning **Scottish Deer Centre** is one of Fife's biggest visitor attractions and an ideal family day out.

There are 14 species of deer to see as well as Fife's only wolf pack, otters and other rare Scottish species including wildcat. The Centre encourages visitors to learn more about the animals and rangers are on hand to provide information and regular tours, including the Nose to Nose experience with friendly hand-reared deer. There are displays of falconry, children's play areas, a trailer ride around the park and a tree top walk to explore.

In the pretty courtyard visitors can relax in the family café, or browse the Highland Food and Whisky Shop, Edinburgh Woollen Mill outlet and the Centre's gift shop.

The Scottish Deer Centre is open all year; check online for opening hours and admission details.

w: tsdc.co.uk

7



The Singing Kettle is one of Scotland's most popular children's entertainment groups combining traditional Scottish music with singalong action, laughter and fun. The group's base is the Kettle shop at Kingskettle, southwest of Cupar. The shop stocks Singing Kettle goodies and visitors can explore the playroom to find out what's inside the Kettle.

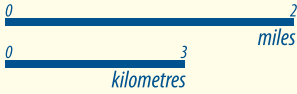
w: singingkettle.com

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Cupar & North Fife

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●●●●● Fife Coast

== Fife Cycle V

— Link Route

Cupar & North Fife Attractions

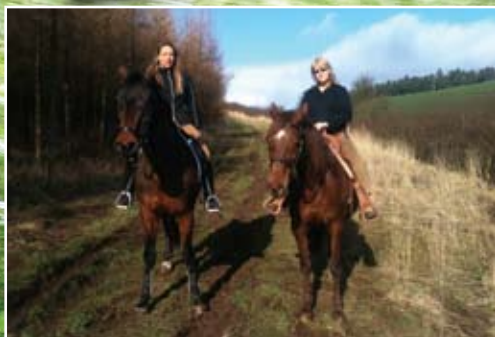
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| 3 Falkland Palace (p29) | 14 Hill of Tarvit Mansion House (p30) |
| 4 Falkland Estate (p11) | 15 Kingarrock Golf Course (p24) |
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H LTA accommod
A providers (p32)

The attractions listed are just some of the many tourist attractions available in Cupar & North Fife. For more go to visitfife.com



Great outdoors



There are a number of bridle paths in North Fife including Tentsmuir Forest and stretches of the Fife Coastal Path near Newburgh (pictured). Visitors can arrange riding lessons or hacks at **Barbarafield Riding School** near Cupar.

w: barbarafields.co.uk **16**

North Fife's countryside and coastline has a wealth of trails and tracks to explore. Cyclists can take advantage of the 24 **Kingdom of Fife Millennium Cycle Ways** that traverse the area and are clearly signed from access points in Cupar, Newburgh, Auchtermuchty and Newport. There's also adventurous off-road cycling to enjoy with routes in forestry land including Tentsmuir and Pitmedden Forest. **1**

w: fife-cycleways.co.uk

North Fife has an abundance of routes for walkers and hikers to enjoy. The East to West challenge of the **Lomond Hills** provides an energetic day out for hikers or look out for red squirrels in the woodlands of **Ladybank Forest**.

Enjoy Scotland's outdoors responsibly; follow the Scottish Outdoor Access Code.

w: outdooraccess-scotland.com



*Off road cyclists
are spoilt for
choice*

Fife Coastal Path



The North Fife stretch of the Fife Coastal Path is one of the most diverse on the 150 km route that encircles the Kingdom. At the eastern extreme the sweeping sands of Tentsmuir beach provide a classic coastal backdrop to the Path. From Tayport to Balmerino walkers can enjoy excellent views of the Tay road and rail bridges and across to Dundee. As the route moves west following the Tay Estuary towards Perth, it takes on a more rural character with several miles between Wormit and Newburgh traversing undulating farm land as the Path turns inland.

The eastern stretch of the Coastal Path is very demanding, but the rewards include commanding views of the Estuary from hill top vantage points.

The Coastal Path route is indicated with wooden signs, fence markers and stickers placed on lamp posts and poles which at times require careful observation.

w: fifecoastalpath.co.uk

For a sectional description of the Path turn to page 35.

*The Path crosses woodland
approaching Newburgh*

Great outdoors

*Off road adventure
at the Glentarkie
Estate. Image courtesy
Scottish Off Road
Driving Centre*

Newton Hill Country Sports near Wormit is an outdoor activity centre that offers outdoor pursuits including quad biking, off road driving, shooting and fishing. The centre specialises in group sessions and visitors should organise bookings in advance. Tel: 01382 330 519.

w: newtonhillatv.co.uk 19

The Rivers Tay and Eden provide excellent fishing. There are a number of fisheries that welcome visiting anglers including Lochmill Reservoir, Golden Loch Fishery and the Park View Trout Fishery near Collesie.

w: fifefishingguide.co.uk

Virgin Balloon Flights launch from Falkland Golf Club and give breath-taking views of the Ochil and Lomond Hills, the Tay Estuary and Firth of Forth.

w: virginballoonflights.co.uk

The Scottish Off Road Driving Centre at Strathmiglo offers the opportunity to tackle one of the biggest, most challenging 4x4 off road driving courses in Scotland. The tracks and obstacles are set in rolling countryside on the Glentarkie Estate. Professional instruction and a specially prepared 4x4 are available and sessions need to be booked in advance.


Tel: 01337 860528.

w: scotoffroad.co.uk 2

“The unspoilt landscape of North Fife makes a great natural playground”



Trout is one of the attractions for visiting anglers



Ladybank and **Scotsraig** golf clubs can lay claim to a place among the finest layouts in Fife. Both courses have served as final qualifying venues for the Open Championship when it is played at nearby St Andrews. Ladybank is regarded as one of the finest inland tests of golf in Scotland. Lined by trees and heather, it offers a dramatic contrast to the windswept links of St Andrews and Kingsbarns. The course consists of two loops of nine which head out into the woods before returning to the clubhouse. Ladybank has played host to some of the greatest names in golf including Jack Nicklaus and Severiano Ballesteros.

Scotsraig Golf Club, near the village of Tayport, was founded in 1817. The course has evolved into a challenging test which features fierce bunkering, undulating fairways and punishing gorse. The club prides itself on extending a warm welcome to visitors, and the spacious clubhouse is a pleasant place to relax after a round.

w: ladybankgolf.co.uk w: scotsraigolfclub.com

Ladybank Golf Club

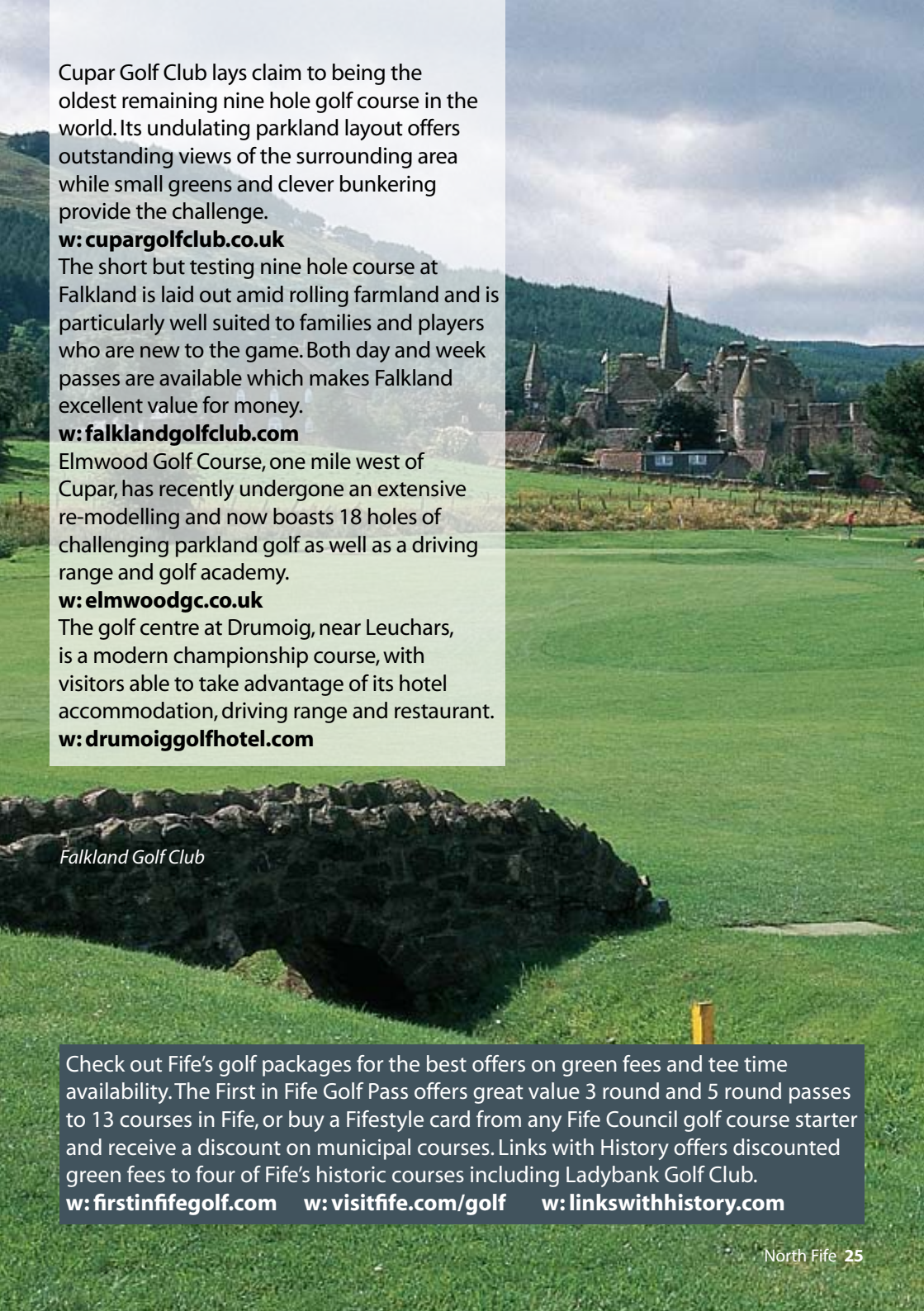


Golf the way it used to be played. The Kingarrock

To tee off at the nine hole course at the **Kingarrock Golf Course**, near Cupar, is to take a step back in time. Players are handed a vintage-style pencil bag containing a set of original hickory-shafted clubs and invited to head out and experience the game as it was played in the 'Roaring Twenties'.

The course is set in the picturesque grounds of Hill of Tarvit and it is maintained as traditionally as possible. The Kingarrock provides a warm welcome and a truly unique experience for golfers of all standards. To add to the authenticity of 'proper golf', a nip of whisky at the start of a round is included in the green fee, with shortbread and ginger beer to welcome golfers back to the club house.

w: kingarrock.com **15**



Cupar Golf Club lays claim to being the oldest remaining nine hole golf course in the world. Its undulating parkland layout offers outstanding views of the surrounding area while small greens and clever bunkering provide the challenge.

w: cupargolfclub.co.uk

The short but testing nine hole course at Falkland is laid out amid rolling farmland and is particularly well suited to families and players who are new to the game. Both day and week passes are available which makes Falkland excellent value for money.

w: falklandgolfclub.com

Elmwood Golf Course, one mile west of Cupar, has recently undergone an extensive re-modelling and now boasts 18 holes of challenging parkland golf as well as a driving range and golf academy.

w: elmwoodgc.co.uk

The golf centre at Drumoig, near Leuchars, is a modern championship course, with visitors able to take advantage of its hotel accommodation, driving range and restaurant.

w: drumoiggolfhotel.com

Falkland Golf Club

Check out Fife's golf packages for the best offers on green fees and tee time availability. The First in Fife Golf Pass offers great value 3 round and 5 round passes to 13 courses in Fife, or buy a Fifestyle card from any Fife Council golf course starter and receive a discount on municipal courses. Links with History offers discounted green fees to four of Fife's historic courses including Ladybank Golf Club.

w: firstinfifegolf.com w: visitfife.com/golf w: linkswithhistory.com

Local produce

“For local
produce
North Fife
has an
excess of
riches”



A 'restaurant with rooms' in a delightful rural setting, The Peat Inn, a multi award-winning, Michelin starred restaurant is internationally famous for its modern cooking based on the finest local and seasonal ingredients and enhanced by an exciting wine list.

Casks at the Daftmill Distillery

Fletchers of Auchtermuchty have specialised in seriously good venison since 1973. Their deer farm in Auchtermuchty was the first in Europe and now has a reputation for providing the finest venison in Britain; it has won countless awards. Buy it at the farm shop, farmers' markets, or online. Guided tours around the farm can be arranged for pre-booked parties.

w: seriouslygoodvenison.co.uk

Balhelvie Aberdeen Angus Beef and Lamb is reared at Balhelvie farm east of Newburgh and its fresh meats can be bought from the farm shop and at farmers' markets in St Andrews, Dunfermline and Cupar. **Fisher and Donaldson** is a 4th generation family bakery and a much loved North Fife institution: treat yourself to tempting cakes and pastries at their Cupar shops and tearooms.

w: balhelvie.co.uk

w: fisheranddonaldson.com

Daftmill Distillery, near Ladybank, is based on a working farm and is one of Scotland's newest and smallest distilleries. Arrange a guided tour and see how the farm uses prized barley and water from its artesian well to create a distinctive 'lowland' whisky.

w: daftmill.com

The Fife Food Network is dedicated to showcasing the region's many food producers, retailers, restaurants, hotels and cafés, in order to promote and develop Fife's food and drink reputation. Its website provides recommendations for visitors including details of events, local suppliers, tours and recipes.

w: foodfromfife.co.uk

A farmers' market takes place in the Crossgate, Cupar, on the third Saturday morning of every month.

w: fifefarmersmarket.co.uk

Making the most of an abundance of local produce are the great cafes and restaurants in the area. Attractions such as Cairnie Fruit Farm and The Scottish Deer Centre have good cafes, Pillars of Hercules near Falkland offers an entirely organic field-to-fork eating experience, Muddy Boots is another venue that combines local produce and a family friendly café and Thai Teak is a Thai-themed craft and coffee shop near Dairsie.

Stylish dining options include the acclaimed Ostlers Close in Cupar, the Michelin starred Peat Inn and the Inn at Lathones.

More recent additions to the local eating scene are the cosy, community-run Harbour Café in Tayport and The View in Newport on Tay which looks across the Tay to Dundee.

“The quality and choice of the region’s natural larder stands comparison with anywhere in Scotland.”

Jimmy and Amanda Graham have been the proprietors of Ostlers Close since 1981



Living history

Stroll around the unspoilt rural villages of Ceres and Freuchie, or through the well-preserved medieval streets of Falkland and Cupar and you'll find the vivid sense of history that characterises North Fife. Home to a Royal palace, a magnificent Edwardian mansion and historically important abbeys, this is an area very much in touch with its past.

Now a ruin, **Lindores Abbey** was an important 12th century Tironesian abbey on the banks of the Tay near Newburgh. The earliest record of Scotch whisky is a 1494 commission from James IV to the Friar of Lindores to make 'eight bols of malt'. The Abbey was sacked by John Knox and his men in 1559.

The abbeys at Balmerino and Lindores form part of the rich pilgrim trails that weave their way across Fife. From St Andrews Cathedral in the east to Culross Abbey in the west, the region has a fascinating religious heritage for visitors to discover.

Balmerino Abbey (pictured), in the charming village of Balmerino, is today so tranquil it's hard to believe it was once a bustling hub of the region. Pick up a leaflet from the honesty box and discover how an important community of monks lived and worked here in a grand Abbey building. Note the sweet chestnut tree, still flourishing, that experts believe was there at the time of the monks 450 years ago. The Abbey is now under the care of the National Trust for Scotland.

w: nts.org.uk/Property/Balmerino-Abbey **8**



The medieval rooftops of Falkland

The beautiful, renaissance style **Royal Palace of Falkland** was a favourite country residence and hunting lodge of Scottish Stuart monarchs. Mary, Queen of Scots, is reputed to have spent some of the happiest days of her life here. **3**

Falkland Palace

Inside the Palace there are elaborately painted ceilings and 17th century Flemish tapestries. The Chapel Royal, dating from the reign of James V, is still used as a place of worship today while the Bakehouse gives a taste of Palace life below stairs. The Palace is home to a Real Tennis court which was built in 1539 and is Britain's oldest tennis court.

The Palace and gardens host events throughout the year and there is a gift shop and plant centre in Falkland High Street.

Falkland Palace and Gardens are cared for by the National Trust for Scotland and are open to the public from 1 March to 31 October. Check online for opening hours.

w: nts.org.uk/Property/Falkland-Palace-Garden

Falkland Palace and gardens. Image Courtesy National Trust for Scotland



One of the finest Edwardian houses in Scotland, **Hill of Tarvit Mansion House** nestles on a hillside near Craigrothie. Remodelled by renowned Scottish architect Sir Robert Lorimer in 1906, it was designed to showcase a superb collection of furniture, porcelain and paintings. Lorimer also designed the gardens, with formal lawns, yew hedging, flowering borders and a sunken rose garden. Follow the path to the hilltop viewpoint for spectacular views over the estate and surrounding countryside.

The garden and grounds are open daily all year. The house, shop and tearoom are open from 1 April to 31 October, Thursday - Monday 1pm -5pm.

w: nts.org.uk/Property/Hill-of-Tarvit-Mansionhouse-Garden **14**

Scotstarvit Tower, adjacent to Hill of Tarvit, is a handsome 16th century tower rising six storeys high. It was the home of Sir John Scot, author of 'Scot of Scotstarvit's Staggering State of the Scots Statesmen'. Access to the Tower is available by collecting a key from nearby NTS Hill of Tarvit Mansion House. Access at other times may be possible if arranged in advance by contacting the National Trust for Scotland on 0844 493 2185.

w: historic-scotland.gov.uk **13**

“From monarchs and pilgrims to tales of folk history, North Fife has many stories to tell”

Recalling a bygone rural lifestyle, The **Fife Folk Museum** in Ceres has a fascinating collection of old farming implements, tools, domestic equipment and costumes. It is housed in a 17th century Weigh House and cottages and is open every day between 1 April and 31 October. There is a coffee room and gift shop. Children go free.

w: fifefolkmuseum.org 18

The **Laing Museum** in Newburgh was gifted to the town by local historian Alexander Laing. On display is a re-creation of Laing's study and some of the unusual objects he collected. Visits are by appointment and there are 'Open Days' during the year. Telephone 01334 828180 for details.

Cupar Heritage is the town's local history society. It has just opened the **Cupar Heritage Centre** in the renovated Cupar Railway Station Buildings. The Centre displays artefacts and information telling the story of life in the area and is open to the public at weekends starting from mid April until September. Check online for details.

w: cuparheritage.org.uk 12

Visitors with family connections in North Fife can discover more about their potential links to this fascinating part of Scotland.

Scottishancestor.co.uk is a service based in Lindores that specialises in acquainting visitors with their family roots in the region.

Monimail Tower near Colleslie dates back to the 16th century and is the one time summer residence of the influential Cardinal David Beaton. The tower is not open to visitors, but hosts volunteers days organised by the Monimail Tower Project.

w: monimail.org



The Weigh House that hosts Fife Folk Museum.
Image courtesy Paula Martin

Accommodation

In North Fife you'll discover welcoming guest houses and B&Bs. Traditional townhouses, farm steadings and cottages have been converted to offer quality accommodation. There are also caravan parks in the area offering static and touring accommodation with several sites also welcoming campers.



Pitcairnie House Holiday Apartments

Bed & Breakfasts	Website	Map Ref
Braemont B&B, Ceres	staybraemont.com	H1
Ferrymuir Stables, Cupar	ferrymuirstables.co.uk	H2
Gorno Grove House, Strathmiglo	gornogrove.co.uk	H3
Greenlaw House, Cupar	butlerjackson@googlemail.com	H4
Hillcairnie Farmhouse, Cupar	hillcairniebandb.co.uk	H5
Mansfield B&B, Cupar	cuparbedandbreakfast.com	H6
Meadowside B&B, Cupar	cuparbandb.co.uk	H7
Pitlessie House, Cupar	pitlessiehouse.com	H8
Redlands Country Lodge, Cupar	redlandslodge.com	H9
Redwood Cottage, Auchtermuchty	redwoodcottage.co.uk	H10
Robin's Nest B&B, Dairsie	robinsnestbedandbreakfast.com	H11
St Michaels Inn, Leuchars	manager@stmichaelsinn.info	H12
Wester Dura Farmhouse	westerdura.com	H13
Hotel		
Covenanter Hotel, Falkland	covenanterfalkland.co.uk	H14
Craigsanquhar Hotel, Cupar	craigsanquhar.com	H15
The Crown Hotel & Restaurant, Kingskettle	thecrownkingskettle.com	H16
Drumoig Golf Hotel, Drumoig	drumoiggolfhotel.com	H17
Lomond Hills Hotel, Freuchie	lomondhillshotel.com	H18
The Bruce Inn, Falkland	thebrucefalkland.co.uk	H19
Self-catering		
Abbotshill Cottages, Newburgh	abbotshill.com	A1
Falkland Estate	centreforstewardship.org.uk	A2
Fife Holiday Cottages, Cupar	fifecottageholidays.co.uk	A3
Hot Tub Holidays	www.scotspas.co.uk/accommodation.htm	A4
Pitcairnie Holiday Apartments, Auchtermuchty	pitcairnie-leisure.co.uk	A5
Ring Farm, Cupar	ringfarm.co.uk	A6
Sandford Country Cottages, Newport on Tay	evelyn@thepuffinroom.co.uk	A7
The Cottage, Ceres	thecottageceres.co.uk	A8

Discovering Scotland

From your base in **North Fife**, you're within easy reach of some of Scotland's most appealing destinations.

Head north to discover the city of **Perth** which, as the 'Gateway to the Highlands', is the perfect place to get a taste of highland Scotland. For a faster pace and great cultural facilities including galleries, HMS Discovery and a Contemporary Arts Centre, check out the bustling city of **Dundee**, just across the Tay Bridge from Fife's north coast.

Edinburgh, Scotland's elegant capital is just over an hour's drive from North Fife.

If you prefer not to drive, a regular train service from Cupar provides easy links to Dundee and Edinburgh and the area is well connected by bus in all directions.

Just a few miles along the coast you'll find the quaint fishing villages of the **East Neuk** and the famous university town of **St Andrews**. As well as a host of world famous golfing attractions and a stunning beach, St Andrews has good shopping and an excellent range of places to eat.

Elsewhere in the Kingdom of Fife there are leading family attractions like **Deep Sea World** and **Scotland's Secret Bunker** as well as historic gems like **Culross** and **Dunfermline's Abbey and Palace**.



RRS Discovery, Dundee

Visitor information

In Fife there are tourist information centres in St Andrews, Kirkcaldy, Dunfermline, Anstruther and Crail (both seasonal) or go to welcometofife.com. Local information can be accessed at cupartown.co.uk and smartcommunityfife.org.uk. There is a local information centre in the Fluthers car park in Cupar.

By car

From the M90 visitors from the south can arrive in North Fife using the A91 exit, signposted the North Fife Tourist Route. The A91 takes motorists through the heart of the region, through Cupar towards St Andrews. Arriving from the north, the A913 exit from the M90 is a pretty route leading through Newburgh to Cupar. From Dundee the A92 takes visitors across the Tay Road bridge giving access to Newport-on-Tay, Tayport and Tentsmuir Forest.

By bus

There is a good bus service connecting many of the villages in North Fife. From the area's main bus hub at Cupar there are express connections to Dundee, St Andrews, Edinburgh and Stirling. Check online for timetables and routes.

w: stagecoachbus.com

By train

North Fife has good train access with Cupar benefiting from direct connections to Edinburgh (1 hour), Dundee (20 minutes) and Aberdeen (2 hours). Ladybank station is served by the same line, and also a direct connection to Perth (30 minutes). Springfield station has a reduced service. Visitors to Tentsmuir can alight at Leuchars.

By air

North Fife is approximately one hour by car from Edinburgh International Airport and 45 minutes from Dundee Airport. Flybe operate flights to Dundee from Belfast, London and Birmingham. (www.flybe.com). Regular bus connections to the Ferrytoll hub at Inverkeithing provide a connecting service to Edinburgh Airport.

Useful contacts and services

Police (Fife Constabulary) 0845 6005702;
w: fife.police.uk

Ninewells Hospital in Dundee provides a full accident and emergency service (01382 660111).
w: nhstayside.scot.nhs.uk

Victoria Hospital, Kirkcaldy, provides a full accident and emergency service (01592 643355).

Adamson Hospital (01334 652901) in Cupar provides treatment for minor injuries and operates Monday to Friday 8am-6pm. Outwith these times and on public holidays, call NHS 24 on 08454 24 24

St Andrews Community Hospital (01334 465656) provides treatment for minor injuries.
w: nhsfife.scot.nhs.uk

Fife Council
08451 55 00 00 **w: fife.gov.uk**

For more detailed information visit fifecoastalpath.co.uk or look out for the Fife Coastal Path map at visitor information centres.

In Newburgh the Path follows the shoreline before crossing farm fields and rising to the crest of high land giving spectacular views over the Tay Estuary. Rough grass tracks and steep climbs not suitable for cycling and will appeal to more energetic walkers.

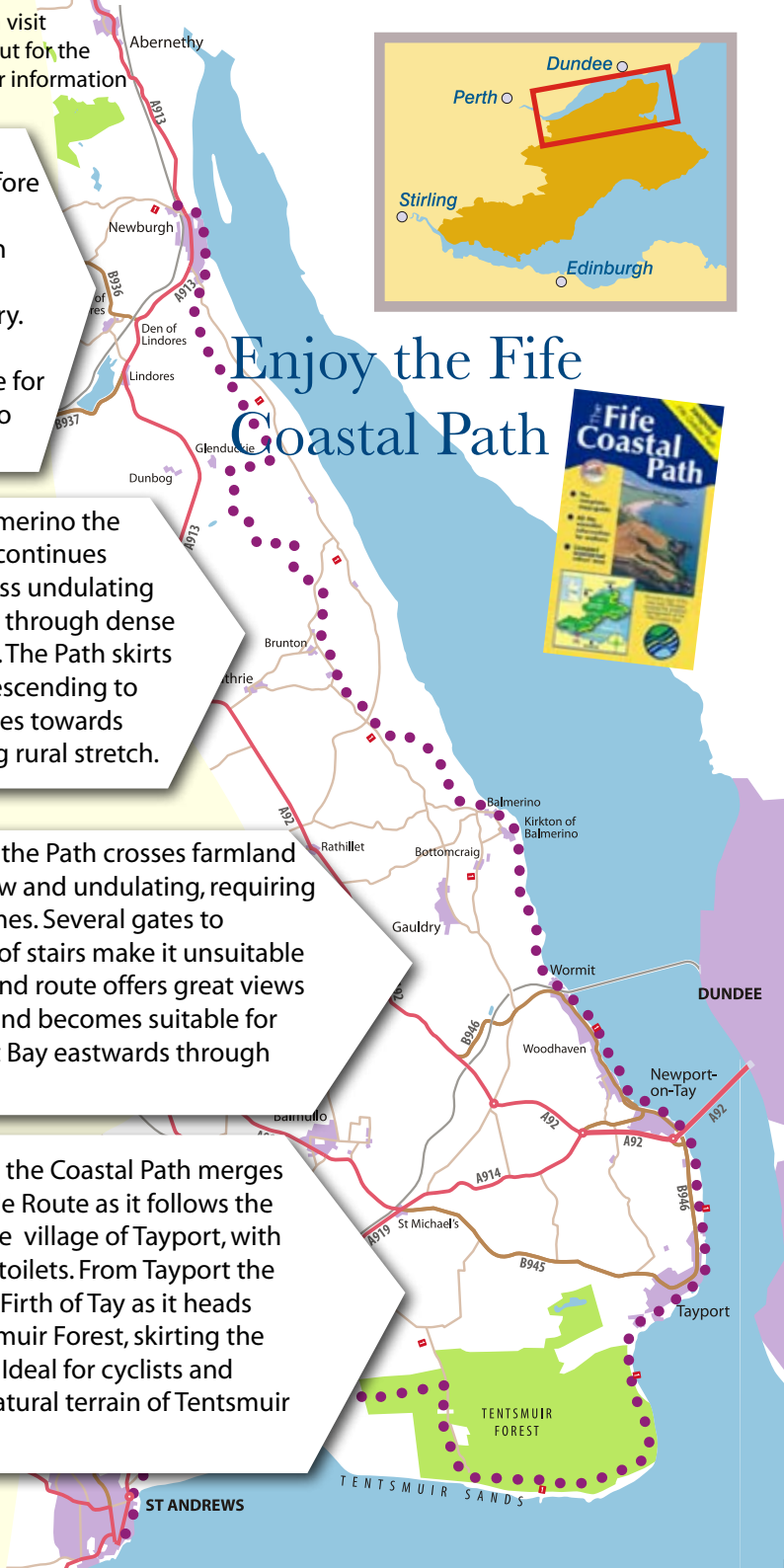
From Glenduckie to Balmerino the Path moves inland and continues along grassy tracks across undulating farmland. Steep hills cut through dense woodland on Ayton Hill. The Path skirts Norman's Law before descending to follow quiet country lanes towards Balmerino. A demanding rural stretch.

From Balmerino Abbey, the Path crosses farmland and woods and is narrow and undulating, requiring careful navigation at times. Several gates to negotiate and two sets of stairs make it unsuitable for cycling. The eastbound route offers great views of the two Tay Bridges and becomes suitable for all abilities from Wormit Bay eastwards through Newport-on-Tay.

At the Tay Road Bridge the Coastal Path merges with the Kingdom Cycle Route as it follows the river to the harbourside village of Tayport, with a café, pub and public toilets. From Tayport the Path stays close to the Firth of Tay as it heads along a trail into Tentsmuir Forest, skirting the sands of the shoreline. Ideal for cyclists and walkers to enjoy the natural terrain of Tentsmuir Forest.



Enjoy the Fife Coastal Path



Fife

A beautiful landscape, heritage, culture, entertainment, award-winning food and drink and the home of golf

Cupar & North Fife



St Andrews



Dunfermline & West Fife



East Neuk



Mid Fife & Kirkcaldy



Levenmouth

To get the most from your visit to Fife look out for one of our tourism guides or visit welcometofife.com

Fife