

THE INN at Kingsbarns

Local Walking / Cycling Routes



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 App store) and have route descriptions by scanning the QR code supplied (separate app required).

Walking Safety

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.

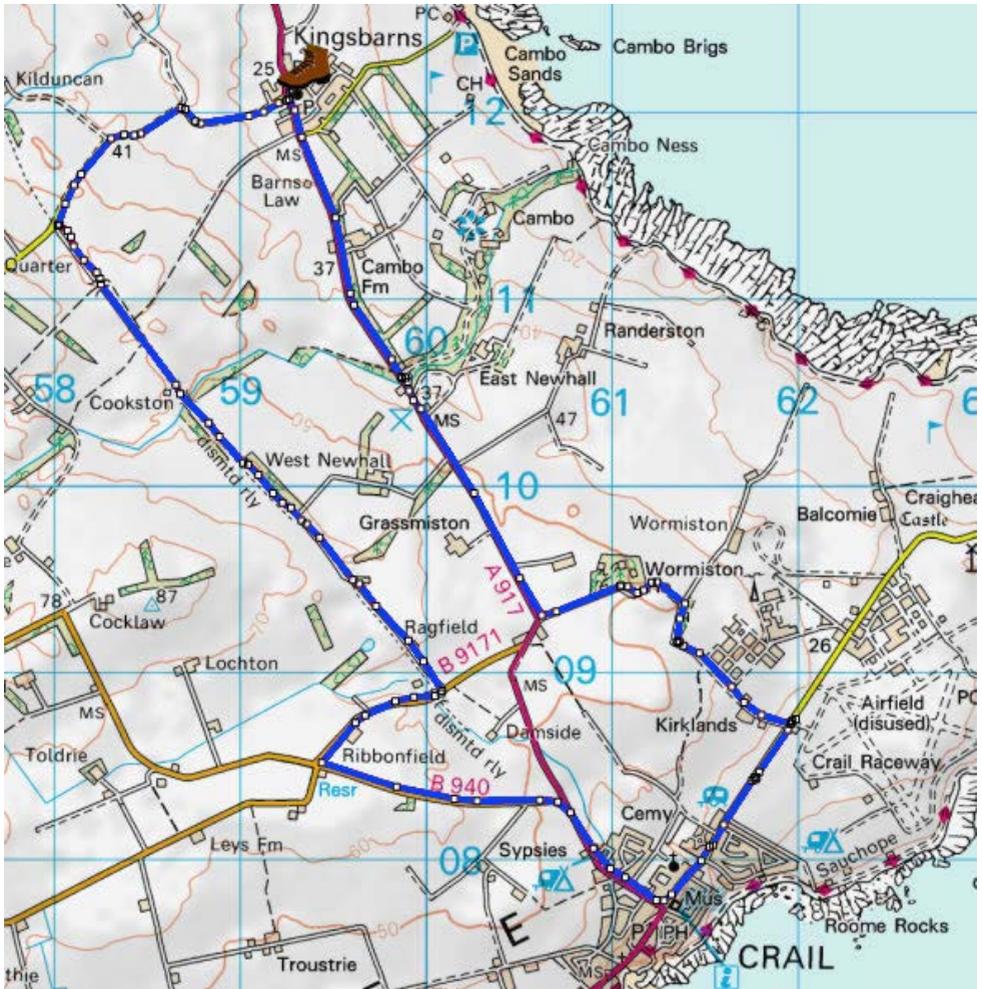
Be aware of any 'escape routes' if you're walking long-distance paths and need to cut the walk short.

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 No I: Kingsbarns to Crail Circular



Total Distance: 8.8 miles
Approx Cycling Time:
1 hr 45 mins
Approx. Walking Time:
4 hrs 10 mins
Grade: Easy

Scan for
Walk Details

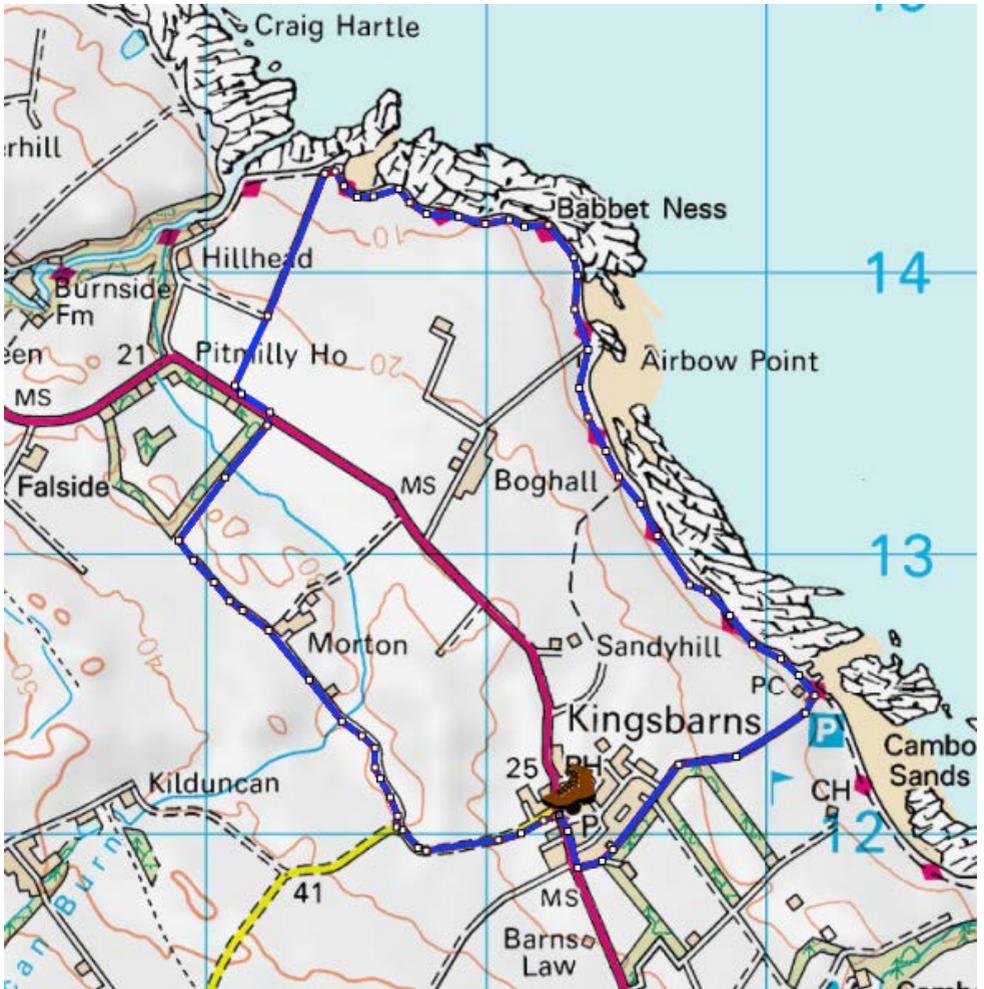


Scan to access walk using

 **viewranger™**



Route No 2: Kingsbarns & Pitmilley Circular



Total Distance: 4.86 miles

Approx Cycling Time:

1 hrs 00 mins

Approx. Walking Time:

2 hrs 05 mins

Grade: Easy

Route source: Fife Walking

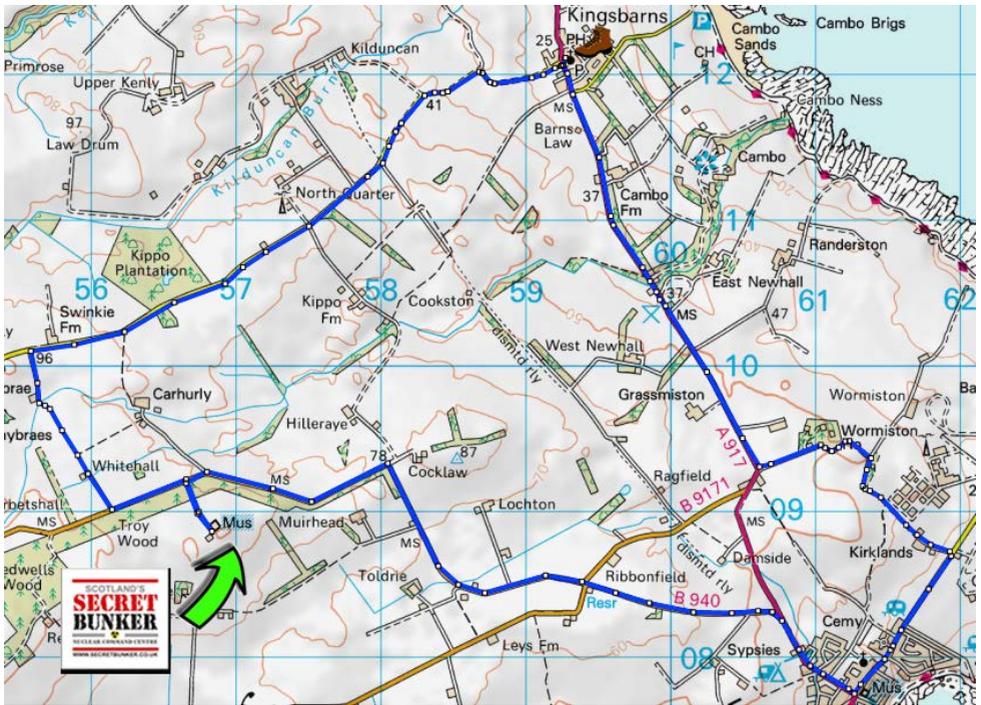
Scan for
Walk Details



Scan to access walk using
 **viewranger™**



Route No 3: Secret Bunker Circular



Scotland's best kept secret for over 40 years. Hidden beneath an innocent Scottish farmhouse, a tunnel leads to, Scotland's Secret Bunker. 24,000 square feet of Secret accommodation. The size of two football pitches, one on top of another. On two levels 100 feet underground. Had there been a Nuclear War, this is where Scotland, would have been Governed, from within. Discover the twilight world of the Government Cold War.

Total Distance: 11.66miles

Approx Cycling Time: 2 hrs 10 mins

Approx. Walking Time: 4 hrs 50 mins
(plus Museum visit)

Grade: Easy

Scan QR Code for Details



Route No 4: Kingsbarns to St Andrews CP



A picturesque walking route on the Fife Coastal Path from Kingsbarns to St Andrews, passing some interesting coastal features and remains of our industrial heritage.

NOTE: Some parts of this route cannot be walked at high tide. This is normally a one way trip with return by the local 95 bus service. Information on this service can be found by scanning either of the QR codes on the right with your phone.

Total Distance: 8.88 miles
Approx. Walking Time:
4 hrs 10 mins

NOTE: TIDAL ROUTE

Grade: Easy

Full 95 Bus
Timetable (PDF)



Next 95 Bus
information

Tide Tables



Scan for
Walk Details



Scan to access
walk using
viewranger™



Route No 5: Kingsbarns to Crail CP



Kingsbarns to Crail is probably the most remotest part of the Fife Coastal Path and with some of the finest views across empty beaches and glorious links golf courses.

NOTE: Some parts of this route cannot be walked at high tide. Though given as a circular route, you can return by the local 95 bus service from Crail. Information on this service can be found by scanning either of the QR codes on the right with your phone.

Total Distance: 10.7 miles

Approx. Walking Time:

4 hrs 45 mins

NOTE: TIDAL ROUTE

Grade: Easy

Full 95 Bus
Timetable (PDF)



Next 95 Bus
information

Tide Tables



Scan for
Walk Details



Scan to access
walk using
viewranger™



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.



Tel: 01334 880778

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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 Landranger 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.

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