

Fife Coastal Path ~ Monday 12 to Saturday 17 May 2008

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 mix of rocks gives 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 most interesting part of the coast from Aberdour to St Andrews, split into five day sections of around 10 miles, with a rest day in Anstruther with a chance to visit the Isle of May. 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 course is designed to be as flexible as possible, to suit people from outside the area and those who live locally. You can sign up for the whole walk or join us for individual days ... and there is a frequent bus service along the entire route if any of the walks seem too long! There is a local bag transport service that operates along the route and can be booked if required (additional charge).

Outline Programme

Monday 12 May Aberdour – Kirkcaldy (10 miles). Starting at Aberdour train station, a short walk takes us to the coast and the path to Burntisland for our first volcano of the journey, then onwards to Kinghorn. The last few miles pass through a range of sedimentary rocks with occasional headlands of more resistant igneous rocks.

Tuesday Kirkcaldy – East Wemyss (5 miles) & Lower Largo – Elie (6½ miles). This walk is split in two sections, with a short bus journey between to avoid a flat part of the coast where there is not much rock exposed. For the last few miles the coast changes dramatically as we traverse the top of the cliffs above the infamous chain walk, passing through another volcanic vent.

Wednesday Elie – Anstruther (6.5 miles). We start on volcanic rock, perhaps gathering a few 'Elie Rubies' on the beach before travelling on to a range of sedimentary rocks, small volcanic vents and some impressive folding in the vicinity of St Monans.

Thursday Anstruther (rest day). If the ferry is running (depends on the tides), this is a great time of year to visit the Isle of May – a tilted lump of intrusive dolerite. The tilted rock give one steep face and a gently sloping top, and ideal home for a wide range of seabirds and seals.

Friday Anstruther – Kingsbarns (10.5 miles). We've left the volcanoes behind for now, and travelled back into older sedimentary rocks, with more sandstone and less variety as we approach Fife Ness and turn the corner, visiting the oldest rocks of the coast.

Saturday Kingsbarns – St Andrews (8.5 miles). 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 course fee £95 per person, or £20 per day; this includes your guide (Angus Miller) and course organisation; accommodation and transport and not included.

Accommodation & Transport Accommodation and transport costs are not included. B&B accommodation can be arranged along the route - you can make your own arrangements, or get in touch to liaise with other members of the group - each stopping point has a range of accommodation available.

There are plenty of shops, etc for refreshment along the route; we will stock up each morning for packed lunch ingredients 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

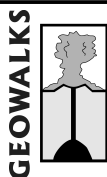
the coastal path, walking 6-12 miles per day.

Booking Conditions

To book for the whole course, send a deposit of £50 (cheques payable to 'Geowalks'). The final payment is due four weeks in advance. If you cancel your booking, refunds will be at my discretion and will usually only be made if I find someone to fill your place. Travel insurance is recommended.

Priority will be given to people booking the whole course, but it is likely that additional places will be available for day walkers – day walks should be booked and paid in advance in the same fashion as the Geowalks Day Walks programme.

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