



THE INN

AT KINGSBARNs



Information on walking and cycling in the
East Neuk of Fife with a collection of local
routes to interesting places commencing
at The Inn at Kingsbarns



Walking around the East Neuk of Fife

The southern coastline of Fife - the East Neuk - is blessed with an array of truly picturesque fishing villages and towns. Crail, Anstruther, St Monans and Pittenweem - their harbours all linked by the Fife Coastal footpath - are a major draw for visitors today. Here are some walk and cycle routes that will enable you to see some of the glorious scenery and quaint villages in our wonderful area. All the routes in this booklet (except Route 3) are available on ViewRanger™ (which can be downloaded onto your phone at the Google Play Store or the Apple Appstore) and have route descriptions by scanning the QR code supplied (separate app required).

Walking Safely

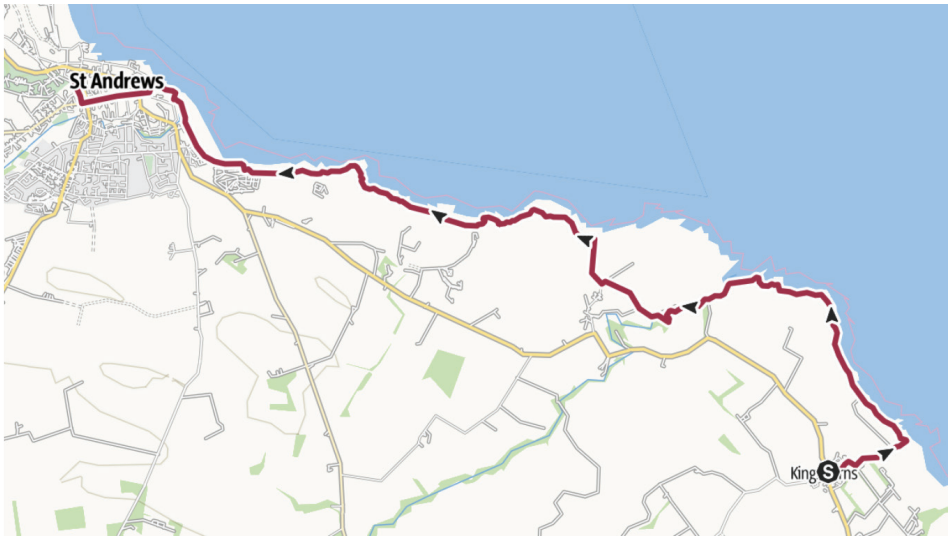
Walking can be dangerous and is done entirely at your own risk. The information in this booklet is provided free of charge, with no responsibility being held by The Inn at Kingsbarns; it is up to each walker/cyclist to check it and navigate using a map and compass, where required.

- Check the weather forecast before you set out, take a waterproof and keep an eye on the sky. If you are on a coastal walk, make sure you know when the local high tide to avoid becoming stranded.
- Don't take risks by attempting long or difficult routes without preparation.
- Take a map or Nav App on your phone or GPS and know how to read it.
- Be aware of any 'escape routes' if you're walking long-distance paths and need to cut the walk short.
- Make sure you've got plenty of food and drink and wear suitable clothing.
- Tell someone where you are going and when you expect to be back.
- Stick to the Highway Code when walking on roads, and always use the pavement, if there is one. Cross at a designated point and make sure drivers can see you. If the road has no pavement, try to walk on the right, facing oncoming traffic and cross to the other side when on sharp right-hand bends. Try to be more aware when walking on country roads, because traffic may be moving very fast.



ROUTE FOUR: KINGSBARNES TO ST ANDREWS CP

NOTE: TIDAL ROUTE



A picturesque route on the Fife Coastal Path, this way to St. Andrews rewards walkers with interesting coastal features, glimpses of our industrial heritage, and an alternative approach to reaching one of Scotland's most famous cities.

Note: Some parts cannot be walked due at high tide, but there is the 95 bus service available for transport.

- Total Distance: 9.44 miles
- Approx. Walking Time: 4 hrs 10 mins
- Grade: Easy



TIDE TABLES



FULL 95 BUS
TIMETABLE



scan to view walk using
outdooractive



CONTACT

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If you are coming our way we are open during the day on Saturdays & Sundays. For locals and visitors we are happy for take away food from local restaurants to be delivered, and we will supply crockery and cutlery for a charge of £3.50 pp. Our barbecue area operates in our garden for both guests and the public in the summer months.

DISCLAIMER

There are many variables including, but not limited to, weather, fitness level, terrain features and outdoor experience that must be considered prior to walking.

- Be prepared for your journey and be sure to check the current weather and conditions before heading outdoors. Always exercise common sense and caution.
- While every effort is taken to ensure that the routes shared in this booklet and our website are correct, we can in no way guarantee the routes to be 100% free of errors.
- The descriptions provided alongside the routes are intended to be used in conjunction with the relevant OS Explorer or Outdooractive maps, and we are not responsible for the safety or well-being of any one who chooses to follow these routes.
- Walking routes shared in this booklet and our website may become inaccessible due to a number of reasons including, but not limited to, natural changes in the landscape, natural disasters or construction. If you find that a route is no longer viable, please submit a report to us through the contact page on our website.

In no way shall The Inn at Kingsbarns be liable for any direct, indirect, punitive, or consequential damages arising out of, or in any way connected with the use of the information contained in or the activity described within this booklet. Any reliance you place on such information is strictly at you own risk.