

Fife Coast ~ Tuesday 8 to Friday 11 September 2009

The superb and varied coastline of the Kingdom of Fife owes much to the variety of rock found here - a mix of sedimentary and igneous rocks formed by different geological processes during the Carboniferous Period. The contrasting rocks create the shape of the coast; some sections are beach and mud flats, or flat rocky foreshore, in other places there are high cliffs ... there's certainly no monotony here, as every mile is different!

This is a linear walk covering the coast from Elie to St Andrews, split into four day sections of 10-14 km (6-9 miles). We'll be on the coastal path for most of the journey with occasional forays onto the rocky foreshore. The path is varied, generally in good condition but sometimes narrow, steep or muddy.



This holiday is designed to be as flexible as possible, with time to explore the coast and villages ... and there is a frequent bus service along the entire route if any of the walks seem too long!

There are many options for accommodation and food – you can organise your own accommodation or join with other members of the group in a shared B&B or rented house. There is a good bus service along the coast, making it possible to do the entire trip by public transport, and we will use the bus to connect the start and end points of each day walk.

Outline Programme

Tuesday 8 September Earlsferry to St Monans (12 km). A grand introduction to the best of Fife's rocks, exploring the steep volcanic cliffs of Kincaig Point and perhaps gathering a few 'Elie Rubies' on the beach as we walk through Elie, before continuing on to find a range of sedimentary rocks, small volcanic vents and some impressive folding in the vicinity of St Monans.

Wednesday St Monans to Crail (13 km) We've left the volcanoes behind and as we head out of St Monans we pass a range of sedimentary rock layers, beautifully exposed beside the sea. Progressing along the coast, the types of sedimentary rocks change as we walk further back in time.

Thursday Crail – Kingsbarns (10 km). We tackle the wildest and most peaceful part of the coast as we head away from the fishing villages, approach Fife Ness and visit the oldest rocks of this area.

Friday Kingsbarns – St Andrews (14 km). The road swings inland and leaves us on a quiet stretch of coast, with some jewels to be enjoyed – Buddo Rock, a great stack of red sandstone, and the Rock and Spindle volcanic vent; finally as we approach the shining city the adventurous can enjoy some remarkable coloured sandstone layers, before we reach our final destination and head for home.

Details

Cost The basic cost of the holiday is £95. This covers the cost of your guide, Angus Miller and organisation of the holiday.

Accommodation & Transport Accommodation and transport costs are not included, and are flexible. It is best to be based in or around Anstruther, where there is a good range of B&B and self-catering accommodation - you can make your own arrangements, or get in touch to liaise with other members of the group.

The day walks are planned so as to take advantage of the good bus service that runs along the coast. Most mornings we'll meet in Anstruther and travel to the start point of the walk by bus. Alternatively if several people have cars and are willing to give lifts we can share transport. There are plenty of shops, etc for refreshment along the route; we will take packed lunches with us and eat lunch at a suitable resting place on the coast.

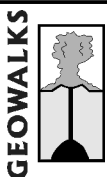
Level of Fitness Required

You will need to be reasonably fit and used to walking, but the pace will be moderate with plenty of stops. We'll stick mostly to the coastal path, walking up to 9 miles per day.

Booking Conditions

To book your place please send a cheque for the full amount £95 (cheques payable to Geowalks). If you cancel your booking, refunds will only be available if we manage to fill your place. Travel insurance is recommended – many insurers offer cheap UK-only cover.

In the unlikely event of the trip being cancelled, you will be informed immediately and receive a full refund.



Angus Miller, Geowalks

23 Summerfield Place, Edinburgh EH6 8AZ

0131 555 5488 / 0797 997 1310

angus@geowalks.demon.co.uk; www.geowalks.co.uk